



2009

Norwegian and Swedish
Music and Dance at
Camp Ogontz, NH
Week camp: Sunday,
June 28 – Saturday, July 4
Mini-camp: June 28-30



_____ *from Norway:* _____

Dag Hamre & Brit Berthelsen Totland, *Valdres dance teachers*
Tore Bolstad, *Hardanger fiddle*, **Frode Nyvold**, *singing, two-row accordion*

_____ *from Sweden:* _____

Britt-Mari Westholm & Bengt Mård, *dance teachers from Dalarna*
Kalle & Anders Almlöf, *fiddles*, **Magnus Holmström**, *nyckelharpas*

_____ *U.S. Staff:* _____

Roo Lester and Larry Harding, *Scandinavian Dance Basics*
Loretta Kelley, *Hardanger fiddle*, **Karin Code**, *gammaldans band*



A *week* of magical music and dance with some of the best Scandinavian folk musicians and dancers in the world! Immersion works best to improve your skills (and enjoyment), but if you can't make a full week, we also offer our *mini-camp* June 28 – June 30. If you've been before, you know about camp (classes for all levels with world-class instructors, rich cultural programs, music and dance at all hours). If you're new, you get 10% off as a first-timer!

Classes *☞* *Concerts* *☞* *Culture Sessions* *☞* *Nightly Dance Parties*
☞ *Swimming* *☞* *Canoeing* *☞* *Hiking* *☞*
Families Welcome! - half off for third child, children under 5 free

☯ ☯ ☯ ☯ NFF Classes ☯ ☯ ☯ ☯

Dance classes include Swedish, Norwegian, and Basics, and are designed for all levels of dancers. Dance Basics introduces beginners to Scandinavian dancing while practicing body-mechanics and skills helpful to all levels of dancers. We change partners often (you need not register with one). Evening parties vary from mixers and gammaldans to more esoteric bygdedans, and include dances taught during the day plus your special requests. We dance to live music in every class and every party!

Music classes are taught at multiple levels for fiddlers, Hardanger fiddlers, nyckelharpists, and singers. This year we're also offering a two-row (torader) accordion class! We teach "by ear," so bring a recording device. A syllabus of sheet music is also available. Fiddlers should have at least two years violin experience in some tradition; but no experience is necessary for basic singing, nyckelharpa, or Hardanger fiddle. Loaner nyckelharpas and Hardanger fiddles are available for beginners. Basic singing includes language coaching. The gammaldans band is open to *all* instruments and voices.

☯ ☯ ☯ ☯ NFF Staff 2009 ☯ ☯ ☯ ☯

Dag Hamre began dancing before he was a teen. He competed in Landskappleik from the 70's to the 90's, and started teaching dance in the late 80's. He patterns his teaching after examples of older dancers he has seen, and says his teaching goals are met when the dance couple and musician are in perfect harmony.

Brit Berthelsen Totland has been dancing Norwegian folkdances since the 70's, teaching since the 80's, and is still competing in the Landskappleik as a class A Valdres dancer. She says, "When the dancers have learned the Valdrespringar, they just dance and do not *have to* think what will come next." Brit and Dag taught together at Scandinavian Week in 1989 and at NFF in 2008.

Tore Bolstad has been to the US many times. He is the heir apparent to the great Valdres fiddler Torleiv Bolstad (his great-uncle). He grew up on a farm in Valdres (which his parents still work). He has won the Landskappleik in Hardanger fiddle, and has many concerts and solo recordings to his credit. He's a clear, generous teacher, and wonderful model (his tone!).

Frode Nyvold has been involved with folk music since the 60's. He's taught folksinging for more than 20 years at Norway's Telemark University. He also plays (and will teach) two-row accordion (torader). He's performed for countless concerts and festivals, and was nominated for a Norwegian grammy for his solo recording *Skjemt og sjanti*.

Britt-Mari Westholm and **Bengt Mård** are well known to Swedish folkdancers around the world as some of the best teachers of the popular Dalarna dances. Bengt has been teaching polskor since the 1970's, and led the famous Hörkens Bygdedansare in the 1980's. Britt-Mari started learning Swedish folkdances in the early 1980s, and soon was helping Kalle Strandell teach. She has been a judge at the Hälsingehambo and other gammaldans competitions.

