

The Heather and the Rose Country Dancers Present

# Suttle Lake Dance Camp

May 29-31, 2026

## DEAR DANCERS,

We are so delighted to welcome everyone back to Suttle Lake for the 33rd year of The Heather and the Rose Country Dance Weekend. This event always provides a chance to gather with our community and enjoy many of the traditional aspects of our yearly camp including the use of global terminology and an inclusive manner of forming sets, a characteristic of The Heather and the Rose experience.

This year we welcome two popular teachers from Seattle, Rachel Pusey and Dilip Sequera. We are also fortunate to have a trio of wonderful musicians from Portland to inspire us: Betsy Branch on fiddle, Erik Weberg on wind instruments and Mark Douglass on piano. John Oorthuys will once again provide his excellent and balanced sound amplification.

As usual, we will enrich the camp with warm-ups, 8 silken movements, Carol Valentine's round singing, shared meals and weekend favorites. There will also be time to see the lake, get a massage, and just sit and visit in this beautiful setting.

Come experience the enjoyment and renewal that Camp brings us every year.

*The Camp Planning Committee*

## TEACHERS

**Dilip** finds himself in his fourth decade as a dancer, having started Scottish dancing in Edinburgh as a student. He discovered ECD only upon leaving the UK, and has been teaching and calling English and Scottish dance on the West Coast since 2017. He loves working with dancers of all levels, from introducing beginners to the delights of movement and social interaction, to helping experienced dancers overcome challenges from some of the trickier corners of the repertoire.

**Rachel** has danced since her teens, starting with barn dances, leveling up to English, taking to Scottish with the zeal of a convert, briefly digressing into salsa, and lately catching the contra bug. She loves introducing new dancers to the joy and community of dancing, and that's what drew her to teaching and calling. She has taught SCD since 2004 in St Louis, the Bay Area, and Seattle, and has been calling ECD for several years

## THE MUSICIANS

**Betsy Branch** is a mainstay of Portland's English and contra dance community. Her exuberant fiddling has delighted dancers on both coasts. Her enthusiasm and playfulness are infectious.

**Mark Douglass** (piano) of Portland has been a driving force at English Country and contra dances with his musical and life partner Betsy Branch since the 1990s. His intoxicating and playful piano will bring your dancing feet to life. He brings a background of jazz and classical to the dance floor, simultaneously grounding and elevating dancers and anyone lucky enough to play with him.

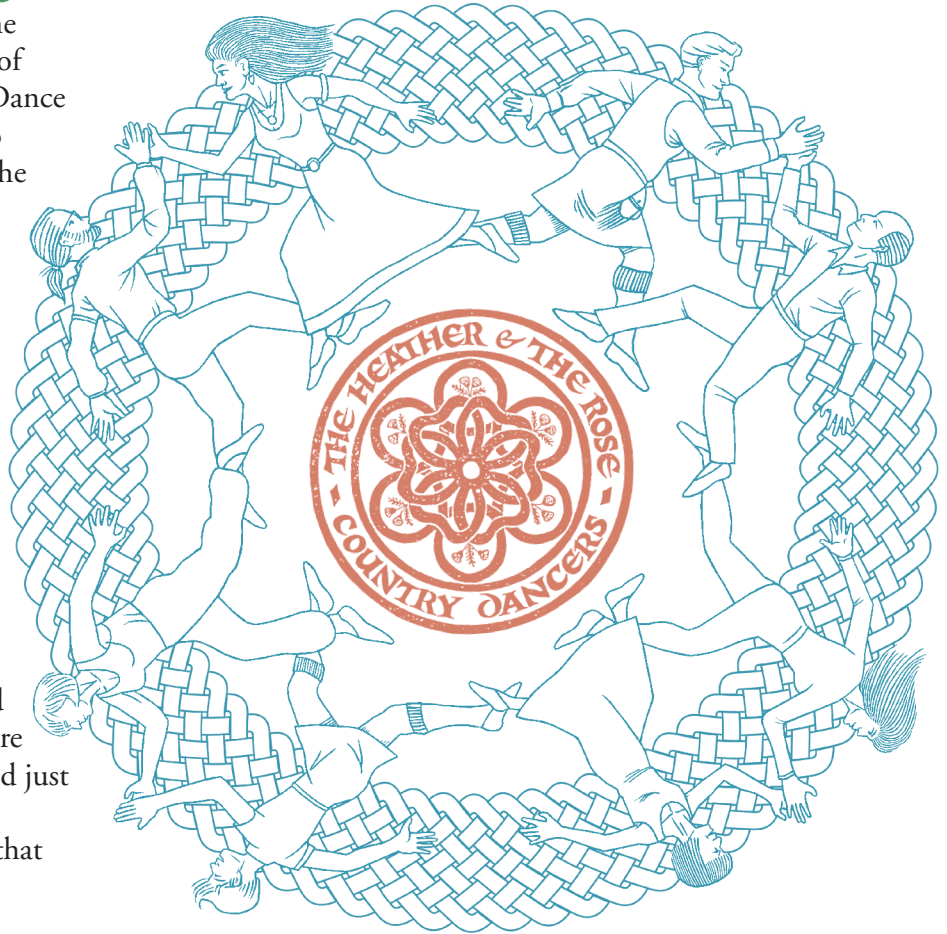
**Erik Weberg**, a regular musician at English and contra dances in Portland and the greater Northwest will be playing flute. His animated playing is infused with his understanding of the English Country Dance form.

