

Greetings Dance Campers!



Congratulations! Locate your dancing shoes and prepare for Dance Camp. You are registered for Dance Camp North Sept 2-4th, 2017. Here is some useful information.

Bring

Tent/RV if not in cabin

Sleeping bag/pad

Dancing shoes

Drinking cup

Walking shoes

Change of dance clothes

First aid supplies

Personal medications

Raingear/rubber boots

Jacket, hat and **flashlight**

Towel

Bath soap

Shampoo

Toothbrush & paste

Cash or checkbook for auction

Kids

Optional

Items for auction

Musical instruments

Canoe/Kayak/Life Preservers

Hiking shoes/clothes

Fishing gear

Quilt/wall décor to hang on walls

Swim wear (for the intrepid)

Munchies (especially if you have diet requirements)

Bug dope/Insect repellent

Pilates/Yoga mat for stretch classes

Your recorded music for late night dancing – iPod, mp3, laptop

Bicycle

Earplugs (for better sleeping)

Alarm clock

Fish or berries for the chef

Don't Bring

Alcohol

Pets

Guests who do
not plan to register

Dance Camp North location and how to get there

<http://contraborealis.org/dance-camp-north/dance-camp-north-location-and-accommodations/>

Dance Camp North is held at the Lost Lake Boy Scout Camp. From Fairbanks, take the Richardson Highway toward North Pole and Eielson AFB. Continue on for 55.8 miles to the turnoff at Lost Lake Road, which is on the right (west) side of the Highway. The turnoff is just past Mile Post 306. There will be camp signs to help. If you go around a corner and see the Birch Lake rest area pullout on the shore of Birch Lake, you've gone a bit too far. See the enclosed map for more detailed directions and mile post markers for intermediate points of interest. Continue on Lost Lake Road until you reach the gate for Lost Lake Camp (just past the public boat landing for Lost Lake). Continue another mile, keeping to the left at the next intersection until you reach the main Lodge/Dining hall where you will find the registration table set up. You should plan on a leisurely 1.5 hr drive from Fairbanks. Please do not bring pets to Camp (dogs, cats, chinchillas, etc.). They are not allowed by the Boy Scouts.

More Information

The registration table opens at 11:00 am till dinner on Saturday. This gives plenty of time before the Kick-off BBQ at 1 and the Welcome dance at 2:30 to set up your camp, find your cabin, or to explore Lost Lake and its many trails. At the registration table you will check in and pick up your name button, a Camp map to show you where you can set up your own camp or park your vehicle/RV, or cabin locations if you have requested cabin accommodations, along with the camp schedule. For all 9 years

of age or older you will be expected to sign up for **1 hour's total worth of work** (such as sweeping, setting up tables, serving meals, clean/restocking bathrooms/showers, etc.). That could be 2 or 3 jobs. Camp is a cooperative effort minimizing the cost of Camp and insuring that what needs to be done gets done to make the Camp run smoothly. If you are arriving late or leaving early, you can ask someone else to sign you up for the jobs that will match your schedule.

Please do not park along the roadsides: they are very narrow and we need to maintain access for emergency vehicles, bicycles and foot traffic. You are welcome to drive to your campsite to unload. Once unloaded, please park at the rifle range, the main Lodge (across and up the hill on the opposite side of the road) from the shower area or the waterfront. If you park at the waterfront, please leave spaces facing the lake for tents and RVs.

This year our Chef Joe Hardenbrook and crew will treat us to a BBQ from 1-2 pm, followed at 2:30 pm with a welcome dance with our guest artists, the Contra Sutra and Michael Karcher calling. We are all about the snacks during breaks. We've got great cooks who will feed us on Saturday afternoon and evening, with 3 meals on Sunday and 2 meals on Monday. On Sunday, all-day workshops and dancing will be followed by a pre-dinner mini-concert, after dinner contra dance, and a late night Techno Contra to bring out your wild side. (Dress for black lights) This is so much fun! The final dance on Monday will end around 3:30 pm.

