

Spring Drum & Dance Retreat

...all the other things you need to know!

Sat 23 – 25 September 2017

Camp Cottermouth, ACT

How to get there

The camp address is 1435 Cotter Road, Stromlo, ACT. Simply drive out the Cotter Road (accessible from the Tuggeranong Parkway or Adelaide Avenue) which will take you past the new suburb of Wright. Once you leave the suburbs, you will drive for approx. 8 km along the Cotter Road and the camp will be on your left. You will see the sign 'Camp Cottermouth' and 200m past the sign, you will see the gravel road entrance. Be sure to take the left-most entrance to Camp Cottermouth rather than Greenhills Conference Centre which is next door.

Parking

There are no designated parking spaces at the venue but plenty of space. You are welcome to park anywhere along the main gravel loop that you will arrive at when you drive in. We will fit more cars if we angle park. There is additional parking behind building 9.

Accommodation

Accommodation is cabin style with each cabin, divided into two or three rooms, containing between 10 and 14 beds (bunk beds). Pillows and quilts (with covers) are provided so please bring a pillow slip and sheets (or a sleeping bag if you prefer). Cabins all have reverse-cycle air-conditioning and each one has its own bathroom. Additional bathrooms (toilets and showers) are located on the western side of the main dining hall building.

If you would like to have friends or family members allocated to the same cabin as you, this needs to be noted on your registration form. When you arrive at the camp, you will need to find your name on the door of one of the cabins to know which one you are in. If you are travelling to the retreat from outside of Canberra and have arranged to stay at the camp on Friday night, please plan to arrive sometime after 6pm. Kate will be staying at the camp on Friday night.

Sign-Out Book

If you leave Camp Cottermouth at all over the weekend, there will be a sign-out book in the dining hall and you'll need to note the time you leave and then sign yourself back in. This is so that in an emergency, I know who is onsite.

Meals

The following meals are provided during the retreat:

- Saturday – lunch and dinner
- Sunday – breakfast, lunch and dinner
- Monday – breakfast and lunch

Please bring fruit and snacks for in-between meals.

All meals are vegetarian but don't worry meat-eaters – there will be lots of protein! Mainstream allergies like gluten, wheat and dairy can be catered for if you have noted them on your registration form. Allergies such as these will be looked after in that there will be options within the variety of dishes served that cater for you. Please make yourself and the dietary requirements you noted on your registration form known to Kate at the start of the camp.

All meals are served in the air-conditioned dining hall and cutlery and crockery is provided. The dining hall will also be used as the main drumming and dance space. This means that the trestle tables will need to be packed up and set up before and after meals – many hands make light work! If the weather is nice, we can set the trestle tables up out on the patio area to enjoy meals outside. We will play it by ear.

If you are staying at the camp on Friday night, please note that meals will not commence until lunchtime on Saturday so you will need to supply your own meals until then.

There is a tea and coffee station set up in the dining hall so that you can help yourself during the retreat. This includes a coffee machine that takes capsules – capsules will be provided.

Drumming and Dance Classes

Depending on the levels of enrolled participants, the drumming group may be split at times during the retreat so that those with less experience are supported. Please be assured that you will be informed as the retreat progresses about where you need to be for each session.

When you are not drumming, please take your djembe back to your cabin (even if hiring) as we will need the space in the dining room to run the dance class. Djembes make great bedside tables, anyhow. Just kidding!

Drummers may wish to drum for the dance classes – for extra practice and a great stamina work out!

The dancing classes will cater for all levels and first-timers are very welcome! If you've never given it a go, this is a safe and friendly place for your foray into dancing! The cost to attend any or all of the dance sessions as well as drum sessions is only an extra \$50 so why not!?

The new dundun dance class is open to all retreat participants to have a go. Dundun dance, which combines dancing and drumming (each person has one dundun drum and a set of sticks) is the latest craze, it seems! Definitely worth taking up this opportunity to try it out. There are two one-hour dundun dance classes scheduled over the weekend and you will be invited to participate in either the Saturday or Sunday session. Thank you in advance to the people who are happy to bring dundun drums along to share for this session!

Drum Hirers

If you are hiring a djembe for the weekend, please look after it for the whole three days as if it were your own. When not in use, the djembe should always be back in its bag/cover. Please make sure no liquid is spilt on the

djembe head and keep it out of the rain, if there is any! Please collect your hire drum from the dining room prior to 9am on Saturday.

Activities

Bushwalking – There is a lovely walk on the Camp Cottermouth property that takes you down to the Murrumbidgee River. Take the track that runs down the hill in a westerly direction, past the manager’s house and the climbing tower and down to the river. The nearby Cotter Reserve also has a newly built walk called the ‘Cotter Dam Discovery Trail’, a 1.4km loop that leads you along the river and features a 16 metre wide amphitheatre style viewing platform with direct views of the Cotter Dam. If you do head off on a walk, please let someone at the camp know where you’re going and when you expect to be back. The timetable includes a planned walk at 7am on Sunday morning. How lovely it will be to get a hit of fresh morning air before our delicious breakfast!

