



**MICHIGAN DANCE HERITAGE**  
**23rd Annual FALL WEEKEND CAMP**  
Camp Cavell Lexington, Michigan  
September 18 – 20, 2009

***WELCOME TO FALL CAMP!***

**FALL DANCE WEEKEND #23**

**COORDINATOR**

Martha Vander Kolk  
mjvk@umich.edu  
(734) 658-8228

**FACILITIES**

Phil Tuchinsky  
phil@tuchinsky.org  
(734) 699-3578

**FOOD**

Arlene Kindel  
arkindel@comcast.net  
(734) 646-4835

**PROGRAM**

Hal Breidenbach  
hal@breidenbach.net  
(248) 626-5965

**PUBLICITY**

Warren Armstrong  
wa@acd.net  
(517) 775-0777

**REGISTRATION**

Diane Seaman  
dlsmarino@yahoo.com  
(313) 720-9667

**SOUND**

Richard Raymond  
raymond@umich.edu  
(734) 662-9290

**STAFF SUPPORT**

Steve Johgart  
stevej1@mac.com  
(734) 761-4243

**TREASURER**

Joan Hellmann  
hellmann@umich.edu  
(734) 769-1052

**MEMBERS AT LARGE**

Susie Lorand  
srlorand@gmail.com  
Pat Micks  
pmicks@umich.edu  
Kate Moore  
allsorts@earthlink.net

Here are a few notes about camp life that we hope will add to your comfort and fun, promote a sense of camp community and preserve the camp environment.

**PROGRAM**

It is an outstanding program for our twenty-third fall camp!

Our multi-talented **MICHIGAN CALLERS AND MUSICIANS** are sharing the program with our dynamic headliners:

**DAN PEARL** will have us dancing to his fun and exciting calling of unique and intriguing dances,

**CELTICLADDA (Randy Miller, Gordon Peery and Bill Thomas)** will keep us moving and grooving on the dance floor with their high-energy, driving New England-style dance music,

**CATHY STEPHENS** will host the ever-popular late-night Cathy's Lounge and teach Swing 1 and Swing 2 and

**JAN PETTIBONE** will teach Israeli couple dances.

Callers, musicians and workshop leaders include (in alphabetical order): **Rick Avery, Donna Baird, Beth Battey, Brad Battey, Julie Brown, Rick Carter, Ken Gall, Mark Hillegonds, Myron Grant, Judy Greenhill, Bob Hubbach, Susan Lazar, Susie Lorand, Drake Meadow, Glen Morningstar, Judi Morningstar, Gil Simon, Bob Stein, Laura Stein, Dawn Swartz, David West and Jim Windak.**

**WE STILL HAVE ROOM FOR MORE DANCERS AT CAMP**

As of August 31st, we do still have space for more dancers. Encourage your dancing friends to join you for a fun and memorable weekend!

The registration form is available at the website:

<http://www.mdh-online.org/Fall/RegistrationForm.htm>. Or, call Diane Seaman at (313) 720-9667 to register by phone.

We did not make an attempt to gender balance this year's camp. Currently we are accepting dancers regardless of gender.

**WATERFRONT ACCESS**

Prior to 2007, the waterfront had been open for wading and swimming. Due to a change in Camp Cavell's regulations, there will be no swimming again this year.

**FRIDAY NIGHT BLASTOFF!!** Registration at Camp begins at 6pm on Friday evening, September 18th, in the Dining Hall (see the enclosed camp map). A sound check will be conducted in the Main Lodge from 7pm until 7:50pm on Friday evening. The Main Lodge is not accessible until the sound check is finished - at around 7:50pm Friday evening.

At registration, you will receive your weekend nametag, a final program schedule and a detailed description of the classes offered. You will also make your cabin

selection and get many warm greetings from people who are excited that you are there. **The Friday night dance begins at 8pm with your snacks served during the dance.** As a reminder, dinner will not be served on Friday evening.

### **ACCOMMODATIONS**

The cabins at Camp Cavell are heated and have 8 to 10 single metal frame cots with foam mattresses in an open common area. There are private toilets and showers in most cabins, and a common toilet and shower house near the more secluded group of cabins (Brookside).

