

info@folkcampers.co.uk
www.folkcampers.co.uk



Extent

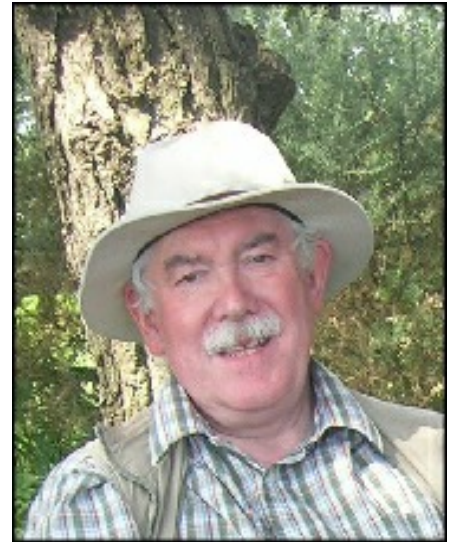
Publication Spring 2012

The unanswered question of 2006 - just why is this seat nearly three foot above the road way - and you can't even see the camp site from up here!!



Notes from the editor

I always feel a little shy about adding my twopenny worth here - but I always do!! Firstly I have to tell you I've had Mic on my case for the past week or so to get this finished - so that he can circulate Extent before the first events of the year! I've done my best - but have been overwhelmed by play productions, choir concerts and other things that have eaten into my available time ... so, if this is late - it's my fault - not Mics - OK?



You may notice a lack of pretty pictures in this issue - again my fault as it takes time to track down relevant pics, to size them and push them up - so this issue is really all about information - that will hopefully make your camping experience more enjoyable and life enhancing.

Personally - I love my time at camp - well, being retired, everyday is a sort of holiday - however, if I don't tell people where I'm going I can enjoy two weeks with no outside contacts. Maybe I should just leave the mobile at home - but that wouldn't work as both my wife and my daughter have theirs with them - and bad news would be routed via them!

I see Mic wrote his contribution during that strange sunny period earlier this year - sadly outside my window I can only see torrential rainfall - the world trying to resolve the hosepipe ban in a single afternoon ... I'll be honest - the Woolsey rain was as drizzle compared to this lot! Lets pray it stops soon or I'll be sailing down to Lymptone in my Arc!

May I thank Steve Mundy extent-sively for his generous contribution on beds and bedding - some wise (and experienced) words there. I guess most Folk Society members will have solved the sleeping problem - but I think there are suggestions there that might offer you warmer and more comfortable ideas! In the end I think - take the hot water bottles - and wear socks in bed (then sticking your feet into cold wellies to visit the loo at 3 am isn't quite such an unpleasant experience!!

Thank you to all the people who sent me tips and ideas - your contributions are always very welcome - please don't make me beg for them (again) - photographs are welcomed, hints, tips, stories, interesting websites, compliments and criticisms are all grist to the mill so - Please, please (oh - heck - I'm begging again!) Send me Extent stuff.

Jon McNamara

The admin point of view

Summer seems to have come early this year! I'm in shirt sleeves, the sun is shining in a clear blue sky and I cut the grass yesterday - and it's not even Easter yet! This is all so unusual that I wonder what nature is going to throw at us this summer. Will it be warm and dry (how long is it since we have had 4 marquee camps like that?) Or will it be wet and windy (remember Woolsey - who could forget!)?



Folk Camps is very fortunate to have an active, forward thinking Council at present. Not only are all the camps and staff arranged for 2012 but plans are well forward for 2013. In fact the first two events for 2013 are now open for booking with the Craft Break at Symonds Yat (Monday 18 to Friday 22 February) and the reintroduction of the Winter Warmer (Friday 25 to Sunday 27 January). The latter will also be at The Paddocks Hotel in Symonds Yat. Places are limited to 50 for this residential weekend, so don't delay booking for this unique event in the Folk Camps calendar - a normal Folk Camp with en-suite bedrooms, fully catered and no duties! I will have the pleasure of leading and the music will be supplied by Chris Jewell and Val Will.