Yoga – All participants are welcome to attend the morning yoga session. Please bring along a yoga mat or a towel. The session will be led by qualified yoga instructor, Joanna Bencke. Joanna is trained in Hatha yoga and Dru yoga and has been practising and teaching yoga for over 8 years. Joanna’s session will include a fun and lovely warm up and a sequence of flowing movements and slow stretches to promote spinal and joint flexibility. The session will finish with a relaxation that offers wonderful physical and emotional benefits. Suitable for all levels and needs, and a beautiful way to start a big day of drumming and dance!

Massage – Lisa Moore of Moore Massage and Therapies will be providing massages during the retreat. If you indicate that you want a massage over the weekend, a 40-minute timeslot will be allocated to you (and emailed to you prior to the retreat). You will then need to bring \$50 cash to the retreat to pay the massage therapist directly. Please note that any cancellations must be made prior to the retreat commencing. Massages will be held in one of the cabins and it will be essential that people turn up a few minutes before their timeslot so that there are no delays and everyone gets as much time ‘on the table’ as possible. If your massage timeslot falls at the start of lunch or dinner, please remember to ask the chef to put aside a plate of food for you. He is quite happy to do this.

Campfire – There are two lovely campfire areas at the venue and plenty of firewood ready to be used. If the weather is nice, it will be lovely to sit around the fire under the stars. Bring your marshmallows for toasting and a guitar if you can strum out a few chords for people to sing along to!

Program

Check out the program of a busy three days!

Saturday		Sunday		Monday	
8am	Check-in	7-8am	Bushwalk	7-8am	Yoga
9am	Retreat Welcome	8am	Breakfast	8am	Breakfast
9.15-10.30am	Drumming	9-10.30am	Drumming	9-11am	Drumming
11-12.30am	Dance	11-12.30am	Dance	11.15am-1.15pm	Dance
12.45pm	Lunch	12.45pm	Lunch	1.15-1.30pm	Retreat Close
1.45-3.15pm	Drumming	1.45-3.15pm	Drumming	1.30-2.30	Lunch
3.30-5pm	Dance	3.30-5pm	Dance		
5.15-6.15pm	Dundun Dance	5.15-6.15pm	Dundun Dance	Please check out of your cabin by 11.15am.	
6.30pm	Dinner	6.30pm	Dinner		
8pm	Campfire	8pm	Activity		

What to Bring

- Pillow slip (to go over slip provided)
- Single bed sheets
- Sleeping bag (if you prefer this to the quilt provided)
- Towel
- All toiletries including soap
- Thongs for the shower if you like
- Yoga mat/towel (if participating)
- Marshmallows for the campfire!
- Guitar for singing around the fire
- Book to read during any downtime
- Snacks/fruit for between meals
- Water bottle
- Hat and sunscreen
- Warm clothes and jacket
- Sturdy shoes if you'd like to go bushwalking
- Dancing clothes (if applicable)
- Your djembe or dundun (if applicable)
- Earplugs
- Band-aids or tape for blisters
- Cash for massage/purchasing Mohamed's USBs
- Torch
- Picnic rug for relaxing on the grass
- This information!

Your Arrival

Most participants will arrive on Saturday morning. Feel free to locate your cabin and unload your belongings when you arrive. From 8am, Kate will be available in the dining room so please announce your arrival and bring your drum into the room, or collect your hire drum, if applicable.

If you are arriving Friday night, Kate will be in the dining room until about 9pm. After this time (or if the dining room lights are out) just head straight to your labelled cabin.

All retreat participants are to be in the dining hall at 9am on Saturday for the retreat welcome!

Your Departure

On Monday, the final day of the retreat, you will need to pack up and move your belongings out of your cabin by 11am. Please use the time before and after breakfast and during the morning tea break to do this. The checklist below will help to make sure you've left your cabin clean and tidy, as requested by the venue managers.

- Quilts to be folded and placed with pillows at the end of each bed (as they were when you arrived)
- Mattress covers to be straightened
- Floors to be swept (and any spills or marks mopped)
- Toilets, hand basins and mirrors to be wiped
- All waste bins to be emptied into the rubbish hopper near the office
- All lights and heaters/air-conditioners to be turned off
- All windows to be closed

All cleaning equipment and products are available at the venue.

Your help with this will be much appreciated.

Other Important Things

- As a general courtesy to other retreat participants, it is best not to be playing your djembe after 6.15pm, ie after the drumming and dance classes have finished for the day. Everyone needs a chance to relax and you will need the break anyhow!
- Mohamed will have his instructional USBs and DVDs for sale at the retreat so please bring along some cash if you would like to buy one. They are \$40 each.
- There is mobile phone reception at the camp but apparently it's patchy and you'll need to 'find the spot'. Alternatively, switch your phone off for the weekend! ☺
- If you have any questions, please contact me asap – I will be at the camp from Friday evening so may not be contactable if you leave it until then.

...and most important of all, enjoy yourself!