Cabins are not pre-assigned, but are selected by participants on a first-come basis during registration. Your indication of cabin selection will enable us to locate you in case of an emergency. If you change your cabin selection after signing up, please correct the listing. If you wish to room with a particular person or group, but will arrive at different times, have the first person who registers pick a cabin space for all.

If you move any of the cabin furniture during the weekend, please move it back before you leave. Also, before you leave camp on Sunday, please sweep the cabins and bag the trash.

For those wanting more privacy, camping and tenting space is available south of Brookside.

The water at camp is state-tested well water. We are working on improving the taste of the water by the use of a filter in the Dining Hall. However, if you have doubts, please bring your own bottled water.

**CAMPERS WITH ALLERGIES TAKE NOTE!** We cannot promise that the cabins (or the camp) will be allergy-free so ... bring whatever you need to control any allergic reactions (particularly dust and/or mold).

### **WHAT TO BRING**

- Essentials to bring include bedding (including a blanket and a sheet or a sleeping bag), pillow, earplugs (to silence snoring as we guarantee at least one snorer per cabin), toilet articles, towel(s), rain gear, a good flashlight (as it is very dark at night and there are few outside lights), and a jacket.
- **YOU MUST BRING A PAIR OF SHOES TO BE WORN ONLY FOR DANCING.** This will prevent dirt from being tracked onto the dance floor and knocking out folks with dust allergies.
- A snack to share at our evening dances (see list below).
- A silent auction item (or two or three) – see the Silent Auction section on page 3.

### **SNACKS**

To provide snacks during the Friday and Saturday night dances, **each camper is requested to bring a special treat.** Please bring prewashed, clean, fresh and ready-to-serve items. (Thanks a bunch!)

If your last name is

within .....

Alderman – Armstrong  
Austin – Battey Beth  
Battey Brad – Brown  
Buckingham – Cafferty  
Carter – Demers  
Durkee – Faust  
Featherstone – Grant  
Greenhill – Hendrix  
Hickman – Hjelm  
Hubbach – Jaynes  
Jennings – Johnson  
Kendall – Lorand  
Ludwig – Meadow Drake  
Meadow Nancy – Miles  
Miller – Newsome  
Peters – Raymond  
Revette – Smith

### **PLEASE BRING**

pretzels (1 large bag)  
cheese (1 pound – cut into bite size pieces)  
hummus (1 container)  
oranges ( 1 dozen)  
crackers (1 box)  
apples (1 pound bag)  
carrots (1 pound – cut into pieces)  
celery (1 pound – cut into strips)  
cauliflower (1 pound – cut into pieces)  
candy (large bag or box)  
potato chips (1 large bag)  
grapes (1½ – 2 pounds)  
cookies (3-4 dozen)  
tabbouleh (1 pound)  
pita bread (1 bag – cut into pieces)  
broccoli (1 pound – cut into strips or pieces)  
chocolate (your favorite)

Stafford – Strong  
Swartz – Tuchinsky  
Vander Kolk – Warren  
West – Zimbleman

dip (1 large container – your choice)  
tortilla chips (1 large bag)  
bananas (one large hand)  
peppers (1 pound – cut into strips or pieces)

If your name does not fall into any on the list, you may bring one (1) item of your choice from the list. If you are coming from Canada and we've asked you to bring an item that cannot be brought across the border, please bring one (1) item of your choice from the list (that you can bring across the border.)

### **CAMPER JOBS**

Thank you for agreeing to provide a 30 minute segment of your weekend to complete a camper job. This helps us keep your costs down and the camp to run smoothly. At the time you register, please sign up for a camper job.

### **NEW CAMPERS**

What does a gold star on a nametag indicate? A first-time camper. If the first-time camper doesn't want to be identified as a new camper, simply peel off the star. The star on the name tag is a signal to all the returning campers that we were all first-time campers once. A warm smile and a kind word can do a lot to ease someone's way. Let's all do our part to be welcoming.

### **DANCE FLOORS**

The sandy soil at Camp Cavell is great on the beach but contributes to dusty and slippery wood dance floors. Please help us minimize the problems by wiping your shoes at the Main Lodge (Dance Hall) entrance and by CHANGING FROM "STREET SHOES" TO "DANCING SHOES". Keeping food and beverages away from the wood dance floors will also help preserve their quality. The small room behind the Dance Hall stage has been set up as a shoe changing room.

