



2023 CLASS DESCRIPTIONS

EARLY-BIRD CLASSES

These are drop-in classes that you may take one day and not another. See how you feel!

8:30-8:45am – Morning Breathing & Cold Plunge (w/ Omar Ruiz-Lopez)

Jump-start your day with an 11-minute focused breathing exercise and a quick 1-3 minute dip in the lake before classes begin. At home, I've found these exercises and a cold shower are a great morning routine, helping me feel centered and focused for the day ahead. Here, we have the benefit of the naturally chilly waters of Lake Winnepesaukee! (If you arrive late, you're welcome to join us for the cold plunge on its own).

8:45-9:30am – Yoga (w/ Allie Chipkin)

Breathe, move, clear your head, wake up your body, direct your focus and concentration. Come into the moment, and feel good. All levels served.

9-9:45am – Mindful Morning Writing (w/ Emily Mure & Naomi Sommers)

The purpose of this daily morning class is to gently connect to our creative selves. Each day, we will start with different movement, breathwork and/or meditation practices for 5-10 minutes, followed by a suggested writing prompt. These prompts are designed to encourage self-reflection. If there is time and interest at the end, we can share what came up for us during class.

9-9:45am – Coffee & Tunes (w/ Malcolm Pittman & Friends)

A great way to start the day, grab a waffle and coffee and let's pick on the porch! All levels, all songs, all instruments, all ages, all-inclusive. This class will proceed like a jam session/song circle beginning with songs from the songbook, but feel free to suggest a song or tune at any time. We'll help each other out when anyone needs help with the chords, harmony singing or music. The goal is to get us all on the same page playing music together!

CLASSES BEFORE LUNCH

These classes are cumulative. We encourage you to pick something and stick with it.

BLOCK ONE: 10-11:10am

Repertoire: Songs! Songs! Songs! (All Levels w/Kristin Andreassen & Guests)

A group singing class, organized with the intention of gifting you one or more new favorites for that little list of “songs you know and love.” The repertoire will range widely, with surprise guests bringing new ones and helping us review as we go. Instruments welcome, but not necessary.

Songwriting: Social Justice Songwriting 101 (Less Experienced w/ Crys Matthews)

From Dylan's "Blowing in the Wind" to Amythyst Kiah's "Black Myself," music has always been a conduit for hope and empowerment. Join Crys Matthews for an introductory workshop on what social justice music is and how it has been (and continues to be) used to fuel hope and further empower.

Stringband (All Levels w/ The Onlies)

In this class we'll gather to form a brand new old-time stringband (or perhaps break out into multiple) geared toward practicing some essential musical (and life!) skills. We'll work as a group to delve into the process of gathering material, collaborative arrangement, deep listening, rhythmic continuity, and communication techniques. We'll also have fun getting to know each other as people and players, bringing together our ideas to create something beautiful!

Youth Songwriting & Ensemble (All Levels w/ Valerie Thompson)

All instruments & abilities are welcome to make the best band ever! We will write a song. We will learn some new songs/tunes while exploring all the cool elements of being in a band (arrangement, rocking out, creating a sonic vibe, deciding on a band name, etc.)

BLOCK TWO: 11:20am-12:30pm

Repertoire: Tunes! Tunes! Tunes! (All Levels w/ Valerie Thompson & Guests)

Bangers! Old chestnuts! Delightful gems of tunes that get even the Shy to join in! Join Valerie & a rotating cast of guest instructors teaching their fave tunes to expand your camp tune repertoire for jamming & general good times. All instruments welcome! (Yes, even yours.)

Songwriting: Call Them In - A Social Justice Songwriting Master Class (More Experienced w/ Crys Matthews)

In his book, *Why We Can't Wait*, Rev. Dr. Martin Luther King, Jr. said, "freedom songs are the soul of the movement. They are more than just incantations of clever phrases designed to invigorate a campaign...[they are] the sorrow songs, the shouts for joy, the battle hymns and the anthems of our movement." But, in a world where justice and equity have somehow become synonymous with 'being too political,' are hope and empowerment enough? How do we use music to not only call out, but to also call in?