Kalle Almlöf is one of the giants of Swedish folk fiddling. He first rose to prominence in the 1960s, and since then has inspired generations of musicians through many recordings and many years of the "Kalle-course" at the Malung Folkhögskola. His ringing tone, his sure sense of phrase, and his enormous storehouse of tunes make him a national treasure. (He is one of the few living recipients of Sweden's Zorn Gold medal.)

Anders Almlöf, Kalle's nephew, has learned Kalle's style so well that it's hard to tell who's playing which part. Anders himself has several recordings (including a duo CD with Kalle). He was the first fiddler in about 20 years to receive the Riksspelman award the first time he played for the Zorn jury. He makes his living as a blacksmith!

Magnus Holmström: educated at the Sahlström Institut, & Stockholm's Royal College of Music, he is three-time "world-champion" nyckelharpist – the only three-time winner – and he's won on both modern and kontrabas nyckelharpas. (He's bringing both to camp!) He has produced and collaborated on many recordings, including the brand new *Storis & Limpan*.

Roo Lester and **Larry Harding** are mainstays at NFF, where they share their broad experience and delightful teaching style with us. They are especially welcoming and helpful to new campers and less experienced dancers, while remaining favorite teachers for more experienced dancers as well.

Loretta Kelley, the best-known American Hardanger fiddler, has been many times to study and perform in Norway. She has many recordings and countless camps, dances, and concerts to her credit. She adds sparkle to any evening party (late nights, anyone?), and will be tutoring Hardanger fiddle students as well as running the Hardanger fiddle spelemannslag.

Karin Code returns to lead the gammaldans band again this year. Karin has been fiddling with Scandinavian styles since college. She lived in Norway for two years soaking up the music and dance culture. An accomplished Hardanger fiddler, she is also gracious leader and creative director: Karin's patient manner fits well for all levels of musicians.

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Camp Ogontz shines as one of the most beautiful camp settings we've seen (and we looked at a lot)! It's located on 350 acres in New Hampshire's White Mountains three miles or so off Route 10, SW of Littleton. A stream with waterfalls runs through camp, into the camp's own secluded lake. It is surrounded by acres of woods and sunny open spaces. There are many camp amenities, including a large dining hall, swings, tennis and volleyball courts, lovely paths through the woods, swimming, canoeing and, of course, dance halls, and ample practice and rehearsal space.

Ogontz has its own traditions (it was founded in 1923). Every camper (and all staff) should expect to help about 30 minutes a day with some camp task.

Food: Ogontz bakes its own bread (and treats), and offers tasty meals with vegetarian (not vegan) options for those who preregister. They have a small kitchen staff and cannot cater to every special diet, so if you have special needs, please come prepared. There are refrigerators for camper use, plus some items are always available: eggs, yogurt, carrots & celery, bread, cheese, peanut butter, hummus, milk, soy milk, Rice Dream, tofu, and beans.

Housing: *There are two basic levels of housing:* (1) open-sided "Adirondack" cabins (with roll-down tarps for rain and privacy), which house 2-3 people, with shared bathrooms nearby; and (2) a limited number of "upgrades" with more convenient bath facilities. Upgrades range from dorm-style to lovely cottages with living rooms and separate bedrooms. For fairness these are assigned by lottery. *All units have beds with mattresses (not cots) and electric lights.* Ogontz also has a few rental houses that may be available at extra cost: contact Ogontz directly. Smoking is not allowed in any of the buildings. See campogontz.com for more information - and pictures!

Registration: full camp (Sun. afternoon through Sat. breakfast): \$715 for regular cabins, \$800 for upgrades. *First-timers* receive a 10% discount. Mini-camp (Sunday – Tues. afternoon) is \$325 (regular cabins only) – and this year it can be extended for \$125/day.

A deposit of \$200 by **May 1st** holds your place, and is fully refundable till June 1. The balance (\$515 for full week – or \$600 for upgraded housing - and \$125 for mini-camp) must be postmarked by **June 1st**. Registrations postmarked after May 1 must include the *full amount plus a \$45 surcharge* for the full week (\$760/\$845 total), or \$25 for mini-camp (\$350 total). We can't accept registrations after June 12.

Children are very welcome with an adult who is responsible for them. Full week: \$370 ages 12-19, \$300 ages 5-11. For mini-camp: teens \$180, children \$125. Children under five are welcome, and come for free. The third child in the family is 50% off. We will connect parents so they can arrange activities together.