### **AUCTION**

We will have a silent auction this weekend to raise funds for MDH special projects. PLEASE BRING YOUR AUCTION ITEMS or descriptions of services to the registration area Friday night. When you drop off your item(s) fill out an auction slip and attach it to your item. Past donations have included dance clothing, computer art, song and dance books, a kissing manual, food items, CDs and tapes. Foot massages, auto repair and breakfast in bed are examples of services offered and bid on in the past. Look around your home – there is an auction item nearby.

The auction will begin at breakfast on Saturday on the Dining Hall porch (on the beautiful lake end of the dining hall – the east end). Items will be on display with a bid sheet next to each item. Some items do have minimum bids so read each bid sheet carefully. If you are interested in the item, write your name and bid on the bid sheet. Throughout the day, all are welcome to view the item and to "outbid" each other.

On Sunday morning shortly before noon, check the auction table and see if you have made the highest bid on the items that you are hoping to buy. When the "final call" is given promptly at noon, all bidding will stop. Check the bid sheet. If you have the last and highest entry, the item is yours! Take the item with you, but turn in the bid sheet to the auctioneer and pay for the item at the auction table on Sunday after lunch.

If you brought an auction item that did not sell, please take your item home with you.

### **FOOD**

The camp will serve a buffet style breakfast and lunch on Saturday and Sunday with early bird coffee available before breakfast. Saturday supper will be served "sit down". Vegetarian entrees are available at all meals. (If you did not note vegetarian on your registration, please contact Arlene Kindel at (734) 646-4835 or email at [arkindel@comast.net](mailto:arkindel@comast.net).) If you have questions about the menu, please contact Arlene for more information.

*New this year* – the menu is posted on the MDH Fall website at <http://mdh-online.org/Fall>.

A late breakfast dining area will be located on the Dining Hall porch. During Saturday lunch, Dan Pearl will lead a caller discussion group on the Dining Hall porch. Grab your lunch and join us for what is sure to be a fascinating discussion!

### **INSTRUMENT WORKSHOPS**

On the tentative program there are several instrumental workshops so bring your instrument(s) if you want to participate.

### **NEW THIS YEAR – CHILDREN'S PROGRAM!**

This year, we're launching what we hope will become a new fixture at MDH Fall Camp. We're having a trial run of a children's program. If you are interested in bringing a child (age 5-10) to camp with you, please contact Beth Battey at [beth.battey@gmail.com](mailto:beth.battey@gmail.com) to inquire about space availability. There will be a fee for each child in attendance.

### **SING, SING, SING A SONG**

We are fortunate to have a wealth of wonderful voices on staff. Look forward to doing a lot of singing – both formally and informally. If you have a special song to share or a songbook like "Rise Up Singing" that you enjoy singing from, bring it with you and share it with the other singers. The DESIGNATED LATE-LATE-NIGHT SINGING SITE on Friday night is the Brookside Unit House (south of the Dance Hall and across the stream). Singing may occur there at any time of the day or night – singers from all over camp are invited to gather 'round the fireplace.

Friday night after the dance there will be a campfire scheduled near the new pavilion near the dining hall (weather permitting). Look forward to singing there, too.

### **BOOKSTORE**

Many of the staff members have tapes, CDs, books, etc. which are available for purchase at the bookstore. This year the store is located adjacent to the shoe changing room in the Dance Hall. Feel free to choose and bag up your desired purchases during any free time. The bookstore workers will calculate the amount you owe for your purchases. Cash and checks (payable to MDH) will be accepted. Sorry, no credit cards. The store will be open for purchases at posted times (see the tentative program schedule enclosed).

### **LOST AND FOUND**

The "lost and found" is located in the bookstore. All items not claimed will be retained for a month by Joan Hellmann. Please call Joan promptly at (734) 769-1052 or email her at [hellmann@umich.edu](mailto:hellmann@umich.edu) if you leave something behind.

### **MESSAGE BOARD**

A message board will be located in the Shoe Changing Room in the Main Lodge and will contain updates in schedules, etc.

### **PHONES**

If you need to make an outgoing phone call, a pay phone is located in the Main Lodge hallway. The phone does not accept incoming calls.

