



## The Official April 2016 Camper Packet!

Welcome to Hey Days 2016, the BACDS English Dance and Music Week at the Bishop’s Ranch in Healdsburg! Here is information to help you plan your travels and camp experience, and some surveys to help us meet your needs. Contents of the packet include:

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We’ll send you a second packet in early July 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 Hey Days one to remember!

*Tom Colton, camp manager,  
Marilyn Kinch, registrar,  
and the entire English Week Committee*

## General Camp Information

### Preparing – what you should do now

1. Submit your **program questionnaire** on-line at the Camper Info page on our web site [http://www.bacds.org/camps/eweek2016/camper\\_info/program\\_quest.shtml](http://www.bacds.org/camps/eweek2016/camper_info/program_quest.shtml) or fill out the paper version included at the end of this packet and mail to the address at the bottom of the form no later than June 15, AND
2. Print out the **payment and housing/food preferences form** (last page of this packet) and send it with any payment due to registrar Marilyn Kinch at the address on the form no later than June 15.

### Payment and Cancellation Information

**Cancellations:** If you need to cancel, please notify the registrar, Marilyn Kinch (510-859-4493, [bacdsheydaysreg@gmail.com](mailto:bacdsheydaysreg@gmail.com)), as soon as possible. Your cancellation may allow someone else to attend camp. Please note that your cancellation is not confirmed until the registrar has spoken with you or replied to your email. Prior to April 14, \$25 of your deposit is non-refundable. **If we CANNOT fill** your space from a waitlist: from April 14 through June 14, \$150 is non-refundable; from June 15 through July 14, \$400 is non-refundable; after July 14, there are no refunds. **If we CAN fill** your space from a waitlist: From April 14 through June 14, \$25 is non-refundable; from June 15 through July 14, \$50 is non-refundable; after July 14, \$100 is non-refundable.

**Payments:** Full payment of any registration fee balance (as stated in the acceptance e-mail you received) is due by June 15. Print out the form on the last page of this packet and send it, along with your check made payable to BACDS, to registrar Marilyn Kinch.

### Arrival and Departure Times

Camp will open at 5:00 p.m. on Saturday, July 30; we cannot accommodate early arrivals except for staff and the work-trade crew. If you show up early, you will be turned away at the gate until 5 PM. Dinner will be served that evening, followed by a dance. The week will close at 10 a.m., after breakfast on Saturday, August 6.

### Transportation to and from Camp

The Bishop's Ranch is a 1 ½ to 2 hour drive from most parts of the San Francisco Bay Area. Public transportation options from the Bay Area to the Bishop's Ranch are generally expensive. There are buses that run from Bay Area airports to Santa Rosa ([www.sonomaairporter.com](http://www.sonomaairporter.com) or [www.airportexpressinc.com/home.html](http://www.airportexpressinc.com/home.html)), from which it is about a ½ hour drive to Bishop's Ranch. However, there is very limited public transportation from Santa Rosa to Healdsburg, and a cab is the only option for transportation from downtown Healdsburg to the Bishop's Ranch.

Alaska Airlines is the only commercial carrier that offers regular flights to the Santa Rosa airport. Otherwise, we encourage you to fly into Oakland airport if possible, because car rental rates are cheaper than at the San Francisco airport and Oakland is more central for meeting with carpools and shared rental groups. Note that there is easy

public transportation (BART and AirBART, [www.BART.gov](http://www.BART.gov)) between the San Francisco and Oakland airports.

Unfortunately, we are not able to organize rides or to arrange pre- and post-camp housing except for camp staff. However, we will set up an email group so that people can connect to ask for or offer housing, share car rentals or organize carpools. For more details regarding the email group, see the next section of this letter.

Our transportation coordinator, Alan Winston ([winston@slac.stanford.edu](mailto:winston@slac.stanford.edu) or (650) 365-2913), will organize housing and transportation for camp staff. Alan may also be able to answer campers' questions about transportation logistics and options.

### **Email Group**

In May we will set up an email group so that campers can communicate with each other. The email group is a great way to work out housing and rides for before and after camp. Campers can also use the list to plan and organize camp activities and events. People will be able to unsubscribe if they do not want to be included in the group. The group will be administered by Alan Winston ([winston@slac.stanford.edu](mailto:winston@slac.stanford.edu) or (650) 365-2913).

