# DRUM 'N' SPLASH 2024

## Our Thirtieth Year!

## The Alternative Fourth of July!

## A birthday party for all of us!

## Wednesday June 3rd
through
## Sunday July 7th, 2024
at
## Four Quarters InterFaith

**190 Walker Lane, Artemas PA 17211**
**814-784-3080**

**office@4QF.org ~ www.4QF.org**

# Welcome To The Land

The Stone Circle,
the center of Four Quarters.

## We remind everyone to embrace
## The Five Agreements:

- I take responsibility for my choices, and I will make choices that support my community.
- I take responsibility for the choices of others, and I will actively help them make good choices.
- I will respect the Land. I will keep it clean and help others to do so, because The Land Is My Spiritual Home.
- I see and respect the work and risk taken on by the organizers on my behalf, and I will support them in every way possible.
- I am a part of the Four Quarters community, and it is only by my choices that I will preserve it.

Our Ledgendary Saturday Night Fireworks

# Thirty Years of Drumming, Splashing 'n' Dancing at Drum 'n' Splash!

***If you are new to Drum and Splash*** you may be new to Four Quarters... and there are a few things you should know. Four Quarters is The Alternative, a nonprofit InterFaith Sanctuary founded to provide a refuge for alternative visions of spirit and modern-day tribal community. We are a 100% Volunteer Operated and Membership based Church. Our financials are an open book to our Members and our assets are held in trust. Everything you see around you is a gift from someone's sweat and hard work... and will never inure to the benefit of a private individual. ***If you would like to know how you can walk the talk and make a difference, speak with a Member or visit the office on your way home. We love to tell the story of Four Quarters.***

## The Starvin' Artist Cafe

The Starvin' Artist Cafe is our Pride and Joy! Built with volunteer labor and donations. Staffed by the most dedicated volunteers you will ever meet as an Act of Love and Service, building real Community, one bite at a time.

## *Visit The Middle East at the Kasbah*

Each Night in the Dining Pavillion, a dedicated space for Middle Eastern Drum and Dance with our Middle Eastern Drum and dance teachers and enthusiasts.

## DragonSong Returns!

New in 2023, the Middle Eastern Festival Band DragonSong retuns to add to the sonic ambiance of the Kasbah and share their expertise in Mid-East drum & dance!

## Make Friday *Faerie Friday!*

Dress as your most fantastical fae on Faerie Friday! Don your wings, tails, horns and colorful costuming for a phenomenal day of fun and fantasy.

## Friday Night – *The Percussion Plus Coffeehouse!*

A community driven ***Open Mic & Drum***. Anyone and everyone is invited. It's your thang! Do what ya wanna do! Drum, Dance, Sing, (even Opera!), Stand-up, Magic, Epic Tales, and there may be some very special thumpy surprises. Bring it!
Emceed by ***Kurt Griffth*** & ***Holland Hook.***

# The Heartbeat of the Drum

We've worked hart to prepare another fun and festive Drum 'N' Splash, in its happy, thumping, and splashing glory for all of us to enjoy. Once again a big year with a lot going on, and plenty to do. Many Crowd Favorites are back along with some New Presenters. We've squeezed in a few more classes and workshops, with short midday sessions on Friday and Saturday, and of course we have the solace and shelter of the Land to renew and ease your spirit and make you smile.

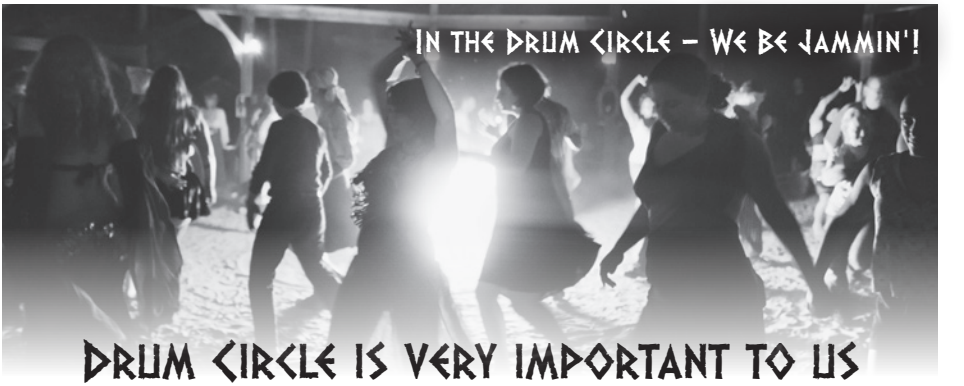
***Yes there is more to do than you can possibly get to!*** Did you miss something last year? ***Maybe it's Back!*** Perhaps a presenter will expand on what they've done before, maybe they've brought something new. This is by design, we want you to ***come back!***

## Master Teachers and Presenters

**Kristen Arant's** upbeat energy and the **Bele Bele Rhythm Collective**. **Eesa Grayson** brings his amazing skills, passion for the drum, and thousand-watt smile with **Roshad Rush** bringing the Dance. **Ken Crampton** brings another truck-load of Insanity, Delight, and Dragons! The Middle Eastern vibe of **The Kasbah** is back with **Shahrazad Shiraz,** the Middle Eastern festival band **DragonSong**, **Sa'ida Al Aziz,** and **Mark Cheater. Erro Gutshal** brings his deep expertise in traditional West African rhythms on Djembe and Djun Djun. **Billy Woods**, with Chi Gung and Chi Meditations. **Kurt Griffith** will somehow find time from ceremony for Native American Ceremonial Drum and the thunderous roar of Japanese ***Taiko***. We also have **Fred Katz, Colin Lennox, Ayanna Gallant, Mike McConnell** with *stuff on fire.* **Jamilla Bey Al Rasul** with shekere and **Christina Paige** with Yoga fill out a lively, rich, and full program.

We'll have our infamous **Ducky Race** and the **Bathing of Aphrodite**. Join the great improvisational fun of **The *Percussion Plus* Open Mic & Drum Coffeehouse.** And always, our epic **Evening Drum Circles, Fire Spinning, Casual Jamming, Songs & Stories** at the Coffee Dragons, the Wonderful **Saturday Night Community Feast, Parade of Talent, and Fabulous Fireworks**!

Can't decide? Need a break?. Go swimming in the river! It's Drum 'N' ***Splash***!