The EMERGENCY PHONE NUMBERS for babysitters and others who may need to contact you this weekend are as follows: (810) 359-2267 and (810) 359-8040. Both numbers have answering machines and ring in the camp director's home at night. The phone that rings in the kitchen is (810) 359-8960 and is a good way to reach a person while the kitchen is open (approximately 7am to 7pm). Cell phone reception in the Camp Cavell area in past years has been spotty.

### **FIRST AID**

The Health Center is a separate building located next to the Main Lodge. If you need assistance, please contact any staff member.

### **SMOKING**

Smoking areas are not provided on the porches of the Dining Hall and the Main Lodge. Smoking is not permitted in any of the camp's buildings or on the camp's grounds. The only designated smoking area is on the waterfront, well away from the dune grass, but please, carry away with you any cigarette debris.

**GENERAL**

The illegal use and sale of alcohol and drugs is prohibited. Firearms are prohibited. After midnight, please be considerate of other campers and lower noise levels (e.g., close windows and contain your hooting and hollering).

**AN OPPORTUNITY FOR AN EXTRA DAY OR TWO AT CAMP**

It's not a secret ... for the past ten years, a small group of relaxing and fun seeking folks have gone to camp on THURSDAY NIGHT to FORGET THE WORK WEEK in preparation for a great weekend. This group also has taken advantage of their time together to have a GREAT BREAKFAST POTLUCK on Friday morning. Having eaten so well, this same group LEISURELY HELPS PREPARE THE CAMP for the coming weekend. WOW! But wait, YOU, TOO, CAN JOIN IN THE FUN. Just to keep the lid on this a little bit, we are opening up this opportunity to up to 10 more folks to join the 10 who are already planning to be there this year.

If you would like to arrive on Thursday after the work day, relax, sleep in a warm heated cabin, enjoy Friday's breakfast and assist with camp preparation, PLEASE CONTACT Martha Vander Kolk to roster in and designate what you will bring for either the breakfast or lunch potluck. Martha's contact information is (734) 658-8228 or email at [mjvk@umich.edu](mailto:mjvk@umich.edu). Hope to see you early!

We also need help to break down camp after 3pm on Sunday. You may select to help break down camp in lieu of a camper job. If you are willing to help us break down camp after camp close on Sunday afternoon, PLEASE contact Martha Vander Kolk at the contact information above to roster in for camp teardown. We do need help.

**DIRECTIONS TO CAMP AND A MAP OF THE CAMP**

Please see the enclosed sheet. Keep in mind that road construction season is in full swing in Michigan so you may want to check to see if there is any road construction on your route to camp.

**TENTATIVE PROGRAM SCHEDULE**

Look at the enclosed schedule and start making your plans now. SO MANY CHOICES . . . .

**LAST-MINUTE CANCELLATIONS**

Please contact Diane Seaman at 313-720-9667 or via email at [dlsmarino@yahoo.com](mailto:dlsmarino@yahoo.com) . Cancellations after September 1st will not allow a refund of your registration fee.

**FURTHER QUESTIONS???**

If you have any further questions, please feel free to call or email me or any of the Planning Committee members listed on the first page of this letter.

I look forward to seeing you at camp!

Diane Seaman, MDH Fall Camp Registrar  
Phone: (313) 720-9667  
Email: [dlsmarino@yahoo.com](mailto:dlsmarino@yahoo.com)

Enclosures:  
Directions to Camp  
Map of Camp  
Tentative Schedule  
Detailed Descriptions of Classes (p 6 of letter)

To be distributed at Registration:  
Name Badge  
Roster of Attendees  
Final Schedule  
Detailed Descriptions of Classes

