

## **Musical Notes**

While music reading will not be emphasized in music workshops, if you use music, bring it (along with a music stand, if you can). The following books may be particularly useful: the *New England Fiddlers Repertoire* (Miller), the *Portland Collections*, the *3 Waltz Books* (Matthiesen), the *Barnes: English Dance and Couple Dance* books, the *Fiddler's Tune Book* (Oak Pub.), as well as song books, and those compiling couple dance tunes. You will also find a carefully selected collection of books available for sale at our bookstore. Callers as well as musicians, if you want to initiate a 'Grab Bag' workshop that requires particular music, please bring several copies of it. If you are interested in attending the tune writing class, bring music manuscript paper.

You may want to conserve the tunes you learn in the workshops for future reference. A tape recorder along with blank tapes and extra batteries is HIGHLY recommended.

## **Musical Instruments**

A broad range of music workshops is planned, so bring your complete assortment of instruments. There will be MANY opportunities to play, not only in the scheduled music classes, but also around the Campfire and for Wednesday's Campers' Night. Be prepared for those serendipitous encounters toward which musicians helplessly gravitate! Depending on time and interest, staff may schedule tutorials on specific instruments. Groove with rhythm instruments in class, for your Back Porch performance or for those spontaneous after-hours jams. If you've always wondered how your Bass Horn or castanets could fit into a contra band, this could be your chance to find out. If in doubt, bring it along!

## **Dance Shoes**

### **IMPORTANT!!!!**

We must treat the Mendocino Woodlands' new dance floor with kindness. To ensure tender care, please bring shoes that you wear exclusively for dancing.

For Kalia's Clogging classes, please bring a pair of comfortable shoes with hard leather or plastic soles that will slide on a wood floor. No metal taps, please. You can often find good clogging shoes for a few dollars at thrift stores. Sneakers and sandals will make your feet very unhappy; save them for cavorting in the meadow.

Have fun,  
Susan Petrick, Program Director

Besides our full program of music and dance each day, you will find singing, storytelling, crafts, Woodlands' docent-led nature hikes, and much more. Here are some of the things you can expect at camp.

## DAILY OFFERINGS

### **Fa-So-La Coffee House** (before breakfast/Back Porch)

Commune with the redwoods around the campfire while enjoying a personally brewed espresso drink. Proceeds will help keep *American Week* going in years to come.

### **Warm-up and Stretch** (7:45-8:15 a.m./Dance Hall)

Gently awaken your body before classes begin.

### **Back Porch Gathering** (noon-12:30 p.m., every day except Wednesday)

Relax and join the community for daily staff and camper performances, songs, jokes, stories and serendipity. Have something to share? See Given Harrison about getting on the schedule.

### **Lazy Daze** (4-4:30 p.m., every day except Wednesday)

Take a break. Enjoy afternoon snacks, crafts and relaxing around the campfire with old and new friends.

### **Grab Bag** (3-4 p.m./Camp House)

Check the Big Board of Commitment for daily happenings. *Grab Bag* is a time for spontaneous events, an hour for campers to share talents, lead discussions and present workshops. Teach belly-dancing or unravel the Hambo; describe the mysteries of managing sound or creating same with straws and balloons.

### **Good Spirits** (5:30-6:00 p.m./Back Porch)

Mellow around the Campfire before dinner. Please bring your own libation and philosophy to share.

### **Wee-Hours Shenanigans** (11 p.m. ...)

Not prepared to unwind after the evening dance? Consult the Big Board of Commitment and find the fun!

### **Masseuse On Site**

Look out, Feet! Prepare to meet Kate Lemmon, fellow camper and licensed massage therapist-for-hire. Pay a reasonable fee for independently scheduled sessions.

## SPECIAL EVENTS

### **24/7 Bookstore**

Find books, CD's and crafts produced by our featured staff and a wide range of publications from the national CDSS store as well as an eclectic selection of dance-related products. Please pay for your purchases by **cash or check only** during '*open*' hours. Credit cards cannot be processed; the nearest ATM is in downtown Mendocino!

Bored with your wardrobe? Leave it all home and go shopping at **Le Grand Marche'**, brilliantly expanded wears for men and women.

Bring a few, take a few ... explore the stacks at the **Paperback Book Exchange**.

## Fund Raising

Support our hearts! Thanks to the generosity of all Woodlands' summer camps, an **AED** now lives at Camp #1. American Week has pledged \$5 per camper to the cover cost. Please contribute your \$5 at the Bookstore.