# Drum Circle is very important to us

It is an integral part of our community; a safe, sacred space to ride the Spirit of The Drum. Please be aware that Drum Circle is cleaned and prepared each evening as an Act of Service by volunteers helping to maintain the Drum Circle at Four Quarters as a place of mystery, magic and respect. When sharing Drum Circle remember that alcohol and tobacco are not permitted in the sanded areas and NO GLASS OF ANY KIND.

If you drum, please group yourself around the Djun-Djun's in the South of the circle, forming a crescent of support for the dancers and the people. If you like to drum while sitting, please bring a chair and please do not drag the benches towards the fire until very late in the evening. Remember, the first few hours of each evening's circle is for the young children. Let's run their little pegs off, and they will sleep well!

# Volunteering at Drum 'N' Splash

Four Quarters does a *lot* with a limited staff of Live-in's, a few helpers, and some sleep- deprived Facilitators. A few people stepping up to volunteer helps us out a *lot*.

## Daily Drum Circle Care and Feeding

As part of supporting the magic of Drum 'N' Splash, we have designated each **Midday Break** from **Thurs-Sat, 1:45-2:15 PM** as a time for **Drum Circle Care and Feeding.** This is an invitation to each and every one of you to be one of the volunteers that maintain Fire Circle for all of Us! It's raking the sand, removing litter, cleaning out the firepit, making it beautiful. Just show up and lend a hand! This is ***your*** fire circle, too!

If you're here on **Wednesday**, We invite you to help **Set-up and Decorate the Drum Circle** with ***Ken Crampton*** in the afternoon before supper and help **Decorate the Kasbah** with ***Shahrazad Shiraz.***

QUEUEING UP FOR A MEAL AT THE DINING PAVILION

# MORE VOLUNTEERING AT DRUM 'N' SPLASH

Four Quarters does a *lot* with a limited staff of Live-in's, some helpers, and a few sleep- deprived Facilitators. A few people stepping up to volunteer helps us out a *lot*.

## Help The Starvin' Artist Kitchen feed us!

We always need hands to help with **Meal Set-up** and **Clean-up**. We need extra hands usually about an hour before Brunch and Supper for Set-up, and for about an hour after meals to help speed up Clean-up. It really makes the kitchen staff's load easier.

## Help the Coffee Dragons keep Drum 'N' Splash Caffeinated!

We also have use for a few willing people to **help man the Coffee Dragons Hospitality suite**, especially late nights. Miss Patí does tremendous work, but she's only one hard-working lady, and does need to sleep sometime. It's a pretty sweet gig! After the Drum Circle, it's literally the social center of Camp, everybody comes by, and in the evenings there is often all sorts of spontaneous jams, songs, music and stories. Did I mention, there's free coffee?

***Looking for more places to roll up your sleeves?*** Consider helping out the Sweat Team's Fire Keepers **tend the fire at the Evening Drum Circles**, or come down to **Sweat Lodge to help out**. Come early, stay late and learn how it's done. We learn by doing.

**All you need to do is *show up* and say, "how can I help?"**

THE COFFEE DRAGONS.
THE SOCIAL HUB OF FOUR QUARTERS.

# SWEAT LODGE AT FOUR QUARTERS

***The Sweat Lodge at Four Quarters*** is a beautiful and sacred site on the land at Four Quarters and we invite you to come to pray and sweat with us! Anytime the sacred fires are continuously burning, you are welcome to come meditate, chill out, talk with us, and reconnect in this area.

The Sweat Lodge at Four Quarters holds to the same interfaith view as Four Quarters Interfaith Sanctuary and does not follow a single tradition or path. All are welcome. Our ceremonies facilitate personal and collective inner cleansing and healing. As with other spaces at Four Quarters this is ceremonial space and is to be respected as such.

A typical lodge has four rounds where the door is closed and water is poured on the heated stones, with brief breaks between rounds, reflecting the sacred fours of many sacred paths. It's good, but not required to sit all four rounds. A typical ceremony might last about an hour and a half to two hours. ***Lodge Ceremony is open to all ages.*** Bring a towel, drinking vessel and whatever you want to wear or not wear. ***Please hydrate yourselves!***

**Thursday at 12:00 PM; Friday at 2:00 PM; Saturday at 1:30 PM**

**Children & Families are absolutely welcome and will be accommodated**

***Out of respect for the ceremonies and the teachings we've received from our elders, we respectfully ask that intoxicated persons please refrain from Sweat Lodge ceremony. Moontime (Menstruating) Ladies, please speak to the ceremony leader.***

Sweat Lodge ceremony at Four Quarters is provided subject to the "Informed Consent" of all participants, based on the principle of ***Shared Risk, Shared Responsibility***. We expect people to act responsibly for the safety of all. All participants will be guided through our "Health and Happiness" hygiene policies and safety protocols. We endeavor to minimize any potential risk for all participants at Sweat lodge as much as possible. The safety of all participants is always *our first and highest priority.* All participants agree to abide by ***The Five Agreements*** as listed on **page 2**.

**Jeff "Fox" Greene, Walter Weaving Eagle, Kurt Griffith/Talking Stone, and the Sweat Lodge Ceremonial Team in service.**

Our deepest appreciation to our Sweat Lodge team for keeping the site, chopping wood, Carrying water, hauling stones, and making our guests feel welcome and comfortable.

*Wopila tanka! Mitaquye oyasin.*

# Schedule of Activities for Drum 'N' Splash 2024*

## Wednesday, July 3rd

| | | |
|---|---|---|
| **ALL DAY** | **Registration and Welcome** | |
| Midday-7:00 PM | **Kasbah set-Up** - Hanging of curtains and fluffing of pillows, laying of rugs and sipping of tea. – Directed by Shahrazad Shiraz. Make It beautiful!. | Main Stage/Kasbah & Dining Pavillion |
| **Afternoon** | **Decorate and Set Up the Fire Circle** – Directed by Ken Crampton. Come and help make the Circle Shine! | Drum Circle |
| **5:30-7:00 PM** | **Meal Plan Dinner** | Dining Pavilion |
| **9:00 PM** | **Opening Circle and First Fire in the Drum Circle** Ceremony facilitated by ***Kurt Griffith*** | Drum Circle |