Playing in Duo (All Levels w/ Laura Cortese & Guests)

Double Your Pleasure, Double Your Fun. Want to try playing in duo with someone this week? Arrive with an open mind, ready to say yes to the experience of creating and arranging music in pairs. Throughout the week you will play and arrange music with the guidance of Laura and guests who will share what they love about the spontaneity, freedom and intimacy of playing in duo vs in a band.

Art is for Everyone (All Levels w/Lizzy Ross)

Pry open a can of inspiration and join us in creative pursuits that will complement your musical journey. We'll bring a playful and experimental approach to exploring block printing, mind-opening drawing techniques, and how to shift your perception to free your visual expression. Join us for personal instruction, self-guided work, parallel play, and work on collaborative pieces. Art is for everyone - all are welcome!

CLASSES AFTER LUNCH

*Some of these classes are cumulative and some are not.
When in doubt, just ask the teacher what they think.*

BLOCK THREE: 2:30 -3:30 pm

Dance Toolbox (All Levels w/ Becky Hill)

This class celebrates movement. We will practice communication as we dive into partner dancing. Embrace the power of unison through line & square dance. Dig into musicality by learning clogging & tap basics. Unearth structure by investigating choreographic concepts and explore endless possibilities through improvisation. Every class will focus on something different. This daily movement exploration will bring to light creative possibilities that will ooze into your songwriting and music practices. This class is open to all levels, no dance experience necessary! *Note: Sunday / Day One will include a standalone flatfooting class that will double as a "Workshop du Jour."*

Performance Skills (All Levels w/ Naiika Sings)

This class is focused on learning to convey with your body the emotions you felt when you created the music you perform. We also learn to embody another person's story through motion, even when the story is not our own. Learn to say/play it like you mean it in this exploration of what it takes visually to be a great artist.

Harmony Singing (All Levels w/ Riley Calcagno, Viv Leva & Sami Braman)

Singing harmony is one of the great joys of life. Whether it be a duet or three-part, harmony singing is a collaborative process in which everyone must communicate and experiment. Come alone or bring your singing partners while we dive into some country, bluegrass, and folk songs together!

Open Tuned World (Moderate to Very Fast w/ James Paul Mitchell)

Whether you're looking for inspiration in your songwriting on the guitar, or to find a whole new way to interpret songs you already play, open tunings are a powerful tool. Each day we will explore the world of a different open tuning, looking at the musical language contained within. See how artists like Neil Young, Big Thief, and Joni Mitchell use open tunings to create their signature sounds, and how you can use them to create your own unique sonic landscapes.

Workshops du Jour (w/ Various)

These are ONE-TIME conversations and musical workshops. See "daily offerings" for specifics.

BLOCK FOUR / LEARN YOUR INSTRUMENT: 3:45-4:45 pm

These are all skills-building classes, organized by the speed at which you learn by ear. We think you'll benefit most by picking one thing and attending class for the full week.

Fiddle (Slow/Moderate w/ Ruby John)

Come learn French Canadian and Métis tunes with Ruby. In this class we'll learn some fun jigs & reels, maybe a Métis tune. Ruby will share what Métis fiddle style is all about.

Fiddle (Moderate/Fast w/ Nokosee Fields)

Old time fiddle with Nokosee!

Fiddle (Fast/Very Fast w/ Sami Braman)

In this fiddle class we'll learn a few of my favorite old-time tunes and use them as a vehicle to practice specific stylistic techniques: rhythmic bowing, ornamentation, and double stops. Come hang out and learn how to find your voice on this instrument!

Guitar (Slow & All Genres w/ Dinty Child)

Using songs to help learn chords and switching between chords. We'll work a little bit with picking and single note runs, and use rudimentary theory to look at how the guitar is laid out so that you have a map if you want to figure out more on your own.

Guitar (Moderate Old-Time w/ Viv Leva)

Old-Time Guitar, the stuff that matters: boom, chuck, driving the jam, and cracking the code on tunes you've never heard. We will explore the power of the right hand, how to follow fiddle tunes and songs, and what it takes to be the grounding and driving force of any jam or performance. .

