

DEAR DANCERS,

Back by popular request the H&R Suttle Lake Dance Camp! Thanks to the support, and resilience of our membership we will be back dancing at our beloved camp. Enjoy a weekend dance event together again as a community. Camp will feature global terminology, and a manner of forming sets to contribute to inclusivity.

Our teacher this year will be Bridget Whitehead now from Ontario, Canada. She will be dancing down the west coast from our camp to Hey Days in California. Bridget will enrich our English dancing experience, and offer a few touches of Scottish country dance. Our Favorite dance band will return: The Fine Companions from Portland Oregon. They will work their wonderful magic. A special treat will be a little concert after dinner on Saturday. Jon Oorthuys will be our excellent sound engineer.

To complete the weekend will be warm-ups, 8 Silken Movements, Round Singing, shared meals, and weekend favorites. There will be time to visit the lake, get a massage, and enjoy the fine company.

Camp is a wonderful way to start your summer!

The Camp Planning Committee

TEACHER

Bridget Whitehead (Canada/OR) conveys warmth and enthusiasm in her dancing and teaching, encouraging kindness and the love of dancing together. Bridget fell in love with English country dancing in Toronto, Ontario in 2005. She began organizing and calling in 2009 when she founded a bi-weekly English country dance in Kitchener-Waterloo, Ontario, and soon after joined the local Scottish group. Bridget was a regular caller in Ashland, Oregon for several years and recently moved back to Ontario with her husband Kyle Hardman. She has also led English Country Dancing at Hey Days English Dance & Music Week (California), Youth Dance Weekend (Vermont), and Fall Frolick (California). Bridget is delighted and honored to be teaching at Suttle Lake for the Heather and the Rose Country Dancers.

THE MUSICIANS — THE FINE COMPANIONS

Portland's Fine Companions are: **Betsy Branch** is a mainstay of Portland's English and contra dance community for many years. Her exuberant fiddling has delighted dancers on both coasts. Her enthusiasm and playfulness are infectious. **Lisa Scott**, whose lyrical style and sensitivity to dance rhythms make her piano music a joy for both English and Scottish dancers. **Erik Weberg**, a regular musician and caller at English and contra dances in Portland and the greater Northwest, will be playing flute. His animated playing is infused with his understanding of the ECD form. **Bill Tomczak**, who has been playing folk dance clarinet for more than 40 years. The diverse textures he adds to the ensemble surprise and inspire the dancers. Since moving to Portland he plays regularly for English and contra dances on clarinet, tenor saxophone and percussion. Expect fabulous music.

SOUND

John Oorthuys will be sound engineer. He has been ably providing sound reinforcement for English and contra dances throughout the Northwest for decades.

THE STAFF

Our Massage Therapist will be **Kristen McFarland** from Portland. She has a medical/therapeutic style using gentle work, and deep tissue massage. Please wear a loose fitting T-shirt and shorts to your appointment. Cost will be \$45 for half hour. A sign-up clipboard will be at the registration table.

Our meals will be provided by the **Suttle Lake camp cooking staff**, served buffet style. They will work with special dietary needs listed in the registration form.

The Heather and the Rose Country Dancers Present
Suttle Lake Dance Camp
May 31 - June 2, 2024



SCHEDULE

Friday
4:00-6:30 Camp sign-in
6:30-7:15 Potluck Dinner
7:30-10:00 Welcome Dance Party

Saturday
7:45-8:45 Breakfast
8:45-9:00 Warm-ups
9:00-10:30 English Workshop
Break 8 Silken Movements
10:45-11:45 English Workshop,
a little Scottish
12:00-1:15 Lunch
1:30-2:45 Ball Review
Break
4:30-5:15 Round Singing
5:30-6:45 Dinner
7:00-7:20 Musicians Concert
7:30-9:30 Ball

Sunday
8:00-9:00 Breakfast
9:00-9:30 Annual H&R
membership meeting
9:30 Warm-ups
9:45-10:45 English Workshop
Break 8 Silken Movements
11:00-12:30 Weekend Favorites
12:45-1:45 Lunch
Camp clean-up

Friday Night
Welcome Dance
Miles of Smiles
Sapphire Sea
Molly Andrew
Key to the Cellar
Christine
Early Frost
Felix's Name Day
Randolph's Farewell
Jamaica
Jack's Health
Cranberry Tart
Strathspey
(Bridget's Choice)

The Saturday Ball
program will be
devised and called by
our teacher Bridget
Whitehead. The ball
program and write-ups
will be available after
March 20th.