## Thursday, July 4th – *Happy Day, USA!*

| | | | |
|---|---|---|---|
| **9:00-10:00 AM** | **Meal Plan Brunch** | | Dining Pavilion |
| **10:00 AM** | **The Daily Run Down - *for everyone!*** | | Dining Pavilion |
| 10:15-11:45 AM | Colin Lennox | Didgeridoo - The Drone from Down under | Stone Circle |
| 12:00 N-1:30 PM | Kurt Griffith | Japanese Taiko BOOM Camp! | Dining Pavilion |
| | Mark Cheater | Middle Eastern Drums - Part One | Main Stage/Kasbah |
| 12:00 - ~2:00 PM | **Sweat Lodge Ceremony** – Jeff "Fox" Greene & Sweat Lodge Team in Service | | Sweat Lodge (see p. 7) |
| **1:30-2:15 PM** | **Mid Day Break** Volunteers! | Drum Circle Care and Feeding | Drum Circle |
| 2:15-3:45 PM | Eesa Grayson | Find the One & Your Voice on the Djembe and in the Circle | Drum Circle |
| | Shahrazad Shiraz | Veil Workshop | Main Stage/Kasbah |
| 4:00-5:30 PM | Erro Gutshal | *Kakelambe* - Beginner/Intermediate | Drum Circle |
| | Kurt Griffith | Native American Ceremonial Drum I | Stone Circle |
| **5:30-7:00 PM** | **Meal Plan Dinner** | | Dining Pavilion |
| **7:30-8:30 PM** | Ken Crampton | Drumming 101/Say it Play It! | Drum Circle |
| **9:00 PM–till…!** | **Evening Drum Circle!!**– *Jam facilitated by Ken Crampton* | | Drum Circle |
| | **Rock the Kasbah – Mid-East Drum & Dance** – *Facilitated by Shahrazad Shiraz & DragonSong* | | Din. Pavillion/Kasbah |
| 9:00 PM-till... | Freestyle Fire-Spinning!!! | | Meadow |
| 10:00 PM-till... | Casual Jamming, Stories and Songs | | Coffee Dragons |

# Friday, July 5th – "Fairie Friday"

| | | | |
|---|---|---|---|
| 8:00-9:00 AM | Ayanna Gallant | Morning Sound Bath Meditation | Stone Circle |
| **9:00-10:00 AM** | **Meal Plan Brunch** | | **Dining Pavilion** |
| **10:00 AM** | **The Daily Run Down - *for everyone!*** | | Dining Pavilion |
| 10:15 -11:45 AM | Kristen Arant | Women's Rhythm & Song Rejuvenation Circle | Drum Circle |
| | Christina Page | Yoga and Wellness for Life | Dining Pavillion |
| | Kurt Griffith | Tai Chi/Qi Gung for Health & Meditation | Stone Circle |
| 12:00 N-12:45 PM | Colin Lennox | Drone from Down under: Didgeridoo | Stone Circle |
| 12:00 N-1:45 PM | Fred Katz | Drumming Out Loud! - Drumming with *More* Mindfulness ***( to 1:45)*** | Dining Pavilion |
| | Ayanna Gallant | Sound Healing Instrument Workshop | Drum Circle |
| 1:00 PM-1:45 PM | Mark Cheater | Middle Eastern Drums - Part Two | Main Stage/Kasbah |
| | Ken Crampton | Frog Bog **($ Materials)** | Drum Circle |
| | Mike McConnell | Fire Safety for Fire Performers | Meadow |
| **1:45-2:15 PM** | **Mid Day Break** Volunteers! | Drum Circle Care and Feeding | Drum Circle |
| 2:00 - ~4:00 PM | **Sweat Lodge Ceremony** – Kurt Griffith & Sweat Lodge Team in service | | Sweat Lodge (see p. 7) |
| 2:15-3:45 PM | Kristen Arant | Drumspiration for Everyone! Djembe Technique & Rhythms | Drum CIrcle |
| | Shahrazad Shiraz | Egyptian Dance choreography | Main Stage/Kasbah |
| | Jamilla Bey Al Rasul | Play and make Sekere **($ Materials)** | Dining Pavilion |
| | **The People** | **Ritual of The Bathing of Aphrodite** Meet at Coffee Dragons & procession through Camp | |
| 2:15-5:30 PM | Ken Crampton | Djembe Care & Repair **($ Materials)** Meet 'n' Greet - ***runs to 5:30***) | Merchant's Green |
| 4:00-5:30 PM | Erro Gutshall | Masterclass: *Yankadi/Macru* - Part. I **($)** | Drum Circle |
| | Eesa Grayson | African Drum and Dance **($)** | Dining Pavilion |
| | Sa'ida Al Aziz | Let's get Zilly with *Beladi* Basics. | Main Stage/Kasbah |
| **5:30-7:00 PM** | **Meal Plan Dinner** | | **Dining Pavilion** |
| **8:00-9:30+ PM** | ***Percussion Plus* Coffee House "Open Mic & Drum"** Got a performance itch? Bring it! It's yo thang! Do what you do! *– Emceed by Kurt Griffith & Holland Hook* | | **Dining Pavilion** |
| **~10:00 PM–till…!** | **Evening Drum Circle!!** *– Jam Facilitated by Erro Gutshall* | | Drum Circle |
| | ***Rock The Kasbah* - Mid-East Drum & Dance** *–Facilitated by Shahrazad Shiraz & DragonSong* | | Din. Pavillion/Kasbah |
| ~10:00 PM- till... | Freestyle Fire-Spinning!!! | | Meadow |
| ~10:00 PM- till... | Casual Jamming, Stories and Songs | | Coffee Dragons |