Guitar (Fast/Very Fast w/ Chris Eldridge)

In this class we will take a broad look at how we can better make music that represents our own individual interests and curiosities using the guitar. We'll cover technique, theory, and philosophy. And who knows, we might learn a song or two as well.

Banjo (All Levels w/ Charlie Rose & Riley Calcagno)

Both Charlie and Riley play a wide range of banjo styles. Riley's biggest teaching comfort zone is exploring old time music and the slot of the banjo in a string band, either 2/3 finger or clawhammer. Charlie is comfortable teaching any style including freestyle and 3-finger stuff if there's interest in that. He's a big fan of a universal folk style banjo in standard tuning that isn't constrained by specifically old-time aesthetics and tunings, and he wants to help people make the connection from what they hear to what they play. Riley and Charlie are going to meet with all the banjos on the first day so they can learn about your interests and abilities, and then together they'll make a plan for the week.

Singing (All Levels w/ Naiika & Lizzy)

How did we learn to sing? Who were your musical heroes? How do we grow from mimicking our muses to fully embodying who we are as singers? Over the course of the week, we will journey through the development process of a singer from the creative cocoon phase of imitation to the fully embodied and confident vocal butterfly. With a spirit of play and collaboration, this class will explore mindfulness, different vocal styles, and harmony as tools to help you find and develop your voice!

Bass (All Levels & Genres w/ (Zoe Guigueno)

Playing the bass is as easy or as endlessly nuanced as you want it to be. Come to bass class and we'll find something juicy to dig into.

Drums (All Levels w/ Lauren Horbal)

In this class, we will focus on learning basic drum grooves in 4/4 time and simple fills and where to put them. We will also take a "songwriters approach" by learning how to best serve a song through dynamics and tempo.

Mandolin with MandOmar! (Most Levels w/ Omar Ruiz-Lopez)

Do you like bluegrass-adjacent music but not all the way bluegrass? Do you like playing fiddle tunes your way with a little genre-bending thrown in? Trying to figure out other ways of accompanying a melody? Trying to figure out your tone-center? Then come join us! I will be working with campers on things like tone, arpeggiating, comping, chord building, pedaling and playing percussively through learning a tune each day. We have a wide range of mandolin levels at camp. Let's just say you should be able to play the instrument a bit, and if you're a very fast learner you may prefer to attend one of the fiddle classes. This class will attempt to hit all levels in between. Bring it on, Mandos!

BLOCK FIVE: Mostly 5-6pm (Band-in-a-Box generally runs longer...)

5-6:45pm – BAND-IN-A-BOX 12.0

Now with 110% more fun! You know the daydream – you walk into a room, with nothing but a chart for your brand new song in your hand. And there is a killer band, just waiting to fulfill your rockstar aspirations. Make this dream a reality! Zachariah Hickman will lead a band of ringers, including Chris Eldridge, James Mitchell, Lauren Horbal, Lizzy Ross, Naiika Sings, Omar Ruiz-Lopez, Shane Leonard and more – and they will bring your songs to life! If you plan to attend this class please also attend chart making on day one during FREE TIME. The signup sheet for Band in a Box will be posted on Sunday morning.

5-6pm – Song Doctor (w/ Gabriella Simpkins)

Each day, Gabriella will invite 2 or 3 students to perform a song in progress and give it a check-up. Together with the class, Gabriella will re-envision the musical structure of your song to bring its story and message to life. Make sure to sign up so you know which day your song will be discussed!

5-6pm – Home Recording for Singer/Songwriters & Everyone Else (w/ Shane Leonard)

An alternate title for this class could be “How Not To Lose The Magic”. Anyone can plug a microphone into a cable into an interface into a computer and press record - it's not hard. Anyone can also write a song, but you and I know that what makes that song magic is lots of skill and intention - so why shouldn't it be the same for how you record? Furthermore, maybe you've tried self-recording before, only to sink into despair and exhaustion brought on by too many takes, technical issues, mental fatigue, and the encroachment of “real life”. In this hands-on class we'll explore practical techniques for creating compelling recordings with basic, affordable.

