

BACDS 2015 Fall Frolick Dance Weekend at Monte Toyon
October 16-18, 2015
Information for All Campers and Staff

Recent Changes at Camp

- This is our eighth year as an all-English country dance weekend! Welcome all! We look forward to making many new dance friends and to enjoying happy reunions with longtime Fall Weekend campers. We encourage you to look for unfamiliar faces when it's time to invite someone to line up for a dance.
- This is also our eighth year to hold an auction to raise money for BACDS camp programs and scholarships, in particular for our ongoing Youth Scholarship program. We hope you will support these programs by donating special goods and services and by bidding for the items donated by others.
- A number of campers are rooming offsite this year, and we have reserved 2 bunkrooms in Morris dorm as changing rooms for offsite folks. They are Morris 2 (Men) and Morris 4 (Women). Other folks are staying in Morris 1 and 3, so please make sure you locate your changing room while it's still light out.
- The parking lots do not provide adequate space for our large group. If you already have requested a carpool, we will do our best to match you up. Since more people offer rides than need them, we may not take you up on your offer, but we still appreciate it. If you are interested in carpooling and haven't already told us, please send an email to **Sharon Green**, our rides coordinator, at sharongreen@post.harvard.edu, 510-654-7974.
- There is little or no cell phone coverage at Monte Toyon, and there are no longer are any pay phones. Plan to use email and Skype instead, taking advantage of the internet connection available in the dining hall.

Tips for New Campers (and reminders for returning campers)

- Name badges are provided at registration. Please wear your name badge during the entire camp. There will be star stickers on the registration table at camp so that you can identify yourself as a first time camper, if you wish. Veteran campers will gladly help orient you to camp.
- Site maps will be available on the registration table. All the buildings at Monte Toyon are fairly close together, a couple of hundred yards distance at the most. Hiking trail maps will also be available if you want to go exploring further. See the **Getting to Camp** section below for links to online maps.
- As at our regular BACDS dance series, all dances are taught before they are danced (except at our special no-walk-through sessions). Everyone changes partners after each dance. There is plenty of time at camp to dance with everyone, and we discourage booking partners in advance. Anyone may ask anyone else to dance, and should! Men may dance with men, women may dance with women; novices may dance with experienced dancers, experienced dancers may dance with beginners.
- Some of our staff members will bring merchandise for sale. Bring cash or your checkbook in case you want to shop (as well as to bid on items at Sunday's auction). We also rent coffee mugs for \$1/each for the weekend, rather than providing disposable cups. The money we collect helps to defray the cost of running camp, including the cost of providing aid to our work trade and scholarship campers.

Upon Arrival at Camp

- Registration check-in begins at 5PM, in Helgesson Hall, aka the dance hall. We don't mind if you arrive at camp a little early to avoid traffic. If you do come early, we would welcome your help with set up. Please wait to pick up your room assignment before moving in.
- Parking is very tight, so please park as close as you comfortably can to other cars, facing towards the exit. There will be a volunteer in the main lot from 4:30-9 pm to help you park appropriately. Please check in with him or her first. There's additional parking behind Miller and Morris Dorms. Fill out a parking slip at registration and leave it on your dashboard. It will help us find you if we need you to move the car.
- Donations of potluck snacks or items for the Friday night ice cream social go into the Program Cabin kitchen, which is directly across from the dance hall. Please enter via the kitchen entrance in back, since the front room is reserved for a staff meeting before the Friday evening dance. The Program Cabin also has bathrooms.
- Donations of auction items go to the Auction Intake table, at the back of the dance hall near the stage. Please fill out an item description form for each and every item you wish to donate.
- Dinner is not provided on Friday. If you arrive at camp hungry, consider hooking up with other campers to go into town to eat. Only 1.5 miles down hill you'll find several restaurants from which to choose. We'll send out a **list of local restaurants** shortly, and will have copies at the registration table as well.

Fragrance-Free Camp

We have a number of campers with chemical sensitivities, ranging from mild to severe. We ask your cooperation in making this a fragrance-free environment so that everyone can enjoy our camp without discomfort.

- We will provide soap, shampoo, conditioner, and lotion for your convenience.
- Do not use any other items with scent while at camp, including hair spray or gel, deodorant, shaving cream, lotion, or after-shave.
- Please use fragrance-free detergent on the clothes you will bring to camp, and air out any clothes that have been dry-cleaned.

If you are chemically sensitive and have concerns during camp, please speak with **Site Manager Victoria Williams**. Please do not confront other campers directly. You can find more information at www.bacds.org/fallfrolick and clicking on the Fragrance Free link.

Meals & Food

- Five meals are served at camp: breakfast, lunch, and dinner on Saturday, breakfast and lunch on Sunday. The meal times are listed on the program schedule.
- The meals provided are substantial; there are no between-meal snacks. If you require extra fuel to get through the day or need to eat more often, please bring what you need to take care of yourself.
- If you have dietary restrictions that you have not indicated on your registration form, please contact Site Manager Victoria Williams at **510-815-2415** or victoria@berkeley.edu. The kitchen staff may be able to accommodate you if we let them know in advance, but please understand that they can't provide for

every type of special diet. Some wheat/gluten-free and vegan options are available at every meal. If you need to bring your own food, there is some refrigerator space in Helgesson Hall for personal items, plus a sink and microwave in the Program Cabin.