In spite of the other distractions this summer (did anyone notice that there will be a sports tournament and a jubilee?) Bookings are holding up with the first two marquee camps and the hall camp full. The southern Jubilee weekend camp in Chiddingly is also full. There are still places available for weeks three and four of the marquee camps and for those wishing to completely miss that sports event, the French Camps will be on at the same time. Later in this issue you will find items from the various camp leaders to wet your appetite, especially for the weekend special camps.

Another date for your diary is Saturday 24 November 2012 for the Reunion and AGM. It will be at Toddington Village Hall in Bedfordshire. The evening ceilidh will have music led by Sarah Malleson and the MC will be the inimitable Sue Malleson. Sounds like a fun evening!

Don't forget to pay those balances on time to avoid the higher booking rate which comes into force one calendar month before the start of the camp. If you want to help keep the cost of camps low, then make your payments either by cheque or on line by BACS. Both methods cost the Society nothing. If you need any other information then your first stop should be at the members website which you will find at www.members-only.org.uk. From there you can keep up to date with any changes to camps or staffing as well as booking on line and buying music books.

Mic Spenceley, Administration manager

Dalton Anniversary bank holiday Weekend 1st to 5th June

How are you planning to spend the Jubilee weekend this year? The best way will be at a Folk Camp and the best Folk Camp will be at Dalton! A weekend of anniversaries – the Queen's 60th, Folk Camps' 50th and the 25th anniversary of Dalton!

Come and enjoy fantastic ceilidh sessions, dance workshops, song workshops, music workshops! Walks, barbecues and messing about in the beck! All this and more – the super Dalton Regatta, a fantastic lunch session with singing, music and dancing, morris men and wild animals hosted by landlady of the year Sue at the world famous Bay Horse Inn, Ravensworth! The whole weekend to be topped off with a rousing party extravaganza with guest callers, singers and musicians but chiefly, yourselves! Plus an extra day's holiday to recover!

If you haven't been to Dalton for a while we would love to see you again and, of course there's a very warm welcome to everyone, old and new.

Don't miss this once in a lifetime opportunity to have a fantastically good Folk Camp weekend. Just turn left at Scotch Corner!

Brian Pollard - leader



Busking in Dalton 1996

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Head Office -

Mic Spenceley
Folk Camps Society Limited
43 Mill Street
Tonyrefail, Porth, CF39 8AB
info@folkcamp.co.uk
0208 12321 36

Editor -

Jon McNamara
17 Nursery Road
Bishops Stortford
HERTS CM23 3HJ
extent@folkcamp.co.uk
Or:j.f.mcnamara@talk21.com
01279 656664 / 863353

Session music weekend Miserden 15th to 17th June

The session weekend will be building on its success of last year under the guidance of super-musician Chris Jewell. Chris will guide you through the techniques of playing by ear and will have some sheet music available for those who want tune reminders when they get home.

What to play when you're not fast enough to keep up with the tune, how to accompany singing, joining in with the band for dance music; these are all topics which could be covered during the weekend if required.

There will also be the usual evening ceilidhs and sessions in the local pub, The Carpenter's Arms, which also serves excellent food

Bring your instruments, join in, have some fun and go home with some fresh ideas.

Mic Spenceley - leader

Singers' Weekend Camp Whixley 5th to 8th July

Hello! Greetings from sunny Scotland, the hottest place in the UK! (well, lately, anyway).

This year, I will have the great pleasure of leading the Singers Camp at Whixley in Yorkshire.

With Chris Jewell as musician (and he's a good singer, too!) we will have great dancing as well as singing, and warden Steve Porritt will have everything else under control. We will also have the by-now-traditional Saturday evening potluck dinner, and the Sunday Morning Sing... and possibly even the outlaw rogue Cream Tea! And did I mention singing? There'll be lots of it! It will only work if you are there!