### **Bookstore**

The Hey Days camp bookstore will have a wide variety of music and dance publications and recordings 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 both auctions fun and successful. Services such as private music or dance lessons are always welcome. Consider offering unique events, such as serenades or concerts, custom-written dances or tunes, or catering a breakfast in bed. Other popular items have included hard-to-find books, original artwork, handmade comestibles, and vintage dance clothing. Auction income helps us keep camp fees as low as possible and allows us to offer work-trade positions and other scholarships, helping make camp financially more accessible to everyone. After expenses, remaining funds support all BACDS activities, including future camps.

### **Local Dances Before and After Camp**

While you are in Northern California, we encourage you to attend some of our local dances. Here are the ECD dances that happen immediately before/after camp. We also expect that some of the Hey Days staff will be calling and playing at other events before and after camp. We will provide more information about those events in the July pre-camp letter. You can also check the BACDS website ([www.bacds.org](http://www.bacds.org)) and NBCDS website ([www.nbcds.org](http://www.nbcds.org)).

**Saturday, July 23, 2016 - 7:30 pm**  
Berkeley Exper. English Dance (BACDS)  
(location to be decided)

**Wednesday, July 27, 2016 - 8:00 pm**  
Berkeley English Dance (BACDS)  
Christ Church Berkeley, 2138 Cedar St,  
Berkeley

**Friday, July 29, 2016 - 8:00 pm**  
Palo Alto English Dance (BACDS)  
Masonic Temple, 461 Florence St,  
Palo Alto

**Sunday, Aug 7, 2016 - 2:00 pm**  
Sebastopol English Dance (NBCDS)  
Wischemann Hall, 460 Eddie Lane,  
Sebastopol

### **Contact Information:**

**Registration or cancellation questions.** Contact Marilyn Kinch,  
[bacdsheydaysreg@gmail.com](mailto:bacdsheydaysreg@gmail.com) or (510) 859-4493.

Program questions. Contact our programmer Mary Devlin, [mary@mdevlin.com](mailto:mary@mdevlin.com) or  
(971) 269-6569

**Work Scholarships.** Rosemary Murphree can answer questions about scholarship  
worker duties. Contact her at [waltzer@sonic.net](mailto:waltzer@sonic.net) or at (510) 926-0052.

**Information about camper e-list or transportation to and from camp.** Contact Alan  
Winston, [winston@slac.stanford.edu](mailto:winston@slac.stanford.edu) or (650) 365-2913.

**Anything else.** Contact our camp manager, Tom Colton at [tcolson@berkeley.edu](mailto:tcolson@berkeley.edu) or  
(510) 847-5771.

## **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 fragranced commercial products. Exposure to even small amounts of these chemicals can cause debilitating symptoms for some people, since they can act as respiratory irritants, cardiac stimulants (skyrocketing blood pressure and palpitations), and neurotoxins (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 can result 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.

### **Our Contribution**

- 1) BACDS will supply all public bathrooms with fragrance-free soap.
- 2) We will provide fragrance-free body wash, lotion, shampoo, and hair conditioner for your use in your bathrooms. We will maintain a central supply where you can refill containers if you run out during the week.

### **Your Contribution**

- 1) Please bring fragrance-free deodorant, powder, body oil, and sunblock. Fragrance-free products are readily available from natural food and body care stores and from well-stocked drugstores and supermarkets.
- 2) Please leave your perfume, aftershave lotion, hair spray, dandruff shampoo or hand sanitizers at home.
- 3) Please launder all the clothing you bring to camp in unscented laundry detergent, avoiding fabric softener.
- 4) Please 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 if they may have picked up fragrance during previous wearings.
- 5) Bishop's Ranch has few or no mosquitoes. 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.

If you have concerns about the use of fragrances or insect repellent at camp, the camp manager will be happy to help resolve them.

**Thank you for working with us in creating an environment that can be enjoyed fully by all members of our community.**

## 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://www.bacds.org/camps/eweek2016/camper\\_info/program\\_quest.shtml](http://www.bacds.org/camps/eweek2016/camper_info/program_quest.shtml), or print out the form below and mail to Mary Devlin at the address on the form by **June 15, 2016**.

