

# Star Hampshire Traditional Music & Dance Weekend ~ 2016

**WELCOME** to our weekend full of music, dance, and fun. **Read carefully! Click useful links! Print for later reference!** ☺

**ORIENTATION:** Immediately upon arrival on Star, (1) go to the Well House (if rainy, Oceanic Porch) for our *Star Hampshire Orientation* and (2) attend the MANDATORY *“Fire & Water” Star Island Corp. Orientation* in Elliott. Front desk check-in is optional on Fri., but might be useful for "New Shoalers."



**ISLAND TOUR:** At 5:00pm, Peggy will lead a group walking tour, conveying Star Island History and orienting both new shoalers and old shoalers to the pleasures of the island.

**DIRECTIONS:** Directions are [online](#). Using GPS, enter “315 Market Street, Portsmouth, NH 03801, Isles of Shoals Steamship Company.”

**FERRY & CHECK-IN:** We *depart Portsmouth at 1:55 pm, Friday, 9/16*. **NOTE: This is 1 hr EARLIER than last year.** (\*Best to arrive **before 12:30**, to get your bags on the luggage boat.) If you visit downtown Portsmouth, return to the dock by **1:25 for boarding**. Allow time for heavy I-95 traffic plus the wildness of parking logistics. *Reminder:* Ferry fee is included in SIC room/board fees but parking is extra. (\$24 per car – Carpool!) We’re back in Portsmouth 4:45pm Sun., 9/18. Optional on-shore farewell dinner at 5pm. More info on [Boats](#) is online. Watch for email updates.

**LUGGAGE:** Each person may bring

- **Carry-on bags** – whatever you want to carry on. Bring prescriptions in carry-on!

NOTE: No alcohol allowed on the Thomas Loughton. (See “Social Hour” below.)

- **Carry-on specialty items** – e.g. musical instruments

- **“Checked” luggage for separate boat** – Anything you don't want to "lug" yourself. Under 40 lbs per bag. Pack multiple smaller, closed bags, with No Wheels if possible. Bags are tossed in transit and brought to 3 pickup spots on Star. (**Don't check** alcohol or meds.) Bags are checked with SIC in Portsmouth. If your bags miss the luggage boat, you can carry them on the ferry and lug them yourself to your lodging. More [Luggage Details](#) online.

**WHAT TO BRING:** Weather can range from “Sunny and 85 degrees” to “Windy, rainy, and 39 degrees.” Most buildings have no heat. Star Island provides pillows, sheets, blankets, towels/washcloths, a pitcher of drinking water, and friendly staff. Here’s a partial Packing List:

- Clothing, footwear, outerwear for **All Weather Conditions** – hot, cold, dry, wet, wind
- comfortable **Dance Shoes** ... **and Sturdy Non-dance Shoes** (rocky island)
- 7 day supply of **Essential Medications** – in case extreme weather keeps us on the island
- optional **Sleeping Bag/Blanket** – if you get cold easily and/or low temps are predicted – some extra blankets are available at Oceanic front desk, but it's nice to be sure you're warm.
- **Flashlight/Headlamp** – for rocky paths at night
- optional **Musical Instrument** (for music workshop, porch dance, chapel, jamming, etc.)
- optional **BYOB** for social hour – (see below)

- **Potluck Snack** contribution (see below)
  - **Water Bottle, Mug or Cup** - Reduce trash w/ your labeled hydration delivery device!
  - optional **Candlelight Chapel** contribution – (see below)
  - **Silent Auction Donations and Bids** to support Star Island Corporation's Annual Fund. SIC supports our conference in many ways, and we're happy to support their annual fund. Donate tempting items for the auction, bid on items brought by others, or do both!
- Questions? Phyllis Varga – [pvarga12@rcn.com](mailto:pvarga12@rcn.com)

**FESTIVE ATTIRE:** On Sat. night, many dancers dress fancy, often with celestial/ocean themes.

**POTLUCK SNACK TREATS:** For the evening dance parties, please bring a snack to share (homemade goodies, crackers, fruit, garden treats, etc.) Last names A-L share Fri. M-Z folks share Sat. (Fridge available in Oceanic first floor – ask at Front Desk.)

**SOCIAL HOUR:** Star Harmony singers join us for our Sat. social hour. Snacks and soda/juice are provided. Any other beverage is BYOB. Alcohol is permitted *only* at our social hour location – Star Island Corp. has no liquor license. *NOTE:* If you BYO, **label your bottle(s), etc. with YOUR NAME.** All BYO alcohol goes in a “social hour box”, and travels to Star w/ checked bags. (No alcohol on the ferry.) Bring about what you might consume (extra is hard to deal with, given alcohol policies). Please, ***open only your own*** BYO bottles. (You can share afterward.)

