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**Fall Dance & Music Weekend** [**fallladyofthelake@gmail.com**](mailto:fallladyofthelake@gmail.com)

**October 4-5-6 2019 Emily 208-610-4253**

**Camper Information Letter from Emily, Jerry, and the Lady of the Lake Committee**

The Fall Dance & Music Weekend is fast approaching. Please keep this letter, which contains important information about camp. A zip-sorted camper list to help plan carpools, and a detailed program for the weekend are attached below.

**Special events before Fall Weekend:**

--The Stringrays - October 2nd dance – Wednesday – 7-10 pm. The Woman’s Club Hall (9th and Walnut, Spokane). Admission: $10/8 SFS members.

--The Stringrays - October 3rd house concert – Thursday. 7pm start. Spokane South Hill. Admission $15-20 cash, sliding scale. Reserve your spot via email at: [fallladyofthelake@gmail.com](mailto:fallladyofthelake@gmail.com).

**Special events during Fall Weekend:**

--The Country Dance and Song Society’s Executive Board Meeting is hosted this year by Lady of the Lake, concurrent with Fall Weekend.

-- A Regional Organizers Forum will meet during the weekend. If you’re a dance organizer, check the detailed schedule.

**Transportation to camp:** If you are flying into Spokane and need a ride to and/or from camp, **let us** **know ASAP** and we can arrange for your transportation. The fee for transportation service is $35 per person which is payable at camp registration.

If you wait till the last minute, we will not be able to make arrangements. Lady of the Lake Dance & Music Camp is held at Camp N-Sid-Sen (a United Church of Christ camp). N-Sid-Sen is on the east shore of Lake Coeur d’Alene on Highway 97 about halfway between I-90 and St. Maries, ID. **Plan on a 90-minute drive from Spokane to camp.** Highway 97 is a very winding road along the lake, which makes the driving slow, and deer may be abundant along the road. Give yourself plenty of time and enjoy the lovely views!

**Directions to Camp**: From I-90 turn at the Wolf Lodge Bay (Harrison) exit #22, follow Highway 97 south along the lake to Milepost 77. Milepost 77 is about 22 miles from the interstate exit and past the Carlin Bay resort area. The entrance to N-Sid-Sen is on the west side of the road at Milepost 77.

**Check-in opens at 3:30 pm Friday afternoon, in Stillwater Lodge, immediately adjacent to the parking lot.** Sign up for a cabin and a chore slot when you check in. Please do not move into a cabin until you have checked in. Cabinssleep 8-12 people in bunks and have electricity (lights, heat) & space for hanging clothes. There are foam mattresses on the bunks, but you must furnish your own bedding (sheets, blankets, pillows, sleeping bags). If you are flying in and cannot bring linen, N-Sid-Sen will provide bedding and towels for the weekend ($12, payable at check-in). **CPAP** users, please contact Emily to arrange an appropriate cabin for you.

No cooking or smoking allowed in the cabins. There are no laundry facilities at camp.

Shower and restroom facilities are within a short walk of the cabins in a central building.

**Camping** is in open fields for tents and RVs. Please place your name on the camping list when you check in. There are no power or water hookups; the central shower and restroom facilities are for everyone.

Mailing address is **Camp N-Sid-Sen, 15900 Hwy. 97, Harrison ID 83833**. The phone number for *incoming emergency messages* only is (208) 689-3489. Cell phone coverage is iffy...some phones get a signal, some don’t, and some places at camp are better than others. Remember to turn your phone off when not in use to save the battery and keep the WIFI available for those who are actively using it; bandwidth is narrow. Computer facilities and the office phone are *not* available for campers’ use.

**Food:** Meals are served family-style in the main hall, starting with dinner Friday evening and ending with a substantial snack after the dance on Sunday. The cooks prepare well-balanced, nutritious, and delicious meals. Poultry, dairy, fish, pork and beef are served. There are plenty of salads, vegetables, fruits, and homemade breads at every meal.

The camp kitchen will accommodate the following diet preferences (offered for selection on the registration form): omnivore, vegetarian, gluten-free, or dairy-free. If you chose something other than omnivore, ask about where in the dining hall those dishes are served. If you didn’t include it on your registration, please let us know by Sept 24th if you belong to the gluten-free or dairy-free category so the camp kitchen can buy and prepare appropriate dishes and quantities. Please bring your own food if your diet does not fall into those four categories. In any event, you are welcome to bring your favorite snacks, drinks and extra food if you want. There is a small grocery store in Harrison about 8 miles from camp; full-sized supermarkets are in Coeur d’Alene (40 minute drive).

No cooking facilities are available, but limited refrigerator/freezer space is available. You are welcome to bring coolers. Please contact Emily if you need more information.

**Snacks:** Two snacks are provided during the day and at break during the evening dance; these snacks include fruit, vegetables, crackers, and sweet treats. We’d like some help with providing sweet treats. If you have time to make cookies or other non-messy treats to share, they would be most welcome. If you’re in the gluten-free / dairy-free category and can bring a favorite treat to share, that would be great!

We especially welcome fruit from your trees and vines.

**Program:**The weekend begins Friday October 4th, with check-in starting at 3:30 pm in Stillwater Lodge. Dinner is served at 6:30 pm followed by the evening dance at 8 pm. After breakfast on Saturday, the day is filled with workshops: two in the morning and three in the afternoon. There will be a staff concert after dinner, before the evening dance.

**Saturday evening dance theme:** leafy green.

**DIY Clothing Exchange**: Bring your formerly favorite dance garb to the exchange (basement of Forester, all weekend long) and select some special pieces to take home…

**Fragrance Free Camp:** Some members of our dance community areverysensitive or allergic to scented products. **Do not bring scented soap, shampoo, hair spray, lotion, deodorant, after-shave, or perfume to camp.** Fragrance-free products are readily available in grocery and drug stores. We will have some at camp, but our supplies will be limited. Your consideration is much appreciated.

**Remember to bring:** \*Bedding (sleeping bags, sheets, blankets, pillows, unless you are flying in and want to rent for $12)     \*Personal items (towel, wash-cloth, toothbrush, hairdryer), unscented toiletries, flashlight, batteries.

\*Prescription drugs or OTC medicines you regularly take.     \*Comfortable, festive attire. Autumn weather in North Idaho usually features comfortable days and very chilly nights. Rain is always possible, so come prepared.     \*Dancing shoes with non-marking soles for dancing only!     \*Book, handwork, games for quiet moments.

\*Instruments, music, extra strings, picks, recording devices, note-taking materials.