Work scholarships: a few are available, for a reduced rate of \$400 (\$445 after May 1). This involves about three hours work daily, which we try to arrange so you don't miss classes. To apply, send a letter along with this form and your deposit. Please call or email for more details.

Syllabus: Dance notes and sheet music for the tunes are available: please pre-order on the form above.

Travel Planning: Camp begins with registration at 1pm on Sunday. Camp ends after breakfast on Saturday, July 4 (or before supper on Tuesday, June 30, for mini-camp). Ogontz is about a 1.5-hour drive from Manchester (a SW Airlines hub), or about three hours from Boston. We can help you coordinate rental cars or rides with other campers, but not until you send your travel information to us.

SASE: Please include **two** (2) self-addressed, stamped envelopes with your registration. We will send you your acceptance, plus details (directions, etc.) later.



Magnus Holmström

We hope you can come! - Meg, John, & Peter (directors)

Send your reservation now: it helps us plan! Registrations are fully refundable until June 1, so reserve a space if you're thinking of coming to camp. We admit all applicants until we reach our minimum enrollment. After that we do our best to balance the number of men and women attending camp. *Men: you can help us by registering early!*

Make your check payable to **Nordic Fiddles and Feet** (US Dollars only, please), and mail the following application with **two self-addressed, stamped envelopes** to: **NFF, 4401 Alta Vista Way, Knoxville, TN 37919**

Name(s) _____

Address _____

Phone(s) _____

E-mail _____

How would you like your name(s) to appear on your badge(s)? _____

Child(ren) name(s) and age(s) _____

Type of housing:

Regular (Adirondack) _____ Upgraded: _____

Women-only _____ Men-only _____ Couples/mixed _____

Do you expect to bring a tent? _____

Special housing issues (snorer? Need quiet? Night-owl Or early riser?) _____

Regular diet? _____

Vegetarian? _____

Other special needs? _____

I enclose:	
Deposit (\$200) for ___ person(s)	_____
Full-week fee for ___ person(s) (@ \$715 for regular cabins, \$800 for upgrades)	_____
Mini-camp fee for ___ person(s)	_____
I'd like ___ dance syllabi @ \$4 each	_____
I'd like ___ music syllabi @ \$6 each	_____
I'd like to order ___ T-shirts, circle size(s): S/M/L/XL/XXL, shrt slvs \$15, long \$22	_____
-10% first-timer discount(\$71.50, \$80, or \$32.50):	_____
Total enclosed	_____
Balance due	_____

Thanks! We can't wait to see you at camp!

Please mark(X) which classes you intend to take and tell us your skill level: **Beginner, Intermediate, or Advanced**. You may change your mind at camp; this is just to help with planning. Most people take 2-3 classes; some squeeze in 4. Also, let us know if you need to borrow a nyckelharpa or Hardanger fiddle, or can lend one. Thanks!

	Class	Level
Hardingfele	_____	_____
"Normal" fiddle	_____	_____
Nyckelharpa	_____	_____
Singing	_____	_____
Accordion (torader)	_____	_____
Norwegian dance	_____	_____
Swedish dance	_____	_____
Dance basics	_____	_____

I need to borrow a Hardanger fiddle _____ nyckelharpa _____
I can lend a Hardanger fiddle _____ nyckelharpa _____

I would like to review the following dances/techniques in the _____
I would like to review these dances/techniques in the Basics class: _____

I have the following skills/ talents I can share with NFF (MD or nurse, video whiz, contra caller, auctioneer, etc.): _____

I can't come this year: please keep me on _____
remove me from _____ the mailing list.

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Nordic Fiddles and Feet 2009
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At Camp Ogontz in northern New Hampshire

Sunday, June 28 – Saturday, July 4

Mini-camp: Sunday, June 28 – Tuesday, June 30

Music and dance of Sweden & Norway: **Kalle Almlöf & Anders Almlöf,
Britt-Mari Westholm & Bengt Mård, Magnus Holmström, Dag Hamre &
Brit Totland, Tore Bolstad, Frode Nyvold, Roo Lester & Larry Harding,
Karin Code, Loretta Kelley**



Nordic Fiddles and Feet

4401 Alta Vista Way

Knoxville, TN 37919

(865) 522-0515

Email: fiddlesandfeet@bellsouth.net

Website: www.nordicfiddlesandfeet.org

address correction requested