## Saturday, July 6th

| | | | |
|---|---|---|---|
| 8:00-9:00 AM | Ayanna Gallant<br>Colin Lennox | Morning Sound Bath Meditation<br>Didgeridoo - "Drone in the Dawn" | Drum Circle<br>Stone Circle |
| **9:00-10:00 AM** | **Meal Plan Brunch** | | Dining Pavilion |
| **10:00 AM** | **The Daily Run Down - *for everyone!*** | | Dining Pavilion |
| 10:15 -11:45 AM | Kristen Arant | Women's Rhythm &<br>Song Rejuvenation Circle | Drum Circle |
| | Sa'ida Al Aziz | Yoga Belly dance | Main Stage/Kasbah |
| | Kurt Griffith | Japanese *Taiko Matsuri* Jam for *all drums!*<br>– bring your djembés, etc. ***(to 12:45)*** | Dining Pavilion |
| 12:00 N-1:30 PM | Shahrazad Shiraz | Using the Wings in the Parade | Main Stage/Kasbah |
| | Easa Grayson | Intermediate/Advanced Djembe Class | Drum Cricle |
| | Colin Lennox | Didgeridoo Jam- Drone by the River | Faire Carin |
| 1:30 - ~3:30 PM | **Sweat Lodge Ceremony**<br>– Walter Weaving Eagle & Sweat lodge Team in service | | Sweat Lodge<br>(see p. 7) |
| **1:45-2:15 PM** | **Mid Day Break**<br>Volunteers! | Drum Circle Care and Feeding | Drum Circle |
| 2:15-3:45 PM | Ken Crampton | **The Infamous Ducky Race!** | Hemlock Hole |
| | Easa Grayson | Master Class: Drum & Dance<br>for Performance **($)** | Main Stage/Kasbah |
| | Kristen Arant | Drumspiration! - Djembe Technique<br>& Rhythms for Everyone | Drum Circle |
| | Mike McConnell | Intro to Poi Spinning | Meadow |
| 4:00-5:30 PM | Kurt Griffith | Native American Ceremonial Drum II | Stone Circle |
| | Shahrazad Shiraz | Dancers Wing and Veil<br>choreography for the parade | Main Stage/Kasbah |
| | Erro Gutshall | Master Class: *Yankadi/Macru* - Part II **($)**<br>Djembe, Djun-Djun, Calls & Breaks | Drum Circle |
| **5:30-7:00 PM** | **THE AMAZING OMNI-VEGI-VORIAN BLOCK PARTY!**<br>**followed by.... An Old-Fashioned Ice Cream Social!!!!** | | Dining Pavilion |

## The Saturday Night Spectacular

| | | | |
|---|---|---|---|
| 7:00-8:00 PM | Shahrazad Shiraz | Dress rehearsal for parade | Meadow |
| 7:30 PM - Sunset | **Rehearsal time for parade and performances**<br>– Performers & Students (if needed) | | Drum Circle |
| | Dragon/Dance Parade Prep<br>– Please see **Ken Crampton & Shahrazad Shiraz** | | Coffee Dragons |
| | Drummer Prep for Portals of Fire<br>– Please see **Erro Gutshall, Eesa Grayson, & Kristin Arant** | | In-camp Parking |
| | Native Ceremony Drum Prep – Please see **Kurt Griffith** | | Meadow |
| | MANDATORY Safety Meeting for anyone fire Spinning<br>– Please see **Mike McConnell** | | Meadow |

| | | |
|---|---|---|
| **~9:15 PM** (Sunset) | **Fireworks, and Parade of Talent** | High Meadow |
| **10:00-11:30 PM** | **Performances by the Masters of Drum and Dance!**<br>– Presenters and Students | Drum Circle |
| **11:30 PM–till…** | **DRUM CIRCLE TO THE STARS**<br>***– Lead by Ken Crampton, Easa Grayson, Kristin Arant Erro Gutshall, Shahrazad Shiraz, Kurt Griffith... and each and every one of you!*** | Drum Circle |
| **11:00 PM-till...** | ***Rock The Kasbah* with us! Mid-East Drum & Dance**<br>–Facilitated by *Shahrazad Shiraz, & DragonSong* | Din. Pavillion/Kasbah |
| 11:00 PM-till... | Freestyle Fire-Spinning!!! | Meadow |
| 11:00 PM-till... | Casual Jamming, Stories and Songs | Coffee Dragons |

## Sunday, July 7th

| | | | |
|---|---|---|---|
| **10:00 -11:00 AM** | **Meal Plan Brunch** | Dining Pavilion | |
| 11:30 A -12:30 PM | Mary M | Elements of Recovery | Assemble at Coffee Dragons, please bring a chair |
| Midday - Afternoon | Stretch, breathe, and help pack up The Kasbah! | | Din. Pavillion /Main Stage |
| **1:00 PM** | **Closing Circle** Stone Circle<br>Share highlights, blessings, affirmations and gratitude. | | |

### Sweat Lodges

**Thursday:** **12:00 PM - till approximately. 2:00 PM; –** Jeff "Fox" Greene in Service
**Friday:** **2:00 PM - till approximately 4:00 PM; –** Kurt Griffith in Service
**Saturday:** **1:30 PM - till approximately. 3:30 PM –** Walter Weaving Eagle in Service

We expect to host Sweat Lodge Ceremony middays, subject to ceremonial considerations. Lodge is available to all, and we will be making special accommodation for Families and Children to participate. *Due to the intimacy of the ceremony we will review health and safety protocols for all participants.. [* ***For more information please see Page 7.****]*

If you have any questions or concerns, please see ***Kurt Griffith, Walter Weaving Eagle*** or ***Fox.***