### Class 1

#### ***ECD: Calculus (Advanced)***

For EXPERIENCED and ACCOMPLISHED dancers. Joseph Pimentel with Goldcrest (Daron Douglas, Paul Oorts, and Dave Wiesler). If you are an experienced dancer who has mastered English dance geometry and are ready to focus on mastering significant challenges, you will enjoy this class. We will break large dance chunks and complex ideas into digestible pieces, study them, and put them back together to facilitate more satisfying dance experiences. The set of dancers who will enjoy this class is limited to those who are really up to the challenge.

#### ***ECD: English as a Dance Language***

For dancers of ALL abilities. David Millstone with Shira Kammen, Lisa Scott, and Annie Rodier. Like any activity, English dance has its own jargon. Dancers will learn basic ECD terminology, figures, and concepts in a supportive atmosphere while exploring classics of the repertoire as well as newer compositions. Experienced dancers will enjoy revisiting old favorites and discovering new ones. Beginners and experienced alike will enjoy hints for adding zest to your dancing.

#### ***Musical Improvisation***

For musicians of ALL abilities. Bill Tomczak. We will take a look at a few English Country Dance tunes (to be announced in advance) as a jumping off point for personal creativity, expression, and as a conversation with with our bandmates and the tradition. Knowledge of some essential music theory basics will be helpful. If you are not familiar with scales and basic harmony, we invite you to also attend Betsy Branch's Music Theory class. The two classes will be loosely connected, though they are not required to be taken together.

### Class 2

#### ***ECD: The Many Moods of English***

For dancers of ALL abilities. David Millstone with Fine Companions (Betsy Branch, Erik Weberg, Bill Tomczak, and Lisa Scott). English country dance offers extraordinary variety: formations, meter, tempo, energy level. We'll pay particular attention to many variables and how our bodies (and brains) respond to each.

#### ***Ensemble Playing: Flemish Carillon Music***

For EXPERIENCED musicians. Paul Oorts. Improve your ensemble playing skills for ECD with some interesting new material. Paul has transcribed many tunes from a mid

1700's Flemish tune book by the Antwerp carillonneur Johannes de Gruyters, containing marches, gavottes, arias, correntes, contradances, allegros, preludes, menuets, trios etc., all material similar to ECD or early contra tunes. We will talk about strategies for each instrument for taking lead and for playing harmony and chords. Eventually we'll work out smaller ensemble arrangements suitable for dancing. This class is for the enjoyment of musicians who have a basic command of their instrument (i.e. can sightread intermediate tunes in Barnes).

### ***Callers Class: Graduate Attention to Kindergarten Concepts***

For ALL callers. Joseph Pimentel with Daron Douglas. When you know something intimately and intuitively, it can be hard to explain it to others, but when you struggle to learn something unfamiliar you can often then explain it quite well. Effective teaching in our area of expertise, then, can come from shifting our perspective from expert to novice so we can break concepts down to basics and organize them for easiest understanding. In this workshop, Joseph will encourage callers with basic experience and beyond to consider alternate perspectives to find the most effective ways to communicate with dancers. Joseph, Daron, and supportive peers will help brainstorm, and mic time will provide opportunities to test syllables and strategies. Interested and supportive dancers welcome!

### ***Singing the Fine Music of England***

For singers of ALL abilities. Shira Kammen. Enjoy learning and singing English Rounds, Madrigals, Ballads, and Country Dances with words, from the sublime to the ridiculous. We will learn by ear as well as do some sight-singing; the proportion will depend on the needs and desires of the group.

## **Class 3**

### ***ECD: Interdisciplinary Connections***

For dancers of ALL abilities. Joseph Pimentel with Shira Kammen, Erik Weberg, Paul Oorts, and Dave Wiesler. New dancers focus on figures. More experienced dancers focus on timing and transitions. The most experienced dancers know that dance nirvana comes from integrating all of these and more. This class for all English dancers aims to heighten awareness to many aspects of holistic dancing – our bodies know what feels best, the music guides us if we truly listen, and flirting with being late feels devilishly heavenly. We explore this and more in pursuit of transcendent dancing.

### **Music Theory**

Open to ALL. Betsy Branch. If you have ever felt intimidated by music theory, but have a desire to understand the basics, this class is for you. We will learn about keys, modes and chords. We will learn why certain chords work in certain keys. We will use that information to look at harmonies, and try our hand at writing a few. You'll go home with handouts and worksheets that cover the basic principles. Betsy has spent years bringing music theory out of the clouds and down to earth for her fiddle students.