## SOUND

**John Oorthuys**, sound engineer, has skillfully delivered sound reinforcement for English and contra dances across the Northwest for many years. His expertise consistently elevates the performances of talented musicians.

## MASSAGE THERAPIST

Our Massage Therapist is **Kristan Banks** from Bend, Oregon. She enjoys a creative blend of massage techniques and energy work. She is an adjunct instructor at COCC in Bend. Round out your camp experience with a relaxing, restorative 1/2 hour massage with Kristan. Sign up at the front desk



## GENERAL INFORMATION

**Housing** There are three types of housing offered at camp. All include beds and mattresses. No one 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 to 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.

Our meals will be provided by the Suttle Lake camp cooking staff. The camp kitchen will work with special dietary needs as listed on the registration form.

**Scent Free** Out of consideration for those with allergies and chemical sensitivities, please refrain from using scents on yourself or your clothing. We will provide scent-free hand soap, shampoo.

**The camp COVID policy asks that everyone tests right before setting off for camp and brings with them either a photo of the test or the indicator showing negative.**

If you have forgotten to test, you will be asked to return to your car and do so. If you are starting to feel unwell, please call and cancel your attendance; your money will be refunded. 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.

**Scholarships** There are two work scholarships available this year. Scholarship folks will be asked to pay \$202 to cover their food and lodging. Contact Hilary Fisher if interested at [hilaryj@uoregon.edu](mailto:hilaryj@uoregon.edu)

We have two **Fund Raising** events at camp: a silent auction and a garage sale. Think about what you might have in your treasures to offer to help raise camp funds.

For the garage sale, dance clothes are especially welcome. Donations will be accepted for these items. Think about what might look good on your friends.

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

**Bring** bedding, towels, scent-free personal products, earplugs, flashlight, walking and dancing shoes, and warm clothes for the evening. Bring extra money for massage and for the silent auction and garage sale. We welcome snacks and treats for breaks. Please bring a card with your contribution listing ingredients.

You will receive a camp confirmation letter upon receipt of your registration. It will include directions, reminders and the ball program if it has not already been sent to you. If you have questions, please contact:  
Glenda Rackleff at [feyshui@gmail.com](mailto:feyshui@gmail.com)

## SCHEDULE

### Friday

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

### Friday Night Welcome Dance

Molly Andrew  
Jack's Health  
Mile of Smiles  
Scottish Jig or a Reel  
Moonflower  
Barbarini's Tambourine

#### Break

Key to the Cellar  
Freeford Gardens  
Strathspey  
Sun Assembly  
Sapphire Sea  
Rafe's Waltz  
Extra Dublin Bay

### Saturday

8:00-8:45AM Breakfast  
8:45-9:00AM Warm-ups  
9:00-10:30AM Workshop  
**Symmetries:**  
*An exploration of the ways symmetry shapes our dancing.*  
10:30-10:45AM Break (8 Silken Movements)  
10:45-11:45AM Workshop

#### Here Be Dragons:

*Don't be scared, we're going on an adventure.*

12:00-1:15PM Lunch  
1:30-2:45PM Ball Review  
2:45-3:45PM Scottish  
**Break**  
4:45-5:30PM Round Singing  
5:30-6:30PM Dinner  
7:30-10:00PM Ball

### Sunday

8:00-8:45AM Breakfast  
8:45-9:15AM Annual H&R membership meeting  
9:15-9:30AM Warm-ups  
9:30-10:30AM Workshop  
**Everyone Everywhere All at Once:**  
*Opportunities for interaction and connection beyond our minor set.*  
10:30-10:45AM Break (8 Silken Movements)  
10:45-12:00PM Weekend Favorites  
12:00-12:45PM Lunch  
1:00PM Camp clean-up

# Registration Form

Please print this page and mail your registration form, signed waiver, and check by  
MAY 13, 2026 to:

**The Heather and The Rose**  
c/o Kristy Henscheid  
6 Daisy Court, Pasco, WA 99301  
Email: hens1866@pm.me



**If you prefer to register online:**

Registration form: <https://tinyurl.com/suttlelake> The link to pay via PayPal can be found in the form.

.....  
Name(s)

.....  
Street

.....  
City

State/Province

Zip/Postal Code

.....  
Phone

Email

Dietary Requirements (Circle your diet): Vegetarian, Vegan, Gluten-free, Lactose-free

Food Allergies \_\_\_\_\_ Severity \_\_\_\_\_

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

	H&R MEMBERS	NON-MEMBERS
Adult Fee	\$310.00	\$350.00
Number of Dancers	_____	_____
Wesley Hall	\$ 15.00	\$ 15.00
<b>Total registration enclosed \$</b>	<b>\$ _____</b>	<b>\$ _____</b>

**Please make check payable to: The Heather and the Rose.**

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.

**Liability Release (required):** I hereby certify that I am  18 years of age or older, or  the parent or legal guardian of the participant who is under 18 years of age. I understand and assume the risks of participation in events sponsored by *The Heather and the Rose Country Dancers*. For myself, my heirs and assigns, I agree to waive, release and forever discharge any claim for injury or damage, and hold harmless *The Heather and the Rose Country Dancers*, all host venues and their officers, agents, and employees against any claim, loss, liability or expenses including attorney's fees, resulting directly or indirectly from participation in these events.

.....  
Signature

.....  
Date