Our **Live Auction** is during the Back Porch Gathering on Tuesday; the **Silent Auction** ends Thursday evening. Auction income augments camp fees, helping to make camp financially more accessible to all. After expenses, remaining funds support all BACDS activities, including future camps.

### Consider great auction donations such as:

- \* Intimate serenades or concerts
- \* Custom-written dances or tunes
- \* Hard-to-find books and original artwork
- \* Handmade foodstuffs, wine; unique cuisine
- \* Vintage dance clothing
- \* Unique excursions or holidays e.g., airplane rides, cruises, guided river trips, urban tours; a holiday cabin, condominium time/share or B & B.

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 at the auction.

**Earring Swap:** Bring a pair, take a pair. (Sunday/Lazy Daze/Back Porch)

Picture yourself in rainbow of colors?

Prepare for mystic crystal revelations as you **Tie-Dye** your pre-ordered white camp t-shirt or other 100% cotton duds-of-choice. (Sunday/Grab Bag/Back Porch)

It is the Dawning of the **Age of Aquarius** ... again! (Tuesday/Camp House)

The moon *may* be in the seventh house and Jupiter *may* align with Mars ... you never know. Come tie-dyed, twisted-beaded-braided and ready to Groove!

**American Pie Picnic** (Wednesday, 12:30-3:30 p.m./Meadow)

Lunch al fresco amid frisbees, volley balls and bubbles. Bring sunscreen to share as well as hats, folding-chairs and beach blankets for some fun in the sun. Enjoy an afternoon **hike** led by a Woodlands' docent, savor lovely zzz's in the Meadow or sojourn into the quaint town of Mendocino.

**Puttin' on the Glitz** (Thursday/Dance Hall)

Dare to be **Razzle-Dazzle**-icious ... sequins and sparkles, oh my!

**'Traveling On' Dinner and Country Dance** (Friday/Dance Hall)

Celebrate friendship and a week to remember at the family-style candlelit dinner before elegantly dancing the night away.

# Gear to Bring

The following is a list of things you may wish to bring for a safe and comfortable camp experience. For those of you traveling from far, far away, we may be able to loan a few basics.

- Directions and Road Map
- Class and Special Events Descriptions

## For your cabin

Note: **NO** nails, tacks, push-pins, staples or tape

- Pillow and twin-bed sheets; sleeping bag or **warm** blanket
- Foam/air mattress pad
- Two bath towels (one to use while the other dries)
- Flashlight, battery-powered lantern and extra batteries
- Alarm clock and extra batteries
- Window covering e.g., two extra sheets or tablecloths; safety pins
- Clothesline, clothes pins, clothes hangers
- Mirror
- Floor mats
- Camp chairs
- Mouse-proof container/cooler (if you plan to keep food in your cabin)
- Personal drinking mug (also, available for purchase at the Bookstore)

## For your body

- Cozy, snuggly P)'s
- Earplugs
- Lightweight clothing for daytime
- Warm** outerwear for mornings and evenings; gloves, hat, scarves
- Hiking clothes: protective long sleeved shirt, long pants, walking shoes
- Party clothes for evening dances
- Dress-up duds: "Age of Aquarius", "Glitz 'n RazzleDazzle"
- Personal medications
- Fragrance-free personal hygiene products
- Fragrance-free, DEET-**free** mosquito repellent
- Shower shoes e.g., flip-flops
- Sunhat, sunglasses
- Swimsuit
- Light rain jacket, umbrella

**For your classes**

- [ ] Shoes: country dancing, ballroom, clogging (without taps!)
- [ ] Musical instruments
- [ ] Sheet music, books; music stand
- [ ] Dance notes/cards for Caller's Forum, Camper's Night, etc.
- [ ] Notebook, writing materials
- [ ] Yoga mat or large towel for a.m. Warm-Up & Stretch
- [ ] Tape recorder, extra tapes and batteries
- [ ] Camera; film, digital cards, charger or additional batteries

**For your pleasure**

- [ ] Live and Silent Auction items
- [ ] Checkbook, hard cash
- [ ] 100% cotton clothing to tie-dye
- [ ] Earrings and paperback books to swap
- [ ] Unusual board/card games
- [ ] Picnic field games, sports equipment
- [ ] To share: songs, stories, poetry; craft projects
- [ ] Libations of choice
- [ ] Camp chair (for around the campfire or in meadow)
- [ ] Floor cushion (soft concert seating)