- Coffee, tea, and water will be available in the Dance and Dining Halls all day and evening. **Please bring cups and mugs appropriate for hot and cold beverages**, or be prepared to make a donation to Rent-A-Mug. We do not provide disposable cups. Money donated to Rent-A-Mug will help defray the costs of the camp.
- There are parties after the dance on Friday and Saturday, and before Sunday's final dance. **Please bring finger food or drinks to share.** Leave your food contributions in the Program Cabin Kitchen across from Helgesson Hall when you arrive on Friday evening. (Please enter via the back door.) Label your dishes and containers with your name, and please take them with you when you leave camp. There is some refrigerator and freezer space for perishables.
- Friday's after-dance party is an ice cream social with ice cream and sorbet provided! Consider bringing ice cream toppings in addition to other snacks. Gluten-free and dairy-free treats are most welcome, as are veggies and fruit."
- Saturday before dinner is Happy Hour! Bring something to drink that will make you happy and that might make a few friends happy, too.

Housing

Sleeping accommodations are in heated, dorm-style buildings. There are no private rooms. Cary Lodge has 16 rooms on two floors, with one bathroom per gender on each floor. Rooms in Cary Lodge sleep 4 people each. Miller and Morris Dorms have 4 - 5 larger rooms, varying in size from 6 to 10 beds per room. Each building has one bathroom per gender. With a few exceptions, all the rooms have multiple twin-size bunk beds. If you must sleep in a bottom bunk, plan to arrive early or ask a friend to save your space. **No bedding or towels are provided, except for out-of-town staff.** If you are an out-of-town camper and cannot bring your own bedding, please contact our Registrar Marilyn Kinch at mrkinch@gmail.com or 510-859-4493 and we may be able to help you out.

Each room will be designated as all male, all female, couples, or families. All rooms will be pre-assigned, to make it easy for new campers and those who arrive after dark. If you requested a particular room and/or roommate(s), we will do our best to honor that. You will receive your room assignment in your registration packet when you check in at camp. If you have any questions or concerns after you receive your room assignment, please speak to the Registrar or Camp Manager. You cannot change from one type of housing assignment to another at camp without the Registrar's permission, and you will not get a refund for switching to a less expensive housing option unless we have asked you to make the switch.

Getting to Camp

Traffic out of the Bay Area and into Santa Cruz gets worse every year, so be sure to allow extra travel time. Two and a half hours from Silicon Valley is not unusual during rush hour on a Friday. For driving directions and maps, go to www.bacds.org/camps/fallwk2014 and click on Directions. You'll also find alternate driving directions there that may help you avoid the backup at Highway 1 and Highway 17.

We don't mind if you arrive early to beat the traffic and to get oriented, but remember that registration doesn't start until 5PM and dinner is not provided. For info on carpooling, please refer to the **Recent Changes** section on page 1.

Workshop Schedule and Other Activities

- Daytime workshops include a variety of dance, music, and song classes, and time for music jams and other camper-led activities. We will provide printed schedules at camp, in case of last-minute changes. Bring instruments, recording devices, music stands and books, dance cards, notepaper, staff paper and all your various dance shoes.
- Evening dance parties are two and a half to three hours long Friday and Saturday nights, and shorter on Sunday afternoon. There should be lots of time for you to enjoy your favorite dances or try something new. A few people dress festively for these dance parties, particularly on Saturday night, but this is entirely optional.
- Nighttime post-dance activities on Friday and Saturday nights are informal and unstructured. Camper musicians and callers often continue in the dance hall, while others sing by the dining hall fire or play board games in the adjoining lounge. Across the road, Hollidge Hall will be free for music jams, or whatever you wish. This late-night time is your opportunity to call a dance, join the band, or lead a song.

Suggested (and some necessary) Items to Bring to Camp

- ❖ Bedding – Sleeping bag, or twin-size sheets and blankets, plus pillows
- ❖ Bath towel, wash cloth
- ❖ Fragrance-free personal hygiene products (bathrooms at camp will be stocked with fragrance-free soap, shampoo, conditioner, and lotion)
- ❖ Potluck snacks (e.g. finger foods, chips and dips, juices, home-baked treats)
- ❖ Personal snacks if you need them (there is a camper fridge for personal items)
- ❖ Beverages for personal consumption (camp provides water, coffee and tea in the dance and dining halls, plus milk, juice or iced tea with meals)
- ❖ Drinking vessel(s) for hot and cold beverages
- ❖ Flashlight and extra batteries
- ❖ Dance shoes (no street shoes may be worn on the dance floors)
- ❖ Warm jacket, hat (it can get cold at night here)
- ❖ Rain coat, umbrella
- ❖ Notepad and pen for class notes
- ❖ Musical instruments, recording devices, tune books, music stands (The Barnes Books, The Portland Collection, The Waltz Books and any personal favorite song collections are the suggested standards for English dance tunes, contra dance tunes, waltz jams, and singing, respectively)
- ❖ Earplugs (there WILL be snoring, it's a fact of life!)

If you still have questions, see the Fall Frolick web page at www.bacds.org/fallfrolick, or contact the appropriate committee member:

Programmer: Joanna Reiner, jreiner@gmail.com or 215-519-7641
Organizer Sharon Green, sharongreen@post.harvard.edu or 510-654-7974
Camp Manager: Mary Luckhardt, mary@luckhardt.com or 510-233-5065 (before 9 PM please)
Site Manager: Victoria Williams, victoria@berkeley.edu or 510-815-2415
Registrar: Marilyn Kinch, mrkinch@gmail.com or 510-859-4493