

DRAFT Music in the Mountains Schedule of Activities November 4-6, 2016 DRAFT

Friday Activities

	Lodge	Coffee House	Craig's Cabin	Cabin 6
3:00-6:00 pm	Check in, welcome, name tags			
6:00-8:00 pm	Light Dinner			
8:00-9:30 pm	Cajun Dancing	Jamming (no time limit)		

Saturday Activities

7:00-8:00 am		Gentle Mind Body Exercises- Joel Zimmerman		
8:00-9:00 am	Breakfast (Set up: cabins 1, 2)			
9:10-10:20 am	Make and Take Rhythm Instruments- Committee	Violin- Joel Zimmerman	Songwriting Brad Elias	Jazz Chords- Steve Linsky
10:35-11:45 am	Make and Take Rhythm Instruments- Committee	Song Interpretation and Presentation Ron Bloom and Carol Schryver	Bluegrass Jam- Tom Corbett	Blues and Boogie- Ric LeShever
12:00-1:00 pm	Lunch (Set up: Cabins 3, 5)			
1:10-2:20pm	Jamming	60's Sing-along - Louise Dobbs	Beatles and Monkees!- Tom Corbett	Vocal Techniques- Sylvester Johnson
2:35-3:45pm	Organized Hike Andy Gelencser	Hypnosis for Stage Fright- Julia Nizinski	Fingerstyle Guitar Workshop- Bruce Farwell	Open Jam- Ric LeShever
3:45-5:30 pm	Free Time			
5:30-6:30 pm	Dinner (Set up: Cabins 6, 7)			
6:30-7:00 pm	Set up for concert			
7:00-9:00 pm	Evening Concert			
9:00 pm -????	Jamming	Jamming		

Sunday Activities

7:00-8:00 am		Gentle Mind Body Exercises- Joel Zimmerman		
8:00-9:00 am	Breakfast (Set up: Cabin 8)			
9:10-11:10		Songs of Meaning- Bring a song that has meaning to you	Songs of Meaning- Bring a song that has meaning to you	
11:15-12:15 pm	Lunch (Set up: Craig's Cabin)			
12:15-2:00 pm	Pack and clear out cabins			
2:00-3:00 pm	Hang out and jam			
3:00 pm	Safe Travels!!			

*If you go hiking at any time during the weekend, sign out in the lodge on the clip board by the camp store. Hike with a buddy and tell a friend to watch for your return. Enjoy the hot tub, but never hot tub alone. The camp nurse is **Pat Spier**. Janet James, the Camp Manager's cell is **909-435-6298**. Music in the Mountains has been an annual tradition for over 20 years. Committee members for 2016's Music in the Mountains: Janice Gelencser- coordinator, Carol Burton, Andy Gelencser, Doug and Linda Kerr, Mary Hendricks, Janet James, Karl Lisovsky, and Steve Berman.*