Karen Dietz - leader

Cockshutt Hall Camp 28th July to 4th August

I am looking forward to the hall camp at Cockshutt and so should you! I had a quick peek at the guest list, and I think we are in for a fab week. Obviously, we don't yet know what amazing thing is in store for this year's camp, but my first year as leader, it was the Rhyader Dog Show (a FC first!) and A Taste of India for party night, and last year we had the Sledmere Highland Games and a Burns Supper for party night. At the time of writing this the camp is full! The waiting list is open!

Karen Dietz - leader

Lympstone marquee week 3 (4th to 11th August)

Because marquee week 2 has been sold out for some time, its leader Mark Weaver (Swerve) has agreed to carry on as leader of week 3. If you're on the waiting list for week 2 or feel that you have missed out, then why not book for week 3? You won't be disappointed.

Lympstone marquee week 4 (11th to 18th August)

Why not come and join us in Lympstone for marquee week 4? Sometimes you just have to wait for the best! Some things I can't guarantee, but I know that there will be lots of good dancing, good food and good music. The dancing will not only be all the old favourites, but will probably include new things too, such as some French and European dances and occasional Playford.

With Sally and Mary in charge of catering, you can be sure of not going hungry! Richard and Belinda Jones will weave their usual magic with the music, and you can expect high quality workshops to link in with the dancing throughout the week. My old friend Steve Porritt will keep everything on course with his quiet but efficient wardening skills. All the staff know each other well, and have worked together on numerous occasions.

Looking forward to seeing you there!

Chris Jewell – camp leader

St. Denis-le-Gast week 1 28 July to 4 August

If you haven't decided which folk camp to go to this summer why not take a chance on sunny Normandy and the friendly and hospitable village of St. Denis le Gast? There is always a warm welcome from the villagers and the food is wonderful – and all inclusive!

As well as chateaux, D-Day beaches, Bayeux and Mont St. Michel there is the lovely countryside, ideal for walking, and lots of sandy beaches.

The aperitifs, boules matches, cafe sessions, shared music and dancing with the villagers (and the possibility of a cabaret performance by the world famous Mlle. Gigi!) are all experiences not to be missed and will help to make your French Folk Camp holiday unforgettable – as well as being the ideal way to avoid the Olympics! A bientot!

Brian Pollard - Leader

St. Denis-le-Gast week 2 4 to 11 August

Come and join us in the delightful village of St. Denis-le-Gast in Normandy. Why go somewhere we have been before? You just can't beat the welcome here!

- A quaint village (think 'Allô, allô') and friendly, welcoming locals.
- The opportunity to enjoy all things traditionally French: bread, cheese, wine, a game of boules after the evening meal.
- A wealth of places to visit including the great coastline, sandy beaches, and historical landmarks such as the D -day landing beaches, Bayeux Tapestry, and Mont St. Michel.
- Evening meal cooked by a local chef (other catering in expert hands of Anne Kenyon).

Add all the usual Folk Camp activities and traditions - workshops, lots of dancing, great music with Mike McDaid and Paul Openshaw and we have the perfect recipe for an active, fun-filled, yet relaxing holiday!

Ann Tracey - leader

Whixley August bank holiday weekend

Whixley is a quiet, picturesque village along the A59 near York, Harrogate and Knaresborough. The camp is held on the football pitch adjacent to the spacious village hall. The field is host to a children's play area and there is a village pub that offers good beer and a tasty carvery.

The usual workshops are available throughout the weekend and demonstrated at a pub session on the Monday afternoon. The Monday evening brings with it a party with a ceilidh, turns and the locals who come to join in the festivities.

The camp at Whixley is a relaxed family holiday and the perfect way to end the folk camp season.

Jenni Pollard - leader

Kington Langley August bank holiday weekend

This is an opportunity for a last Folk Camps fling (or is it a jig?) at the end of the season.

In 2011 this weekend was a sellout. With more mayhem from leader Doug Brown, fantastic music from Jenny Newman and Andy Glass and warden Graham Clements keeping us in order it should be a great weekend again - and there's showers!

Winter Warmer 2013

Many of you will remember the joys of past Winter Warmer weekends. Well the event is back!