## Workshop Titles

## Descriptions - in alphabetical order.

<b>Beg. Belly Dance for Fun and Fitness</b>	An Introductory class in the basic belly dance movements for mature bodies with an easy choreography.
<b>The Canadian Connection</b>	Ralph Page introduced contras to Canada in the 1950's and we've been mad about them ever since! Enjoy contras by and for Canadians, with some great Canadian tunes.
<b>Contra Frontier</b>	Contras written within the last year, with an emphasis on Michigan contra dance choreographers. Fresh finds from the Contra Frontier!
<b>Contras Done Properly</b>	"Proper" as in "1's not crossed-over". We don't see too many of these nowadays. Here's a workshop with nothing but proper dances.
<b>Dance Caller Conversation</b>	A time to explore calling problems and ideas informally.
<b>Dance Hall to Front Hall</b>	Ramped to Relaxed Fiddle Playing: Tips by New Hampshire dance fiddler and session leader Randy Miller on achieving clarity, speed, tone, and embellishment - whether you fiddle for dances or slow jams!
<b>Easy Swing</b>	Features work on basic steps and movements, plus how to be a good lead (or follower) and tips on how to make your swing dancing smooth and relaxed. Excellent preparation for Cathy's Lounge.
<b>English as a Second (Dance) Language</b>	Presenting a great selection of English Country Dances, with style notes for dyed-in-the-wool contra enthusiasts.
<b>German Paper Stars</b>	German Paper Stars also known as Swedish Stars or Eight Point Stars (which is odd because they have 16 points each) are lovely to hang individually or as a garland as decorations and gifts. Come learn to make these beautiful stars out of 4 simple strips of paper.
<b>Harmonica &amp; Bones</b>	If you want to learn more about either, this is the class. Various styles of Harmonica playing: straight harp, cross harp, single note, chording, playing fiddle tunes, polka, blues, country/folk, etc., and teach how to bend notes.
<b>Harmony Singing</b>	Accapella, doo wop, and other types of harmony singing.
<b>Israeli Couple Dance 1/2</b>	In each workshop you will learn two simple, beautiful, fun Israeli Couple dances. Saturday will have a waltz and a traditional dance. Sunday will have a waltz and a cha-cha. You will get two different dances at each class and a CD to take with you. The classes are independent, so come to either or both.
<b>Knotty but Nice</b>	A selection of English dances featuring moves that weave dancers' paths through and around one another.
<b>Nature Walk</b>	Join Glen for a walk-about through the flora and fauna around Camp Cavell. We'll see what kind of wildflowers, birds, insects, shrubs and trees surround us and get in a good stroll as well.
<b>The Novice Fiddler</b>	Getting Started as a Life-Long Learner: For beginning fiddle players. Randy Miller will attempt to answer such questions as: What tunes are good to learn? How can I quickly and efficiently improve my fingering? Is bowing the key to fiddling? How can I play in tune? What's a trill, a roll, a cut?
<b>Playing Back-up Piano</b>	For beginning and intermediate players who are familiar with and comfortable playing in "common" dance keys (A, am, C, D, dm, E, em, G). We will work on how to know when to change chords, how to choose which chords work, (and some variations on these) and how to move in interesting ways between chords. In addition, we'll emphasize keeping the tempo steady and not interfering with, but supporting, the melody players.
<b>Regency Period Dances, 1790-1825</b>	Come relive the glorious period of the Regency (1790-1825) through the American, English and French dances popular at that time in America. Join in the intriguing and joyful American Set Dances, English Country Dances and French Cotillions of the celebrated Regency Balls.
<b>Secrets of Good Dancers... Revealed</b>	Take your dancing to the next level. Fun dances and style secrets that no one talks about...except here.
<b>Slow Jam</b>	Music played at a nice easy pace - bring your favorite tune/arrangement to share. Fun for beginners to learn new tunes, fun for intermediates to work the bugs out, fun for advanced to work on variations and harmonies.
<b>Sing with the "Eh Team"</b>	A potpourri of Canadian Songs with lots of good choruses.
<b>Special Moments in Contra</b>	Dances with especially interesting figures, with especially interesting dance flow or story line, or something else that makes them stand out from the usual.
<b>Swing</b>	Details to be determined
<b>Unusual Twists and Turns</b>	Unusual and challenging formations and progressions. The workshop will feature distinctive and somewhat disorientin dances. Petronellazia has perpendicular progressions in contra lines that intersect with a square set in the middle. A second dance will have California tum and a halfs, losing and finding your partner without leaving the set. There may be a diamond or two, or other more conventional but challenging dances, like Scooter. Who doesn't love end effects?
<b>Waltz Contras</b>	Glide through intimate contras at ¾ time.
<b>Would you like to Swing a Guitar</b>	Basic concepts of swing guitar, chord shapes, some simple swing tunes, and possibly jamming with other instruments. Anyone who wants to take a stab at this on any instrument is welcome.