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5-6pm – Workshops du Jour (w/ Various)

These are ONE-TIME conversations and musical workshops. See “daily offerings” for specifics.

DAY-BY-DAY SCHEDULE OF THINGS THAT (MOSTLY) ONLY HAPPEN ONCE!

Consult this in combination with your visual schedule to get a fuller picture of the week.

SATURDAY

12:30-4:30pm – ARRIVAL

If you've been here before, consider offering to help a new person find their cabin. If you've never been here before, consider taking a moment to breathe and explore the island before things get hectic. Or join a jam on the dock to greet the boats as they come in!

5:30pm (Dock) – ORIENTATION

This is for EVERYONE and will lead straight into dinner.

7pm (Main House) – DINNER

8:15-9pm (Dock) – SQUARE DANCE BASICS (w/ Becky Hill)

Feeling a little rusty on the dance floor? Come dust off your square dance moves - learn what a grand right and left is, review the figures, and get geared up for the Square Dance with the Onlies. This is also a great chance to learn basic square dance calling!

9pm (Rec. Hall) – CONCERT

This first concert will introduce you to about half of the artists teaching this week.

After the Concert (Rec. Hall) – SQUARE DANCE (w/ The Onlies & Friends. Caller: Becky Hill)

The dance will roll until either the band is done playing or the people are done dancing!

SUNDAY

1:30pm (Rec. Hall) – CHART MAKING (w/ Dietrich Strause, James Mitchell & Gabriella Simpkins)

You have so much music in your heart... but how do you communicate all of that to a band? You make a Chart! Let Dietrich, James and Gabriella walk you through it. It is **STRONGLY** recommended that anyone wanting to do Band-in-a-Box or Karaoke Night attend this one-time class!

1:30pm (Mail Porch) – STRING-CHANGING FOR GUITARS (w/ Viv Leva)

Ok, be honest! When's the last time you changed your strings? Bring a fresh set of strings and Viv will help you get them on your guitar. (If you want to volunteer to help the fiddles, banjos or other stringed instruments, let us know!).

2:30-3:30pm (Rec. Hall) – FLATFOOTING (w/ Becky Hill)

Today's "Workshop du Jour" on Flatfooting will be Day One of the week-long Dance Toolbox class. Head to the Rec. Hall where you'll be welcome for either this day only, or for the whole week if you decide to come back!

5-6pm (Mail Porch) – THE ROOTS OF HARMONY (w/James Mitchell)

How do melodies and chords come together to create emotions in music? This workshop isn't a traditional music theory class consisting of learning key signatures and memorizing scales, but instead is focused on the physical roots of harmony, and how to connect music theory to what you already know and feel when you hear music. We'll learn about the overtone series, the circle of fifths, and demonstrate through singing and playing. *Level: Moderate to Fast.*

6-7pm (Main House Rocking Chairs) – YOU ARE WHAT YOU EAT! (Listening Session w/ Omar Ruiz-Lopez)

Expand your palate in a pre-dinner listening session w/ Omar! A well-rounded musical diet can do wonders for your imagination. We'll branch out and listen to music outside the Americana/folk genre and find inspiration in music from all over the world – all before joining everyone at the dinner table for some actual food!

7pm (Main House) – DINNER

Show your appreciation to our chef and the kitchen team by arriving promptly.

9pm (Rec. Hall) – CONCERT

This second concert will introduce you to the other half of the musicians teaching this week.

After the Concert (Everywhere) – TIME TO JAM

This year, we're intentionally giving you a night off to make your own music together. Enjoy!

MONDAY

2:30-3:30pm (Mail Porch) – YOUNG MUSICIANS’ FORUM (w/ Gabriella Simpkins)

Are you a young musician just starting or about to begin a life in music? Join Gabriella for an hour to exchange hopes, and dreams and even commiserate about struggles with your peers. Gabriella will invite a couple more experienced musicians along to ask advice as needed.

5-6pm (Mail Porch) – SHARING EXPERIENCES AS AN INDIGENOUS MUSICIAN (w/ Ruby John & Nokosee Fields)

Ruby and Nokosee will share their experiences as indigenous fiddlers and how they are learning to blend their culture with their music.