From Friday 25th to Sunday 27th January 2013 Mic Spenceley will be leading with Chris Jewell and Val Will providing the music at a new venue, The Paddocks Hotel at Symonds Yat West.

For those of you who have never been to a Winter Warmer, this is a Folk Camp with all the normal activities, but with fully catered hotel accommodation. The Paddocks is a very comfortable environment providing twin or double en-suite rooms, two bars, excellent food in the dining room and free WiFi in the hotel.

The activities take place in the enormous ballroom (think the size of a marquee) and the separate lounge.

In addition to Symonds Yat itself there are some wonderful walks along the Wye and in the Forest of Dean which is close by. Historic MONMOUTH is only 5 miles away and HEREFORD, HAY on WYE (famous for its bookshops) and ROSS on WYE are all worth taking a short journey to visit.

Spaces are limited to fifty so don't delay. Booking is available on line or by downloading its own paper form from the website.

Symonds Yat Craft Break 2013

The ever popular craft break will be held again at The Paddocks Hotel, Symonds Yat West, from Monday 18th to Friday 22nd February. This event is unique in the Folk Camps calendar with a myriad of craft and art taster workshops throughout the week along with music workshops led by Ben Thackeray, hand bell ringing, singing and evening ceilidhs. John Richards will be leader for this event.

In 2012 it was good to see some new faces and some children enjoying the activities while the evening ceilidhs were excellent.

Because we also have use of the adjacent chalets it is possible for a limited number of guests to bring dogs.

The craft break is always a sell out so if you've never been then book soon to avoid disappointment!

Camping and things that go bump in the night

With some of the earlier and possibly chillier camps approaching I thought I'd attempt to write a little bit about camp bedding. There's a huge choice available these days and more options than you might think. One of the books we have on camping suggests that when camping one should try and aim for "the best bed ever". This makes a lot of sense to me as being warm and comfortable at night makes camping much more enjoyable. Being cold and uncomfortable has put many a person off camping just for want of a bit of knowledge.

The bed

First off the bed itself. If you haven't got much room or are backpacking then a roll up mattress is useful. The "self inflating" variety give slightly more padding than a basic foam roll. We've used these on Lundy island and they did at least take the edge of bumps in the ground as well providing some insulation. If you're camping using a car, then more options are open to you. Broadly speaking one can use air beds or some form of camping bed.

Air beds

Air beds can provide a comfortable nights sleep and are available in single and double bed sizes. In recent times they've become available in double thickness form which is effectively like a normal bed you might have at home. If thinking about the double thickness option remember these take more room when packed and also take more time to inflate.

Whatever style of air bed you choose it's advantageous to choose one with good valves. Some have non-return valves, these allow air in but stop it coming out! The better ones also feature separate air chambers on double sized so the level of support can be adjusted. When inflating use the wide open option then use the non return bit for topping up.

Pumps

Now onto getting it up! These days one can buy a battery powered pump which we've found to be more effective than the ones that run off your car's lighter socket. It's a good idea to keep the pump and attachments in some kind of container to avoid losing anything and take the batteries out when storing the pump at home or travelling to camp for example.

Camp beds

Broadly speaking camp beds fall into two categories, steel hooped and aluminium framed. The steel hooped varieties are lower off the ground where as the framed ones are about twice the height off the ground of the steel hooped type.

If you're in a tent without much headroom, the steel hooped variety is your only camp bed option whereas for bigger tents the aluminium framed variety can be used. The main advantage of the aluminium framed beds is that being higher off the ground they are warmer. The drawback is they're not available in double format for those that want it. (*They are according to a search on Google : Outwell Posadas Foldaway Double Camp Bed at £60 :- ed*)

Personally if using a small tent, I prefer a small inflatable mattress where as for a single bed setup in a bigger tent I prefer the aluminium framed variety .



The double folding bed

Bedding

Now you've chosen the bed onto bedding. Here we have options like sleeping bags, duvets or blankets.