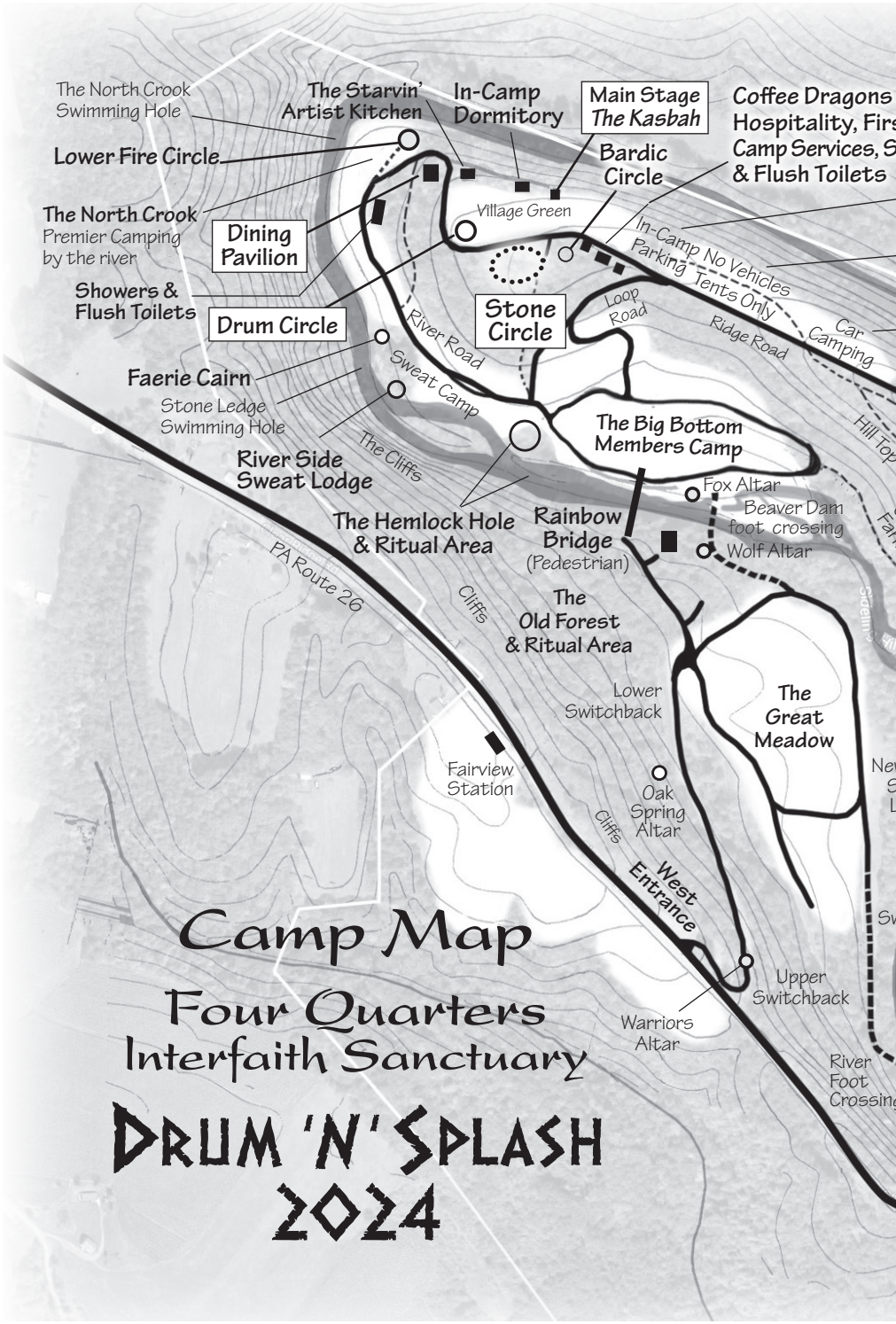
*Drum 'N' Splash's schedule is always subject to last minute changes, ceremonial time, the acts of mischievous gods, antics of contrary humans, brilliant and/or desperate improvisations, and ***the blessed weather!***

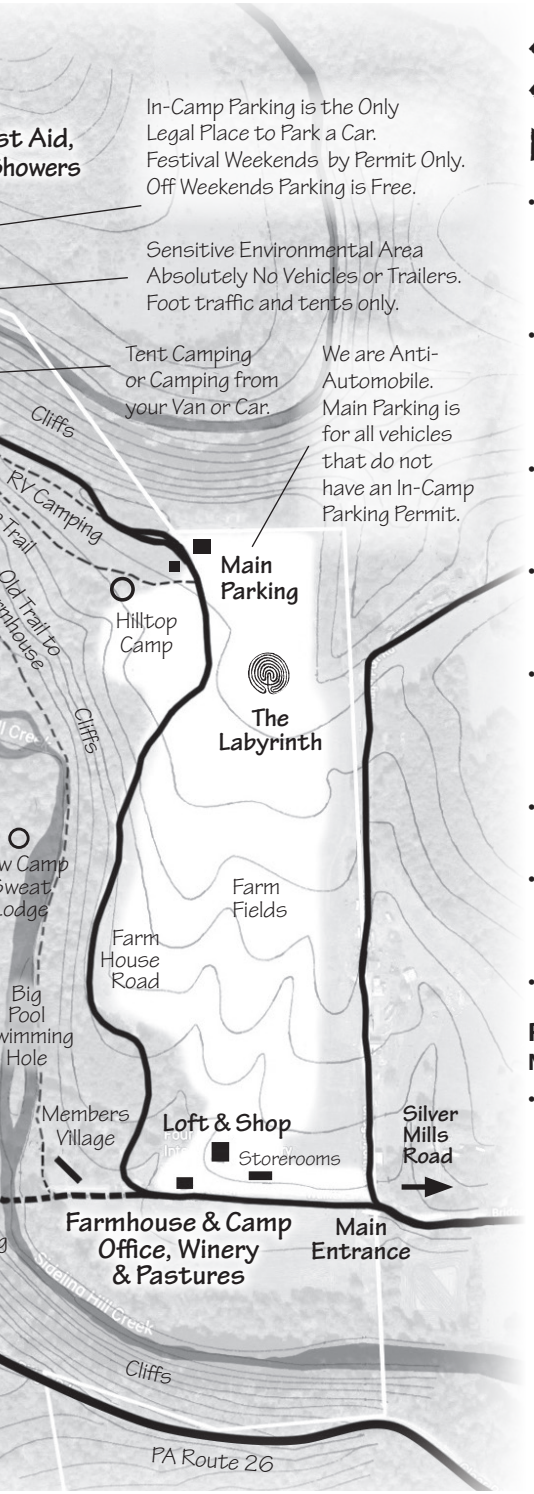
***Come to* The Daily Run Down *even if you're not on the meal plan, for announcements, information, and last-minuite schedule changes!***

So everything is always *very much subject to change* and making things up as we go along. ***Be flexible!***

Nothing but gratitude for everyone's hard work, flexibility and bearing with the ever-moving target that is Drum 'N' Splash!

*– Ashe! Ashe!*


The North Crook Swimming Hole
The Starvin' Artist Kitchen
In-Camp Dormitory
Main Stage The Kasbah
Coffee Dragons Hospitality, Firs
Camp Services, S
& Flush Toilets
Lower Fire Circle
Bardic Circle
The North Crook
Premier Camping
by the river
Dining Pavilion
Village Green
In-Camp No Vehicles
Parking Tents Only
Showers & Flush Toilets
Drum Circle
Stone Circle
Loop Road
Ridge Road
Car Camping
River Road
Sweat Camp
Faerie Cairn
Stone Ledge Swimming Hole
The Big Bottom Members Camp
Hill Top
River Side Sweat Lodge
The Cliffs
Fox Altar
Beaver Dam foot crossing
Wolf Altar
The Hemlock Hole & Ritual Area
Rainbow Bridge (Pedestrian)
PA Route 26
Cliffs
The Old Forest & Ritual Area
Lower Switchback
The Great Meadow
Fairview Station
Oak Spring Altar
Cliffs
West Entrance
Upper Switchback
Warriors Altar
River Foot Crossing
Camp Map
Four Quarters Interfaith Sanctuary
DRUM 'N' SPLASH 2024