If you go to Bill's improv class, you will have the opportunity to try out some of these theory ideas. Betsy and Bill's classes will complement each other, but it's OK to take just one of them.

## **Shape Note Singing**

For singers of ALL abilities. Fred Todt. Experience why 200-year-old American songs have inspired a modern revival, as we sing the haunting and powerful harmonies of The Sacred Harp. With roots in Revolutionary War-era New England, shape note singing spread down the Appalachians during the 19th century and flourished in the rural South. Assigning shapes to notes has survived as a great way to teach sight-singing to singers of all musical abilities. No experience necessary. We'll provide music books.

## **Intro to Acting**

All experience levels welcome. Dan Kozloff. Learn to translate scripted dialogue into convincingly real and entertainingly expressive behavior. We will perform a short play called ECD Confidential! at the end of the week. Note: You are asked to commit to the full week.

## **Class 4**

### ***Square Dance Potluck***

For dancers of ALL abilities. David Millstone with Daron Douglas, Betsy Branch, and Dave Wiesler. An on-your-feet movable feast of square dance from across North America! We'll sample 19th century quadrilles, New England prompted squares, Quebecois swing-fests, southern Appalachian big sets, fast-tempo Ozark jigging, Texas competition styling, western patter, singing squares, and even a taste of early modern square dance.

### ***Choreographers Testing Session***

Open to ALL. Chris Sackett with Bill Tomczak and Lisa Scott. Join your fellow campers in a working session to test new dances (both new choreography and new reconstructions of old dances) and explore ways to improve them, at the same time honing your choreographic, dancing, and musical skills. Both fledgling and experienced ECD choreographers are welcome. Or come as a dancer - it's loads of fun to be part of the choreographic process and be among the first to dance a new creation.

### ***Band Workshop***

For EXPERIENCED musicians. Erik Weberg. Learn to play as an English Country dance band, with emphasis both on playing as a dancer, for dancers, and on inspiring each other through listening to one another. We will play a variety of tunes, and will explore ways we can enhance the dance experience through our music. We will also learn to attend to what other band members are doing and respond to that information while playing. We will prepare music for campers' night and later in the week we'll focus on playing walkthroughs effectively in a way that supports the caller's teaching and informs dancers as they learn dance sequences.

Prerequisite: at a minimum you should be familiar enough with your instrument(s) that you can play scales of up to 3 flats and sharps, and you must be able to read music and/or be able to pick up complete melodies by ear.



## **Class 5**

### ***Dance Grab Bag***

All experience levels welcome. A variety of staff. A wide range of choices through the week--something different every day!

### ***Music and More Grab Bag***

All experience levels welcome. A variety of staff. A wide range of choices through the week--something different every day!

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

- Gathering every day prior to lunch. Bring a song, tune, story, joke, silly trick, poem, or whatever you can think of to share!
- Campers' night. The campers take over calling the dances and playing the music!
- Late night dancing, singing, socializing, and special events!
- Afternoon social hours, including the not-to-be-missed auction, pool parties and other merry-making!

## Hey Days 2016 Program Questionnaire

So you're coming to camp! We look forward to seeing you there. It will be a big help to get an idea of what classes you are most likely to attend. This is not a final commitment and you can change your mind once at camp. We prefer that you fill out and submit the on-line version of this form available at [http://www.bacds.org/camps/eweek2016/camper\\_info/program\\_quest.shtml](http://www.bacds.org/camps/eweek2016/camper_info/program_quest.shtml), but you may instead print out this form and mail it to Mary Devlin at the address below.)