Sleeping bags can be very compact and easy to transport especially if backpacking. They come with a variety of fillings and styles such as the caterpillar style which is warm but more restrictive and normal which has a little more room. Both single and double varieties are easily obtainable.,

If you have a little more room why not consider a duvet? A duvet and some sheets can make a very comfortable bed for camping and is less restricting than a sleeping bag. At Woolsery a couple of years ago, it turned cold and we needed some more bedding. We were able to buy a cheap duvet at the local supermarket which we've used ever since.

Insulation

Whatever you decide to use, it can be useful to remember to insulate from underneath as well. Adding a blanket underneath your sleeping bag or duvet setup will make things warmer and these days you can get camping "carpets" for your tent which will insulate further. Finally a hot water bottle is always worth taking even in summer as it can often turn cold in August!

Steve Mundy

Can I add an observation of mine - we have the luxury of a trailer tent - with a foam mattress/cushion seat pieces which make a mattress "off the floor" (and the floor is off the ground). We found many years ago when holidaying in a particularly damp house that an old duvet under us as well as one over us was the best way to keep really comfortably warm - and we use the same at camp. The "under duvet" is covered by a bottom sheet ... this makes bed making very quick as all you need to do is to separate and unroll/ roll up the top and bottom layers.

I've yet to prove it but I've always thought if you put the thicker duvet underneath (so it snuggles around you) and the thinner one on top (to keep the warmth in) you should enjoy the ultimate in comfort - and if the wife is cold - use the hot water bottle.

Radiator foil makes an ideal insulator under the mattresses, or when sitting and kneeling on the ground.

If sleeping on an air bed, if you place a blanket on top of the mattress, between the airbed and the sleeping bag, it will be much warmer.

WARNING:

I have often found the folding beds to be less stable than expected - the steel hooped beds and aluminium folders have the dubious property of tipping over as you try to get in or out of bed - and in a crowded tent can cause quite a lot of upset!



A tippy bed

I always thought that the fold up beds were nice and stable until one night when staying with friends. Sam, then very young, was put to bed in a folding bed (Hil and I slept on the fold down sofa bed). In the early hours Sam woke up slightly fretful - so I got up to tend to her - as one does- fumbling through the darkness to sit on the end of her bed!! Please note the over hang from the legs to the end of the canvas!! Being 5 to 10 times heavier than Sam - I went down and Sam was catapulted upwards ... I'd like to say I caught her neatly as she passed overhead- however



A child catapult!

the reaction was not quite so dramatic - though the howls of protest, tears and admonitions from Hil took ages to pacify.

Postscript: If it's very cold - keep as dry as you can - keep the extremities warm : socks, a woolly hat and gloves may look strange in bed but they will help you sleep. Don't go to bed hungry! News paper, sheets of cardboard, bubble wrap are all good insulators and can help to keep you warm when under the mattress. My personal hate is those cocoon type sleeping bags - they keep you really warm and they restrict your movements - the last sleeping bag I bought was about the size of a king sized bed (when opened) but provided a warm and comfortable night - with the additional advantage that it could be unzipped and used as a bed sized quilt cover.

Keeping the Bugs Away

As you already know, bugs are a huge problem with any outdoor activities. Mosquitoes, black flies and other pesty insects can be very annoying as they swarm and bite causing much itching and discomfort. There is no one solution that works all the time but here are a few tips from the internet to help keep the bugs away.

Stay away from wet, grassy areas.

Avoid using fragrant or scented personal products.

Wear light coloured long sleeve shirts and pants.

Wear a hat and a bandana on your head and neck.

Keep cool - bugs are attracted to sweat.

Traditional bug repellent - most contain DEET* as the active ingredient against bugs. Use this sparingly. This chemical may be harmful and should not be used on children.

Sunscreen/insect repellent - this may have a lower concentration of DEET*.

Avon Skin So Soft - tests don't prove this but many insist that it works.

Citronella candles and oil - helps keep mosquitoes out of the area.

Head Nets - keeps bugs away from your head and face.

Garlic - it will secrete through your pores.

Zinc or Vitamin B - also secretes through your pores.

Citrus - deters the bugs.

Coconut soap and coconut oil - repels mosquitoes.