# Camp Policy at Four Quarters is Simple. Please Remember:

- You are welcome in all parts of the Camp during your stay, but only Members of Four Quarters or their guests may camp in The Big Bottom Members Camp.
- We do not want to police anyone's behavior; please be considerate of others. Public intoxication or contraband will not be tolerated.
- Please return your automobile to Main Parking after off-loading your camping equipment.
- In-camp Car Camping is by permit, available at Registration or the Coffee Dragons.
- If you swim in the Hemlock Hole, remember that no provisions for your safety have been taken; you swim at your own risk.
- Dress as you would for a day at the beach, with skinny-dipping at The Hemlock Hole.
- Four Quarters is strictly Green. We have no provisions for trash removal; you must take your trash back home with you.
- Please be careful on Rainbow Bridge!

**REMINDER:**
**NOISY SPACES & LESS NOISY SPACES-**

- Drum and Splash is a Drumming event and there are all night drum circles located in the Fire Circle and also drum and dance in the Dining Pavillion. ***If you need a space in a less noisy space for rest and relaxation, please avoid camping near our Drum Circles and consider earplugs. Drummers, if you need to let loose on your drum, please join us in community at the Drum Circles.***

## Kristen Arant (DrumLady K) & the Bele Bele Rhythm Collective

Drumlady Kristen Arant is a musician, activist and teaching artist whose mission is to facilitate skilled artistry & self-expression, build intergenerational community rooted in diversity, and create joyful music that deepens and expands the world's knowledge and appreciation of West African musical instruments, genres and culture. Kristen was originally an oboist, switching to the drum due to its natural fit with her activist pursuits. Kristen was heavily involved in fighting against the Iraq war and occupation. In 2003, Kristen became known for cutting off Donald Rumsfeld in the middle of a speech at the National Press Club in Washington, DC. From the rafters, while lowering a sign reading "Bloody Hands," she spoke the truth to him for nearly 30 seconds before being taken away. The event was covered on international news. During this time she was instrumental in setting up the Rhythm Workers Union activist drumming ensemble, which ultimately led her to begin studying West African drumming with masters including Baile McKnight, Tammi Hessen, Mamady Keita, Mahiri Keita, Monette Marino, and Ubaka Hill. She has also been to Ghana 5 times, helped establish the Drumming Up From Poverty youth program there, taken 5 tours of her students there, and helped set up the Ghana drum shop Hands on Drums in Washington DC.

Kristen has always advocated for women to drum due to the field being so male dominated, and has used her talents to create safe spaces for women drummers including the Young Women's Drumming Empowerment Project non-profit and the **Bele Bele Rhythm Collective** ensemble, which she founded 10 years ago and co-leads with partner Ayanna Gallant. Kristen is also adept at working with children. She has a certificate in Arts Integration and is currently employed as the music teacher for grades K-6th at Lee Montessori Public Charter School, and has received 22 grants over the last 20 years for her work. Kristen is known for accessible teaching style, and has been called the "Rosetta Stone of West African drumming for Westerners." Also a singer/songwriter, Kristen is currently working on a new album featuring songs she has written about the many instruments she teaches. She has many students of all ages and genders and backgrounds who have returned to her classes again and again. **www.drumlady.com**.

**Kristen will also be available for private instruction during Drum 'N' Splash.**
**20-minute private lessons available for $20 - please see sign up sheet.**

**Women's Rhythm & Song Rejuvenation Circle**
Bring a djembe or dundun drum, or rent one from the Hands On Drums booth.

**Drumspiration for Everyone!– Djembe Technique & Rhythms**
Bring a djembe or dundun drum, or rent one from the Hands On Drums booth.

We're hoping we might see something fun and thumpy from **the Bele Bele Rhythm Collective** at ***The Percussion Plus*** **Coffeehouse** on Friday Evening! *Ask 'em nicely!*

## Mark Cheater

Is a recovering stick drummer who stumbled into the world of Middle Eastern percussion more than a decade ago and has been hooked ever since. He has studied dumbek, riqq and frame drum with a variety of master percussionists. He performs regularly with several bands, including the Fez Tones, Stream and the Blue Dragons, the Saltanah Ensemble, the Sahara Dance Band and **DragonSong**. He especially enjoys the synergy and the joy of accompanying and performing with dancers. Classes with **Jeremy Zacherl** & **Bridget Bystry** from **DragonSong**

**Middle Eastern Beats I** –Learn a few of the rhythms commonly used in Middle Eastern music and dance, including *Ayub, Malfuf, Maqsum*, and *Beladi*. Bring a dumbek, frame drum or tambourine {we'll have a few M.E. Percussion instruments to loan), or a djembe if you prefer.

**Middle Eastern Beats II** –Learn a few more rhythms commonly used in M.E. Music and dance, including *Karachi, Ciftetelli, Wahda*, and *Masmoodi*. Bring a dumbek, frame drum, tambourine {we'll have a few M.E. Percussion instruments to loan), or a djembe if you prefer.

## Ken Crampton

Artist, Facilitator, Event Designer and Owner has over 25 years experience in Building Community through the Rhythm and Arts. Ken has helped develop communities and events such as First Fridays (a monthly gallery hop), First Night Fredericksburg, The Drum Circle Facilitators Guild (founding director). Schools (pre through college), Libraries, Banks, Festivals, Church Retreats, Adult Care Facilities, and Corporations have all included *Everybody Drum* into their events as workshops, icebreakers or keynote presentations. Working with the various communities, we design successful programs that are fun, enlightening and exciting! Ken has trained with Arthur Hull, Babatunde Olatunji, Mamady Keita, Keith Terry, Kalani and Jaqui MacMillan and is a graduate of HealthRHYTHMS, Village Music Circles, and Drum Circle Music.

**Beginning Drumming 101 / Say it Play It! –** Learn basic hand positions and sounding techniques to make your drum speak! Practices phrases that help improve your drumming and learn practices and help you to remember the rhythms!

**Intermediate Drumming!** –Working with Rhythm as we count, intermix multiple rhythms and perform compositions. We will present on Saturday night!.