Music in the Mountains Workshop Descriptions - November 4-6, 2016

<p style="text-align: center;">Beginning Violin - Joel Zimmerman</p> <p>This workshop will focus on violin basics such as how to hold the violin, how to bow to produce good tone, and finger positioning. By the end of the session, participants will play a simple tune. A limited number of violins will be available for use at the workshop.</p>	<p style="text-align: center;">Overcoming Performance Anxiety - Julia Nizinski</p> <p>Imagine radiating confidence and maintaining inner calm while performing! Julia Nizinski, a certified clinical hypnotherapist, will be facilitating a group hypnosis session, to help performers overcome stage fright.</p>
<p style="text-align: center;">Cajun Dancing - Carol Burton & Mary Hendricks Gentle</p> <p>Cajun dancing is different from any folk dance you have ever seen. Come experience an evening of lively dancing to music with Louisiana roots. Carol and Mary will be teaching some Cajun dancing moves that are enjoyable to watch and to do. No partner needed.</p>	<p style="text-align: center;">Gentle Mind Body Exercises - Joel Zimmerman</p> <p>This is a gentle stretching session using a combination of QiGung Yoga and Tai Chi techniques. Wear comfortable clothes and gently warm up your body and mind as you start your day here at camp.</p>
<p style="text-align: center;">Voicing Inner Power- Sylvester Johnson</p> <p>Would you like to speak so that people hear you more clearly? Voicing Inner Power can help you project your voice at higher volume with ease. We will use gentle stretching for the voice, relaxing the muscles around the vocal cords to open the throat and enlarging the back of the mouth for resonance and projection. As time permits, we'll finish with scales and flowing songs to experience singing after thoroughly opening up.</p>	<p style="text-align: center;">Jazz Chords - Steve Linsky</p> <p>Using "Jazz Chords" can help add color and interest to your songs. Jazz chords are actually easier to play than Barre Chords because there's no barring. When my students realize how much easier Jazz chords are than barre chords, they want to know them all. Just for fun I will teach how to play the song "Summertime" between the 5th and 10th frets using only one finger.</p>
<p style="text-align: center;">Beatles and Monkees! - Tom Corbett</p> <p>This is open to all instruments and will mostly be a big ol "Beatles & Monkees Hootenanny". The chords and words will be provided to some of the classic hits of these two great "Boy Bands". Prior experience should be the ability to play a variety of chords and be able to do some basic strum patterns. We'll play as many songs as possible together after a short rundown of how each song goes. Nehru jackets, 70's Hippie Attire and Mop Top hair is not necessary, but never discouraged.</p>	<p style="text-align: center;">Finger-Style Guitar Workshop - Bruce Farwell</p> <p>This workshop is for guitarists who would like to expand their playing to include some basic finger-style techniques. It will include an introduction to alternating bass rhythms, some beginning syncopated finger stylings, and arpeggio patterns. I plan to review two or three styles of finger-picking with some sheets to help workshop participants see how the fingering patterns go. I will also provide some songs to give people a few examples of how these picking patterns might be used.</p>
<p style="text-align: center;">Open Jam- Ric LeShever</p> <p>Attendees will be encouraged to play what they want, much like hoots in Songmakers. All instruments and skill levels welcome. By open jam, I'm encouraging lots of individual playing and creativity. Last year, it tended to be a continuation of instruction from the morning workshop with me doing most of the playing.</p>	<p style="text-align: center;">Songwriting - Brad Elias</p> <p>Making a Song: Elements of Creativity. What is a song? How can you use your unique creativity in "making a song"? This seminar will explore the "elements" that assist you in solo and group musical settings. We will have discussion and exercises where you can unpack your passion for lyrics, melody, arrangement, and performance. Find the creativity inside you that can be used for a more enjoyable song making experience.</p>
<p style="text-align: center;">Bluegrass Jam Session - Tom Corbett</p> <p>A bluegrass jam session that will include words and chords to some classic bluegrass songs as well as some of the typical bass runs and fills used in this musical style. Cross picking and improvisation ideas will also be discussed. Prior experience should include being able to change chords smoothly while playing rhythm.</p>	<p style="text-align: center;">Song Interpretation and Presentation - Carol Schryver and Ron Bloom</p> <p>We will investigate and explore creative ways to enhance a song and transform it into something unique. Learn effective tips to spark up a presentation, from introducing your song, through to the finale! Bring your instrument and/or voice and join Ron and Carol, aka "The MacMammals," in this collaborative workshop.</p>
<p style="text-align: center;">Make and Take Rhythm Instruments - Committee</p> <p>This is a rhythm instrument building workshop. We will be making tambourines, drums, maracas and sand blocks sturdy enough to use in jamming sessions here at camp or to take home and use in future sing-alongs. Materials will be provided. Come enjoy time with fellow campers as you relax and create your own unique rhythm instruments.</p>	<p style="text-align: center;">60's Sing-along - Louise Dobbs</p> <p>Join me in a jam and sing-along session. Not a workshop, but just a song circle with all 60's songs. Songsheets will be provided--our time will be devoted to singing, singing singing. Bring instrument and lead your favorite 60's song, or just sing or listen. All are welcome.</p>
<p style="text-align: center;">Blues and Boogie - Ric LeShever</p> <p>Continuing with the theme of "blues & boogie" will enable me to have something for the first timers as well as being able to add to what was covered last year for those who may be back a second time. Attendance is limited to intermediate or advanced players.</p>	<p style="text-align: center;">Organized Hike - Andy Gelencser</p> <p>Andy Gelencser will guide you in a moderate hike to Jenks Lake. Bring plenty of water, a hat and wear comfortable shoes. Meet at the Camp Store in the Lodge.</p>