The overall advice seems to be - keep cool, wear light coloured clothes - keep as much skin covered as you can ... and for people suffering from a deficiency in the hair department (like me) wear a hat. I was introduced to the Tilley hat last year and am now convinced it's the hat I've wanted all my life.

* DEET (N,N-diethyl-m-toluamide) is often used in insect repellents and has the reputation of being toxic and should be used on children only with care. A google search for "Safety of Deet" produced some interesting results - try these references:

<http://news.bbc.co.uk/1/hi/health/8182052.stm>

<http://www.organicconsumers.org/bodycare/deet.cfm>

<http://kidshealth.org/parent/question/general/repellent.html>

You'll have to make your own minds up as to if you use it or not - but it does repel ticks and mosquitoes - so I expect I'll be using it as usual!

TIPS AND THINGS

Shower tent hint

Don't dry your self on that big fluffy towel you lugged from home - but first remove the excess water using a well wrung out flannel - you will end up almost dry - and a quick flip around with a small towel will be sufficient (on a warm day) to complete your drying. The advantage - you don't have to try to dry the big fluffy towel - which can be a major challenge in some camps (Woolsery for example)

Free Music ...

I often get asked if I know where one can get "free music scores" - the truth is, of course, is that nothing worth having is completely free ... However I did come across a resource recently of 270 tunes written by a Canadian Paul Gitlitz . I originally stumbled upon them by using a Google Search for "free Sheet Music" and found a site called Free-Scores.com . Looking through the site I came to a mass of music copyright to Paul. I contacted him by email asking if I could use some of his music in a magazine I create for the International Concertina Association. His answer was charming and very positive in giving permission - so if you want to explore some new music go to <http://www.glitchless.net> (Pauls website) where you will find a mass of music - written as Paul suggests for country dancing! It would be good if Folk Camp could burst out with some new tunes! If people use his music - please give him credit - and, if used on recordings - pay him his royalties!!

Lympstone

Last time we camped at Lympstone we discovered on the day we left the locals were indulging in their Furry Dance - those that went to it said it was great fun - so keep the eyes open - it might happen again. Nicky Swann a local folk singer (and very good to) suggested the website:

<http://www.flaxey-green.co.uk/Pages/Sessions.html>
as a good website for the Devon area.

Gadgets

I do like gadgets - and find I'm looking more and more at using solar power when camping - on the grounds that - if we get plenty of sunlight - they will save me having dozens of phones all plugged into my car battery - if people have suggestions as to which chargers are best - I'd be interested to hear about them.