**Beginning Body Percussion**
Learn simple body percussion and applying it to movement and memory!

**Make, Shake and Take!**
Let's make shakers/rattles, learn techniques and take that shaker/rattle with you! Bring to other classes, drum circles and your hometown events! **$20 each (materials)** - take home shaker.

**Frog Bog –**Learn the magic of the woodblock scraper frog! Join in Frog Songs and take your frog home! **$25 each (materials)** - take home Frog.

**Djembè Care and Repair**
A meet-n-greet to teach you to tune your drum. I brought tools! Have a busted drum? Need new rope? A skin? Let's meet talk about the care and tuning with ongoing repair class
**$30 Skins / $50 full tune back to verticals / $20 pulling diamonds**
**$275 BUILD IT! Skin, Rings, Rope and Shell**

## DragonSong

is a collaborative world music ensemble performing a synthesis of contemporary and traditional music. With a shared love of stretching musical boundaries, this tribe of artists bands together to experiment freely with an open mind, challenge one another, and explore artistic diversity. Their organic nature and addiction to exotic percussion births a kaleidoscope of compositions with a unique, international flavor. Through the integration of both ethnic and progressive tools, members combine their talents and put their egos aside creating an entity greater than themselves to share with the rest of the collective. They strive to enlighten and inspire one another, by recycling energy and encouraging expression on a conscious and subconscious level. Vocal harmonies blend with a variety of instrumentation, weaving an intricate tapestry of sound. Through the fusion of music with visual performing arts, DragonSong creates a multi-sensory experience for all to enjoy.

**Jeremy Zacherl** - band leader, songwriter, guitars, vocals, drums;
**Bridget Bystry** - songwriter, violin, vocals, mandolyn, drums; **Mark Cheater** - drums master;
**Cecil Conley** - bass guitar, vocals; **Crystal Lynn** - drums, vocals

## Kurt Griffith/Talking Stone

follows a Lakota Native American spiritual path, Ceremony man and Ceremonial Singer, supporting Native Ceremony, Elders and Sun Dance. He is a multi-cultural drummer, singer, and teacher of sacred song and chant, supporting ritual and ceremony as a sacred bard. Kurt is an organizer for ***Shenandoah Rhythm Jams***, and recently formed **Shangö Mountain Taiko** in Berkeley Springs, WV. He holds multiple Black Belt ranks and an Instructor's certificate in T'ai Chi Ch'uan. He works as a Graphic & Web Designer, Illustrator, Art Director, Photographer, and Consultant since 1980, and is Art Director for our ***The Wheel of the Year*** Calendar. Kurt will be pouring Sweat Lodge with his Medicine Brothers – **Walter Weaving Eagle** and **Jeff "Fox" Greene**. Somehow, he is *still* the **Lead Facilitator** for Drum 'N' Splash.

**Native American Ceremonial Drum –** An introduction to the rich tradition of the Native American Ceremonial Drum exploring a mix of Lakota and Intertribal material. No experience required. Bring your voices and an open mind and heart. Camp chairs helpful. Participants will sing for the Flag on Saturday, and be invited to sing at **Stones Rising** on Labor Day Weekend

**Japanese Taiko: BOOM Camp! –** A "Boom Camp" for the thunderous Japanese percussion art of ***Taiko***. Big Drums. Big Sticks & Big beats. Participants will be introduced to the basics of ***Taiko***, ***kuchishoga***, and learn ***Tamiko Renshu,*** a basic beginner song with a fun, swingin' beat*!*

**Japanese Taiko: *Matsuri* Jam for All Drums! –** Taiko can play very nice with world percussion! Students will be introduced to the festival rhythm, ***Matsuri-Daiko***, played around the world, that jams' with your Djembes and Doumbeks, so bring all your drums and let's Jam!

***Percussion Plus*** **Coffeehouse Open Mic & Drum**
With **Holland Hook,** Kurt will be co-emceeing this community driven event Friday Evening. "It's yo' thing. Do what you wanna do." Open to everyone and anyone to add to the fun and magic!

## Ayanna Gallant

Ayanna Gallant is a musician, poet, voiceover talent, and educator with a passion for creativity and is the owner of **Aya Cultural Arts Studio** in Frederick, MD. She earned a Bachelor of Music degree from the University of New Hampshire in Music Education with a focus in low brass and jazz voice (2005), and a Master of Education degree in Curriculum and Instruction with a focus in Arts Integration (2010). Ayanna has studied mindfulness science, theory, and practice at Lesley University and is a certified sound therapist for Biofield Tuning. In her 16 years as a public school music teacher, Ayanna taught general music, band, chorus, musical theater, and world percussion ensemble. She has performed as a freelance musician on low brass, voice, guitar, and African drums in venues all around the country. ▼

Ayanna performs regularly with the **Bele Bele Rhythm Collective,** an intergenerational sisterhood of the drum, and Marsha and the Positrons, performing kindie (Kid's indie) music about science and how the world works. . **www.ayaarts.com**.

**Sound Healing Instrument Workshop**
If you are interested in all things sound, come join us to learn basic techniques on sound healing instruments like the handpan, sound bowls, tongue drum, native style flutes, shruti box, tuning forks, and harmonium. Instructor, Ayanna Gallant, a certified sound therapist though Biofield Tuning, will provide a hands-on experience for you to be able to use instruments for your own healing journey or to provide others with a therapeutic sound experience. No experience required. Instruments are provided, but you are encouraged to bring your own. Workshop is held at the Aya Cultural Arts Studio tent.

**Sound Bath Meditation**
Gather together for morning guided meditation. A variety of instruments will be used for our soundscape as well as silent and guided meditation. This session does include light stretching and movement, but it is not required of all participants.

## Eesa Grayson & Roshad Rush

**Eesa and Roshad** are all time favorites at Drum 'N' Splash!, our best bad boy of the drum. Combining physically powerful drumming, high energy dance, and a teaching style that is at once open, joyous, and inviting. Eesa is Personable and Master of the 1000 Watt Smile!

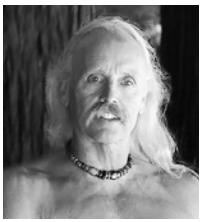
**Roshad** made her debut as a dance workshop presenter and performer at Drum and Splash 2015. She and Eesa will be collaborating on two very exciting drum and dance classes. You won't want to miss this! Make your head *wider*.