6-7pm (Main House Rocking Chairs) – YOU HEARD IT HERE FIRST! (Listening Session w/ Kristin Andreassen, Laura Cortese & Team MoM Guests)

Kick back and listen to some Top Secret, brand new songs in-progress and unreleased tracks from Miles of Music staff.

6-7pm (Card Room) – SONG SHARE

Come one, come all. Bring your original songs.

7pm (Main House) – DINNER

Show your appreciation to our chef and the kitchen team by arriving promptly.

9pm (Rec. Hall) – LIVE BAND COSTUME KARAOKE NIGHT

This is exactly what it sounds like. Come slay one of your favorite cover songs live with a ripping band. For whatever song you choose, you’ll need to write a chart on a big sticky note (we will provide!). If you need help with your chart, go to the chart making class on Sunday! On the big night, come in a fabulous costume of your choosing. However, be mindful of wearing any costumes that could potentially make someone around you uncomfortable and please avoid racial stereotypes. (If you forgot to bring a costume, find Zack or head over to Grendl’s Cabin where there’s a costume bin). Past songs have included: “*Don’t Go Chasing Waterfalls*”, “*Orphan Girl*”, “*Dancing In the Streets*”, “*Islands In the Stream*”, “*What’s Going On*”, “*Roar*”, “*Shoop*”, “*Act Naturally*”, etc. Sign-ups will be posted on Sunday at lunchtime. Spots fill up quickly!

TUESDAY

Heads up → Tuesday is a completely different schedule!

See the back side of your paper schedule for the overview and keep this handy for the details.

12:30-1:30pm (Retreat) – MINDFULNESS IN MUSIC (w/ Chris Eldridge)

Being a great musician has more to do with free, unburdened self-expression than issues of accomplishment or technical proficiency. In this workshop, we will discuss some core tenets of mindfulness and explore a few practices that can help us to be in the moment (and let go of a need to be “in control”).

2-2:30pm (Fireside) – SONGBIRTH LIVE!

(Concert hosted by the Imperfectionist Song Society)

During MoM’s off-season, campers Allie Chipkin, Mike Shapiro, Lou Apollon, and Thu Tran have come together to host an on-line songwriting accountability circle that offers weekly prompts, structured feedback, peer support, and ongoing inspiration. The Imperfectionist Song Society has hosted several 5-week sessions over the past two years, with a rotating membership that’s open to all. During this special Lunchtime Concert, you will hear songs created by ISS participants who happen to be on the island this year. Come quench your curiosity and learn more about getting involved!

4:30-5:30pm (Rec. Hall) – MICROPHONE “PETTING ZOO” (w/ Clara Baker)

This pop-up workshop is a hands-on exploration of microphones. Come see, hear, and feel the difference between several commonly used microphones and discuss what makes them different, the same, and ideal for stage use and home/studio recording. Whether you’ve never touched a microphone, or have been gigging for a decade, you are welcome here, as we’ll first look at and pass around mics, then plug them in and talk about technical terms (polar pattern, frequency bumps, condenser vs dynamic vs ribbon, AND MORE!) as well as the musical/emotional language of mics (dark, bright, airy, present, etc). This is a friendly space to ask questions about gear aimed at making folks feel more comfortable using microphones and having more language to communicate with band mates/engineers/producers or just for your own fun!

6-7pm (Dock) – ALL-CAMP PHOTO & COCKTAIL/MOCKTAIL HOUR

Thank you for coming to document this experience with us. It means everything that you were here.

7pm (Main House) – DINNER

9pm (Rec. Hall) – ENTERTAIN US!

Do you juggle? Do you fancy yourself a comedian? Do you have any other fun or random performance skills that you’d like to share with your fellow campers? Well then, sign up to ENTERTAIN US! Or just come and be entertained! Collaborations are more than welcome. This night has become a favorite at camp and full of vibrant memories.