Class descriptions are also provided on the website: at <http://www.bacds.org/camps/eweek2016/program/descriptions.shtml>

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

**First period: 9:00 – 10:15 AM**

- Advanced ECD (for experienced dancers ready for a challenge) – Joseph Pimentel
- ECD for All – David Millstone
- Music Improvisation – Bill Tomczak

**Second period: 10:30 – 11:45 AM**

- ECD for All – David Millstone
- Ensemble Playing – Paul Oorts
- Caller workshop – Joseph Pimentel
- Singing the Fine Music of England – Shira Kammen

**Third period: 2:00 – 3:00 PM**

- ECD for All – Joseph Pimentel
- Music Theory – Betsy Branch
- Shape Note Singing – Fred Todt
- Intro to Acting – Dan Kozloff

**Fourth period: 3:15 – 4:15 PM**

- Square Dance Potluck – David Millstone
- Choreographers Testing Session – Chris Sackett
  - with material to test
  - solely as a dancer
- Band Workshop / camper night preparation – Erik Weberg

**Fifth period: 4:30 – 5:15 PM**

- Dance grab bag – various staff
- Music (& other) grab bag – various staff

**For callers / aspiring callers:** Would you like to call during Campers' Night? \_\_\_\_\_

**For musicians:** Tell us the instruments you will be playing during camp:

If submitting by mail, send to: **Mary Devlin**  
**842 Stony Point**  
**Ashland, OR 97520**

Name \_\_\_\_\_ Name as you want it on your nametag: \_\_\_\_\_

## Payment and Housing/Food Preference Form

**Housing Preference:** Couples, you will have a room to yourselves unless you specify otherwise. Accommodations for singles are mostly in rooms for three or four. There are some cottages for four or five (two bedrooms with a living room). All rooms have bathrooms en suite or adjacent. Linens, including towels, are provided. There are also tenting spots with bathroom and shower facilities. We will do our best to accommodate requests, but we can't promise to give everyone exactly what they want.

If you have special requests, please let us know. \_\_\_\_\_

\_\_\_\_\_

Campers get a roster of attendees. If you prefer NOT to be included on the Camp roster, check here \_\_\_\_\_

Are there people you know are coming to camp with whom you would particularly like to room? Who?

\_\_\_\_\_

For roommate assignments, are you (check one) Early riser? \_\_\_\_\_ Late night person? \_\_\_\_\_

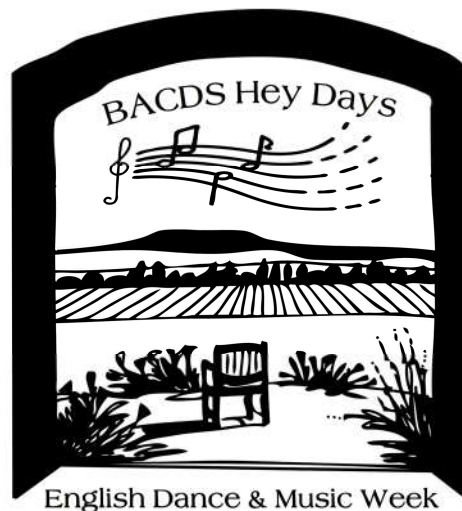
**For Couples:** Double bed: \_\_\_\_\_ Twin beds: \_\_\_\_\_ Don't care: \_\_\_\_\_

### Dietary Needs:

Are you vegetarian, vegan or follow other dietary restrictions? \_\_\_\_\_

Do you have any food allergies or dietary issues we need to be aware of?

\_\_\_\_\_



**T-shirts:** Featuring a brand new graphic (above) by Bishops Ranch artist Lisa Thorpe, available in a men's crew tee and a ladies' v-neck style, in colors dark fuschia and deep royal. View them at:

<http://tinyurl.com/j4ptxp7> (Men's crew tee, dark fuschia);

<http://tinyurl.com/jcf6zqd> (Ladies v-neck, deep royal);

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send payment with this form. We'll have your shirt(s) for you at camp.

Men's crew tee shirts (\$20)	dark fuschia	S	M	L	XL	XXL	XXXL
	deep royal	S	M	L	XL	XXL	XXXL
Ladies' style T-shirts (\$20)	dark fuschia	S	M	L	XL	XXL	
	deep royal	S	M	L	XL	XXL	

**Payment Summary**

Camp registration balance due: \$\_\_\_\_\_ (amount shown in e-mail from registrar)

T-Shirt total due: \$\_\_\_\_\_

Any additional donation to camp: \$\_\_\_\_\_

**Grand total due June 15, 2016: \$\_\_\_\_\_**

Make checks payable to BACDS. US Funds only.

Please return this form with any payment due to: **BACDS c/o Marilyn Kinch**  
**1821 Blake St., Apt. D**  
**Berkeley, CA 94703**