GENERAL INFORMATION

Housing There are three types of housing offered at camp. All include beds and mattresses. Nobody will sleep on a top bunk. **Small heated cabins and Pioneer Lodge rooms** are available for the regular registration fee. We are suggesting only two-four people per cabin. Pioneer Lodge has several rooms downstairs. All rooms will be limited to two people. Bathrooms and showers are located on the same floor. **Wesley Hall** has rooms available, two person limit per room. There are bathrooms and showers on both floors. Wesley will cost \$15 more per person. All housing has electricity.

Please mark your request on the registration form. We will honor housing requests on a first come basis. Bring your own bedding.

Friday night dinner is a potluck. Please bring a dish for six.

Scent Free Out of consideration for those with allergies and chemical sensitivities please refrain from using scents on yourself or your clothing. Please bring your own scent-free soap, shampoo and conditioner.

The camp COVID policy asks that everyone test right before setting off for camp. If you have forgotten to test you will be asked to return to your car and test. If you are starting to feel unwell please call and cancel your attendance. H&R has had a good track record. We have had only one case in the last two years. Masks are optional at camp.

Camp chores Everyone will be asked to sign-up for a few light chores, including end of camp clean-up. There are two work **scholarships** available. Scholarships cover half the registration cost. Please indicate on your registration form if you are interested.

We have two **fund raising** events at camp. First a **silent auction**. Think about what you might have in your treasures to offer and help raise camp funds. Also we are doing a **dance clothes sale**, with donations accepted. Think about what might look good on all your friends!

Rules Smoking is allowed in a designated outside area only. Alcohol and drugs are prohibited. No pets allowed.

Bring potluck dish for six for Friday dinner, bedding, towels, scent-free personal products, ear plugs, flashlight, walking and dancing shoes, warm clothes for the evening, and bathing suit. Bring extra money for massage, dance clothes for the exchange, and a contribution for the silent auction.

You will receive a camp confirmation letter upon receipt of your registration. It will include directions and a map to camp, reminders, and the ball program, if it has not already been sent to you.

If you have questions, please contact: Glenda Rackleff; feyshui@gmail.com

.....Yes, there is still a fireplace, but no dishwashing!.....

Mail by MAY 15, 2024 to:
c/o Kristy Henscheid
The Heather and The Rose
6 Daisy Court, Pasco, WA 99301
Email: hens1866@gmail.com



	H&R MEMBERS	NON-MEMBERS
Adult Fee	\$275.00	\$302.00
Number of Dancers		
Wesley Hall	\$ 15.00	\$ 15.00
Total registration enclosed	\$ _____	\$ _____
Please make check payable to: The Heather and the Rose.		

Name(s) _____
Street _____
City _____ State/Province _____ Zip/Postal Code _____
Phone _____ Email _____

- ☐ I'm interested in a camp scholarship.
- ☐ I want to become a member of *The Heather and the Rose* and take advantage of the member rate for camp, a 10% discount. Membership is \$20 for a family, \$15 for an individual.
- ☐ I enclose an additional donation of \$ _____ as a tax-deductible contribution to support continuing H&R events.
- ☐ I do **NOT** want my name and address listed on the camp roster.

☐ Dietary Requirements (Circle your diet): Vegetarian, Vegan, Gluten-free, Lactose-free
☐ Food Allergies _____ Severity _____

Housing: ☐ Cabin ☐ Pioneer Lodge ☐ Wesley Hall ☐ Tent