WEDNESDAY

2:30-3:30pm (Mail Porch) – MAKING THE PERSONAL UNIVERSAL (w/ Crys Matthews)

When it comes to songwriting, the music can be good, but the thing that makes the lyrics great is their ability to be relatable. That's as true for social justice music as it is for songs about love and life. Learn some best practices to make the personal universal.

5-6pm (Mail Porch) – TWIN FIDDLES (w/ Sami Braman & Riley Calcagno)

Playing fiddle by yourself can be fun, but nothing matches the thrill and challenge of fiddling with a friend! In this workshop we will work mostly on deep listening--how to play your instrument with most of your ear focused on the other person. In old-time music, it is important to try and inhabit the same feel and groove as your fiddling twin. We will break into duos and practice matching bowing, copying posture, catching melodic subtleties, and many other useful things!

6-7pm (Main House Rocking Chairs) – SOURCE RECORDINGS (Listening Session w/ Nokosee Fields)

Nokosee will be sharing some favorite old musical recordings. Relax, enjoy, be inspired.

6-7pm (Card Room) – SONG SHARE

Come one, come all. Bring your original songs.

7pm (Main House) – DINNER

Show your appreciation to our chef and the kitchen team by arriving promptly.

Dusk – CAMPFIRE

The lighting of the fire is always a special moment. Then we pass the guitar and share songs till we run out.

THURSDAY

2:30-3:30pm (Mail Porch) – MEET THE GROOVY LOW END (w/ Shane Leonard, Valerie Thompson & Zoe Guigeno)

Have you never played the cello, bass, or drums, but always wanted to try? Get your hands on one of these three instruments & get playing ASAP with this fun & inclusive approach to making great sounds on an instrument you don't know! Time is short, so pick your favorite and join in for the hour.

5-6pm (Mail Porch) – MY BAND IS ONLY THE TIP OF THE ICEBERG (w/ Laura Cortese, Neil Cleary, Naiika Sings, Darren Solomon & More)

Less than 10% of the volume of an iceberg is visible on the surface, and many music careers are similar. Finding a balance between combining public-facing work (which is often about connections and creative output) with behind-the-scenes work (which is often the key to financial sustainability) is the art of building a long-term career. Join Laura and a panel of guests in exploring various paths they've taken to finding balance and satisfaction in the field of music. Participate in brainstorming with Laura and her panel to think creatively about opportunities and possibilities to remain creatively engaged in everything you do.

6-7pm (Dock) – COCKTAIL/MOCKTAIL HOUR & AUCTION

This is the biggest single fundraising moment of the year! Come bid on a 4th of July Tugboat Ride in New York Harbor, a charming Air B&B getaway, priceless works of art and more! Thank you in advance for your generosity.

7:30pm (Main House) – DINNER WILL START LATE TONIGHT!

Because our auction and cocktail hour sometimes take a little extra time, this will be the one night we will all plan to be a little late for dinner.

9pm (Rec. Hall) – FINAL SHARING

At this camp, there is no requirement for any class to perform at the end of the week. We just keep our ears open for people and classes who have something to share. And it's always a great show.

After the Concert – CLEANUP & JAM

You know the saying. "You don't have to go home... but you can't stay here!" After the concert, we start tearing down the sound equipment for our morning load-out. You're welcome to help, or you're even more welcome to head outside and join a jam somewhere!

FRIDAY

9am-12noon – DEPARTURE

Boats leave on a rolling basis from 9am-12pm. All campers, unless noted, should be packed and off the island by the last boat at 12pm. If you have any questions about when you should be at the dock, please ask **Lauren Balthrop (225-975-0205)** or email our Travel Coordinator, Sheena Ozaki at milesofmusiccamp@gmail.com

SHUTTLE FROM BOAT DOCK TO BOSTON

For those taking the shuttle, this is your schedule:

10:30am - Boat for all shuttle passengers from the island to the Dock.

11am - Shuttle departs from the Dock and drops off at Boston Logan Airport.

1:45pm - Expected arrival at Boston Logan Airport Terminal C

*Thank you to all of this year's instructors for taking the time to share their class intentions here.
Artwork at top by Tina Howard. Lettering by Lauren Balthrop.*