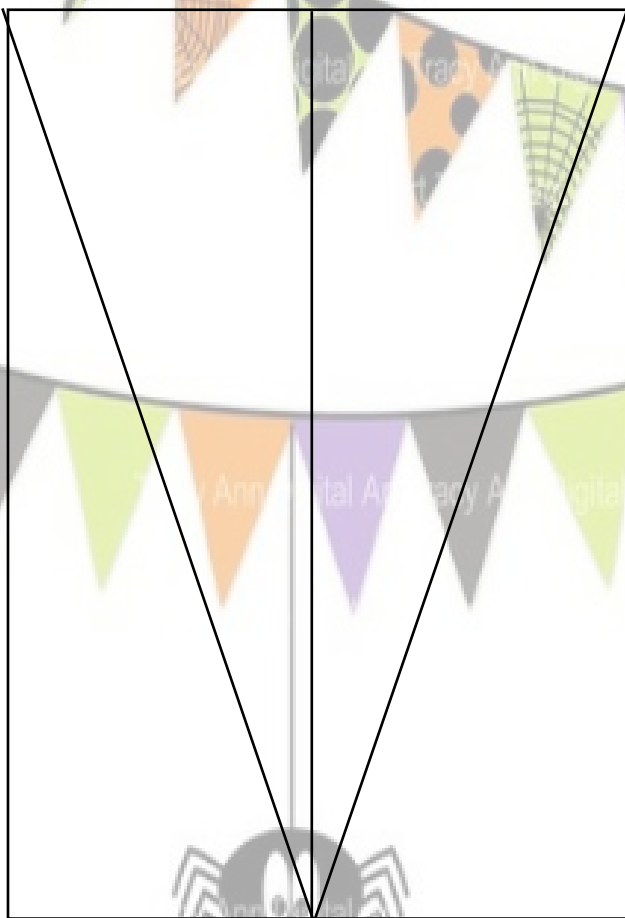
The Furry Dance

A Folk Camp Art Project

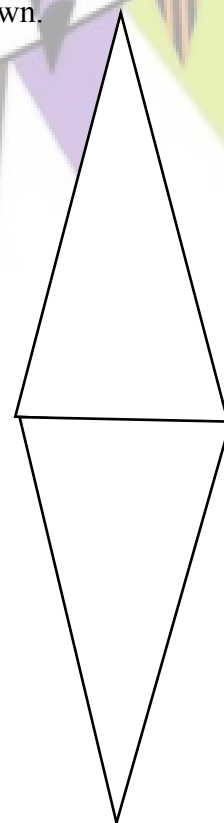
Lou Tribus and I discussed the possibility of an art project for this year - in the same way people contributed squares for Camp Blankets a few years ago. As blankets can really only be kept by one person we considered the possibility of people preparing a bunting flag or two (I made about 300 meters of bunting last year, with help, for our local community choir!) and then process them into a cheerful decoration for the marquees - or Halls.

The optimum size I found and used was to take an A4 sheet of paper - fold in down the center (longways) and then open it out and fold the paper from top corners to the center point at the bottom to make a triangle ... The triangle is to be the size of the bunting flag!

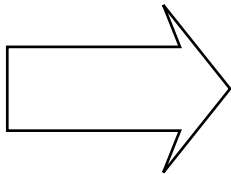
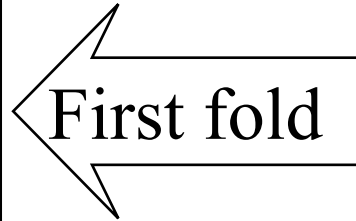
Since the challenge is to decorate the flag can I suggest that when cutting out the flags to use the paper to cut a double flag (in a diamond shape (see below)- with the middle being the top/base of the triangle - so that when folded over, the string runs in the fold. There are now two outer sides that can be decorated - hiding the stitching inside the flag ... After being decorated the long edges can be stitched together leaving room at the top fold to pass a string through to allow the bunting to grace our gatherings for many years if we wish!



A4 sheet with folds made - the centre triangle = one side of a banner - double banner as shown.

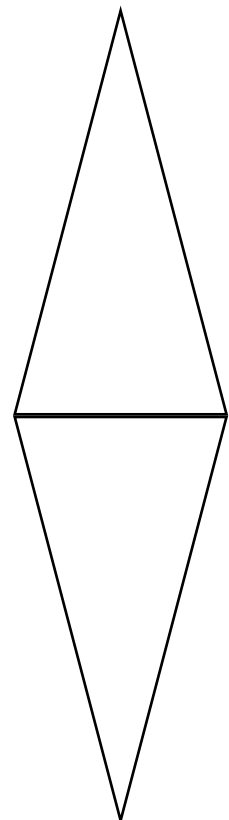


Cut two
triangles
joined at top



Second
folds

A4 sheet
of paper



Double flag for
decoration

MEET YOUR FRIENDS AT THE 2012 FOLK CAMPS REUNION!

Saturday 24 November at Toddington Village Hall
Leighton Road, Toddington, Bedfordshire LU5 6AN

No BAR
BYO

7:30 to 11 pm

No BAR
BYO

**a Folk Camps Ceilidh
music led by Sarah Malleeson
MC Sue Malleeson**



tickets in advance £8
(£9 on the door)
accompanied under 16s free



11:30 am meet your friends,
watch the slide show, swap your photos
tea, coffee and snacks available all day

12:30 pm session at "The Angel"

2:30 pm presentation and AGM
come along and have your say!

Full details on the members website
www.members-only.org.uk