**CANDLELIGHT CHAPEL:** For Saturday’s inclusive and participatory chapel service (a Star Hampshire tradition), conferees can share a brief and meaningful reading, poem, song, or tune. Ocean/Celestial/Island/Nature themes are suggested. Anne Deminoff will facilitate this year’s program. (Questions? [the\\_dem@comcast.net](mailto:the_dem@comcast.net))

**PARTICIPATION:** Enrich the experience for all! Build community! Share your talents, skills, thoughts, etc. throughout the weekend — whether program-related or just a fun diversion. ☺

**ECOLOGY & FIRE SAFETY:** Star Island is passionate about their [Green Gosport Initiative](#) to sustainably protect the fragile island environment. (New last year – their Solar Array!) Don’t pick flowers or collect animal, plant, or mineral samples. Bring biodegradable products, pack food in reusable containers, and “carry in/carry out” when possible. *NOTE:* Given fire safety and electrical system limitations, please do not bring appliances with heating elements (heating pads, irons, hot water immersion heaters, etc.) If you must use a hair dryer, there are safe outlets near showers.

**SHOWERS:** Located in Oceanic basement, aka “The Underworld”, recently updated, and extended late night hours just for us! If we limit ourselves to 2 showers apiece for the w/e...SIC says thanks.

**CELL PHONES:** Cell phones compromise the peaceful atmosphere of retreat on Star Island. Please channel Miss Manners if you must bring your cell phone. (Thanks!)

**STUFF NOT TO BRING:** Illegal drugs, fireworks, firearms, valuables. (‘Nuff said.)

**DANCING ON STAR:** To ensure that all of our Star Hampshire attendees dance as much as they would like to during the weekend, please consider ***first seeking dance partners from within our group***, before inviting any visitors such as "Pelicans" (island staff) or folks from other conferences. We accept registrants without regard to gender, and may have more women than men. Many of our

dancers are comfortable and skilled at dancing both roles, and we have a reputation for being very friendly and inclusive. Keep this in mind on the dance floor! Speaking of floor, we can't predict the "glide" factor from year to year. Some folks bring more than one pair of dance shoes.

**OTHER CONFERENCES:** We share the island with yoga, singing, & women's conferences, and are welcome to occasionally join their activities. See schedules in Oceanic Lobby.

**GROUP PHOTO:** See program schedule for time/location. (Smile!)

**HOTEL BILL:** Your Star Island Corp. bill includes the balance of your room/board/ferry fees (R/B/F bill minus your \$100 deposit) plus any of these that apply: \$24/car parking, ~\$16/lobster, \$5/hour rowboat or kayak use, and any tabs at island shops. Please check bills for accuracy, and pay promptly. Visa/MasterCard accepted but *Check or Cash is preferred*.

**LOBSTER:** For Sat supper, (optional) **pre-ordered** lobsters cost ~\$16 each. The lobster eaters start that meal early. **ORDERS DUE by Thurs. Sept. 8 to [ktaadn\\_me@hotmail.com](mailto:ktaadn_me@hotmail.com)**. On island, you must **Get your Lobster Ticket at the Hotel Front Desk** by no later than Sat "Social Hour."

**SUNDAY DINNER:** Consider the farewell meal & brew on the mainland (restaurant TBD.)

**MEDICAL CONSIDERATIONS:** Star Island is remote. Visitors come to the island at their own risk. The island first aid station is only for basic first aid. In emergencies, it is merely a stop gap until patients can be transported to a hospital. Travel time to the nearest off-island medical facility is at least 1 hour. Notify island medical staff re. all prescription drugs, and bring those in your carry-on. Controlled medications must be kept under lock & key at all times (lock boxes for your room provided by SIC – ask at the front desk.) Complete [medical info](#) online.

**EMERGENCY #:** Island front desk is (603) 601-0832 -- if you need to be reached.

**RETRIEVING LOST ITEMS:** Contact SIC: (603) 430-6272 or [office@starisland.org](mailto:office@starisland.org)

**MAJOR STORM CONTINGENCY:** Given the island location, there is a remote chance that the weekend could be canceled or adjusted because of a major storm or hurricane. If threatening weather is predicted and the weekend status changes, we will update attendees via email. You also may call Peggy Martin at home: (603) 726-3033. Deadline for a decision regarding total cancellation shall be 5:00 pm on Thursday, Sept. 15. This is a non-profit event. If the event is completely canceled by Thursday at 5 pm, then 75% -100% of the program fee will be refunded. (We have certain fixed expenses, even with a cancellation.) Also, should the event be canceled or altered, the Star Hampshire organizers and Star Island Corporation cannot be responsible for participants' pre-paid travel expenses (e.g. airline tickets).