Remember to bring a sleeping bag and whatever else you want to sleep on (pillow, hammock, ground pad, etc.). For those previous campers who have enjoyed putting tents inside the Boy Scout wall tents, they will not be up this year. But the frames are and you are welcome to bring a tarp to cover them. If you are staying in a cabin, you may bring your own single sheets; fitted bottom sheets are helpful as are earplugs for snoring. Most cabins have wood stoves with logs and paper starter, but fall short on kindling. Feel free to bring some if you are a cabin dweller. It can be warm and sunny or cold and rainy. Cool nights will require a jacket or heavy sweater. **Weather predictions: day - 60's, night - 40's.**

There are private shower facilities at four locations around Camp. Check the Camp map provided at registration or on line. In addition to the flush toilets at the Dance Hall/Dining facility (Boy Scout Honor Lodge) there are additional flush toilets at the shower facility 0.25 miles down the road from the Dance Hall, and now down by the lake. Through the woods near the campsites there are commodious, supplemental outhouses.

To minimize the washing of cups and extravagant use of paper products, please bring your own, positively identifiable **mug or water bottle** to re-use throughout the weekend. To keep the dance floor clean and smooth, **bring dancing shoes** that will not be worn outside. They can be left in the hall.

There is time and chapel space for yoga and stretching, Cindy is your leader this year. Feel free to come practice 8am.

Be sure to bring first aid supplies and medications that you or your family may need for scratches, scrapes, sprains, stings, etc. Swimming will be at your own risk as there is no lifeguard on duty. There are nice hiking trails at the Camp. The buildings at camp are a 5 to 10 minute walk apart, with a 15 min walk from the Dance Hall to the Lakefront (maybe a bit longer going uphill from Lakefront to

the Dance Hall). Trails are not lighted so be sure to bring a flashlight/ headlamp (and spare batteries) or the name "Lost Lake" will take on a whole new meaning!

Bring your own canoe and/or kayak with a life preserver for each boater. Don't have a boat? The Boy Scouts have a number of canoes and life preservers available at the waterfront if you want to paddle around during breaks.

If you need to be reached at Dance Camp North (in an emergency) the phone number at the BSA Honors Lodge is (907) 488-8311. There is limited cell phone coverage at Camp, and no WiFi. We encourage you to use this beautiful weekend as an opportunity to get 'unplugged' and enjoy nature, music, dance, and each other. Keeping electronics discreet and minimized can help everyone enjoy the weekend.

Continuing a tradition, we'd like to hang quilts on the walls in the dance hall to make the place a bit more cheery and help with the acoustics, so bring them if you have them. Don't forget to bring useful items or offers for services for the auction. Very important!! We depend on this fundraiser in addition to your registration fees to cover the cost of Dance Camp North. Great ideas are found on our website <http://contraborealis.org/dance-camp-north/dance-camp-auction> Also see Form attached.

If you are bringing children under 10 years, you will be solely responsible for their safety and behavior. Cooperative kid care is being organized by Barbara Braley. Parents are encouraged to participate. In the past, families have brought Play-Doh, art supplies, and clothes for dress-up, bubbles, storybooks, etc. to share.

This year's camp Massage Therapist is long time dancer Holly Stack. You will find her sign-up sheet on the door of the nurse's office in the main hall. Holly accepts cash, checks and negotiable plastic.

Remember if you need a ride to Camp or a place to stay the day before/after Camp, be sure to e-mail Holly at hollystouch@gmail.com or call 907-479-0388.

Don't forget the Friday night (Sept. 1st.) In Town Dance at the Pioneer Park Dance Hall featuring our guest band the Contra Sutra and caller Michael Karcher. Pioneer Park is located between Airport Road and the Chena River to the north and just east of Peger Road. The contra dance will run from **7:30 pm to 10:00 pm**. Admission (not part of the Dance Camp North registration fee) has a discounted rate for registered campers of \$10 at the door. (\$15 for non-campers) Bring clean non-marking dance shoes and enjoy the best dance floor in Fairbanks!

If you have any questions or concerns, please feel free to contact us at dcn@contraborealis.org or 907-479-0388. More information about camp, the dance hall location, and the workshop schedule can be found on our website at bit.ly/dcn2017

Looking forward to seeing you at camp!