**MORE Star Island INFO:** [StarIsland.org](http://StarIsland.org) has details on "[Important Info for Guests](#)" (many topics), [Accommodations](#), [Island Activities](#) (some apply in Sept), [History](#) and [Geography](#). Our [Star Hampshire website](#) has info about our Dance Weekend itself. Enjoy your internet research! ☺ If you have questions after you've looked for answers on the SIC & Star Hampshire sites, please contact us!

See you on Friday, September 16!

Peggy Martin, conference chair [pmartin03223@yahoo.com](mailto:pmartin03223@yahoo.com), h 603-726-3033, cell 603-369-7372

David Millstone, program coordinator [millstone@valley.net](mailto:millstone@valley.net), h 603-448-2950

Chrissy Fowler, registrar [ktaadn\\_me@hotmail.com](mailto:ktaadn_me@hotmail.com), h 207-338-0979, cell 207-323-5665

*Star Hampshire 2016 Welcome Letter, revised September 2016*

Page 3 of 4

## **ADDITIONAL INFO for “New Shoalers” and NEW Star Hampshire Conferees:**

If you have never been to Star Island, you’re a “New Shoaler.” Even if you're familiar with the island, our conference has its own special characteristics. Here are some extra details and a few suggestions that might make your first time with *Star Hampshire* more enjoyable.

1. Browse through the Star Island Corporation [website](#) *before* the weekend. The interesting, important, fun, useful details there will deepen your enjoyment of your first time in this special place. Besides [starisland.org](http://starisland.org), see [Important Info for Guests](#)
2. Also browse through our Star Hampshire Traditional Music & Dance Weekend [website](#) *before* the weekend. Plenty of photos, archived info, etc.
3. Participate in Peggy's **Island Tour** on Friday (after the mandatory Star Island orientation).
4. An “**Old Shoaler**” **buddy** can be a helpful resource throughout the weekend. Plan to have Friday night dinner at the same table as your buddy. Ask questions of your buddy & others.
5. Ferry & Parking – I still find the parking and ferry check-in dizzying. Some things that make it simpler: **(1) Arrive early!** (You can walk around downtown Portsmouth if you don't want to spend the whole wait time looking at the salt piles.) **(2) Know the routine:** Drive in the main ISSCO entrance, Follow the directions of the Parking Attendants, Give your name and conference name (Star Hampshire Dance), Receive your dashboard display card for parking, Drive to Star Island dock area, Bring your checked bags to the Star Island Corp staff, Check in with SIC staff for your ferry ticket, Park your car as directed, Board ISSCO ferry from a walkway near a small covered seating area at the ISSCO dock area. **(3) Enjoy the ride!** We share the ferry with other conferences. Seating is by choice/availability, indoors or outdoors, on any level. The ferry has a head (toilet) and snack/beverage bar, and our trip to Star is usually narrated.
6. Island Pleasures\* – Few of us are accustomed to island living, and for many, the special sights and sounds of Star Island are a sheer delight and exultation... most of the time. ☺ However, if these island pleasures might trouble your sleep, consider bringing eye covers, earplugs, etc. [\*waves, wind, foghorns, lighthouse beams, boat engines, flags, gulls, indoor or outdoor safety lights, random sounds from old buildings, other island visitors, etc.]
7. Showers – Peggy offers this hint to simulate the "low water use" showers in Oceanic's basement, which turn off automatically when you release the hand-operated valve switch. *"Practice these steps at home: Turn on the shower, wet yourself down, turn off the water, soap up, and then rinse off while holding one hand on the wall."* Yay for Island living!
8. Traditions – Star Island has many traditions. One is a welcoming cheer as the ferry approaches the dock, related to the traditional parting cheer which playfully commands visitors, "You Will Come Back!" Walking in silent candlelight to chapel, heading to the rocks to visit Betty Moody's Cave and the "Lemon Squeeze", and taking a polar dip are others. Star Hampshire dancers pore over group photos and albums from past years, waltz in the lobby of Oceanic before breakfast, and watch for the "[green flash](#)" on the horizon.