**Find the One & Your Voice on the Djembe and in the Circle**

**Intermediate/Advanced Djembe Class**

**Master Class: Introduction to African Drum and Dance $$**

**Master Class: Drum and Dance for Performance with Roshad Rush $$**



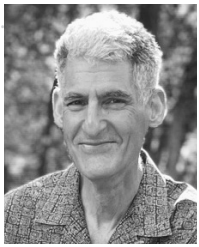
## Erro Gutshall

Erro Gutshall has been teaching traditional West African drumming for the past 20 years. He has been to Africa three times to travel extensively in Guinea, Mali, Senegal and Morocco to study with masters, as well as workshops with many masters here in the United States. Erro credits much of his training to Dan Trevino and to the late great Mamady Keita. Erro is the founding member and creative director of **"Drums of West Africa"** and been performing since 2002.

Erro is a past member of Nommo Performing Arts, and Barafo Drum and Dance. He has performed several times with Camara Drum & Dance including at The National Aviary and Phipps Conservatory in Pittsburgh. When not drumming Erro is a fine art photographer with a B.F.A. from University of California, Santa Cruz. His images have been commissioned and on display in the U.S. embassies in over 100 cities worldwide. He also competes as a black belt in martial arts.

**Beginner/Intermediate Djembe and Djun Djun class - *Kakelambe***
*Kakelambe*, a harvest processional rhythmn form the Baga people of Guinea and Mali. It is one of the most popular and exciting drum circle rhythms played throughout the United States and Europe.

**Master Class: *Yankadi & Macru* – Two Class Series $$**
**Intermediate /Advanced Djembe and Djun Djun**
From the Susu culture of southwest Guinea. *Yankadi-Makru* is a Dance of Seduction rhythm played for courtship rituals. You will learn at least two parts for both rhythms plus the calls, breaks and transitions between the two rhythms. Advanced students may learn an additional (secret) part to Yankadi that Erro himself brought back from Guinea. (Those taking the masterclass, are invited to perform at the main fire circle).



## Fred Katz

Fred Katz is a drummer, percussionist, singer, recording engineer, and music educator who has made a lifelong study of drums, creativity, improvisation, and mindfulness. Originally from New York, Fred is a graduate of Berklee College of Music, where he studied jazz drumming and music production. He has worked at NPR and Omega Recording Studios, and has taught at American University, University of Maryland, The Omega Studios School, Richardson School of Music, and several retreat centers. Fred can be heard playing in the free improv group Free Spirits and in the West African percussion ensemble Akoma@All Souls. A man of many interests, he also holds masters degrees in mathematics, history of science and technology, and information science.

**Drumming Out Loud! - Drumming With Mindfulness**
Explore using mindfulness to unlock your powers of creativity. Drawing upon West African drumming, jazz improvisation, circle singing, and body awareness practices, we'll explore how curiosity and non-judgmental observation can build self-confidence, open up your ears, and make you a more joyful groove-maker and improviser. All levels are welcome. Bring a drum and be prepared to have fun!

## Colin Lennox

Colin Lennox, as CEO of EcoIslands LLC in Altoona, PA, builds and installs self organizing wetland bioreactors to clean up mining pollution. PSU Alumni 2009. Colin has been attending events at Four Quarters for almost 20 years, starting with the Gian Mind and Drum n' Splash in 2003. Colin has been playing didge for 22 years and teaching for about 20.

**The Drone from Down under: Didgeridoo –** In these multiple classes, including a special morning session and a drone by the river, Colin will provide materials and teach participants how to make PVC pipe didges, tune them to a chosen note, make beeswax mouthpieces, and the basics on getting a good sound from their new didge. We will also discuss and listen to more advanced techniques. For those who are interested, Colin will also be available for some one-on-one instruction.

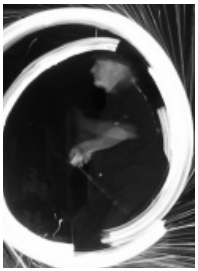
**"Drone in the Dawn"** - early morning Didgeridoo Jam

**Drone by the River** – at the Fairy Carin, one of our most sacred and atmosperic spaces

## Carene Swee Loh

Malaysian born Carene SweeLoh Gutshall has been in the pursuit of beauty her entire life. She has refined and added to her experience by extensive traveling and her ability to communicate in seven languages. Her devotion to "speak to others" has been unleashed in various methods such as drumming and performance, yoga, and face painting. She has been face painting, drumming and performing with her husband **Erro Gutshall** for 18 years.

Swee has been adding to the magic at Drum 'N' Splash for several years providing face painting for our younglings as they frolic through the camp and our Drum Circles!.



## Mike McConnell

has been spinning fire and poi since he was 2 years old. A master in his field, he spends his free time creating different ways to create spectacular fire shows. Propane is his best friend. Want to learn a new trick? Find Mike and if he's not busy fixing something in camp, he will be happy to show you a new trick. Mike is a member of our Community of Service and Serves as Executive Officer for the Board of Directors, his "to-do" list is typically in the hundreds.

**Intro to Poi Spinning** ~ Techniques and tricks for kids of all ages. Come learn the basics of spinning, practice poi provided.

**Fire Safety for Fire Performance** – Learn about the different fuels used in art of fire performances. For performers and the people who keep them safe.

**Freestyle Fire Spinning** – Join Mike and others at o dark thirty at the Maypole for some fire spinning **Meadow, Wednesday – Saturday Nights.**

## Shahrazad Shiraz

Shahrazad Shiraz has been performing as a professional belly dancer and instructor for over 22 years her style is ***Raqs Sharqi***. She performs regularly with Dragon Song, and she teaches at her dance studio Shimmy Headquarters in Maryland. her specialty is double sword, she is very high energy and loves to share her love of this beautiful art form. She is also reprising her service at Drum 'N' Splash as our **Mistress of the Kasbah**. So help her have a great weekend!

**Veil Class –** Learn some tips and tricks on how to dance with a veil. We will be learning how to improve using some beautiful veil movements as well as techniques and be prepared to improv at the end of the lesson. This is a performance class.

**Egyptian choreography –** Learn a fun cute, and simple choreography while learning the basic movements and Egyptian combinations.

**Sword Class –** Learn how to balance a sword while magically dancing. Become one with the sword. This is a performance class so be prepared to bring it!! Drills and exercises across the room, fun improvisation at the end of class.

**Dancers Wing and veil choreography for the parade –**Join us to learn a fun and simple wing and veil choreography to march and dance in the parade. No experience necessary. Wings and veils will be provided, bring your own if you have.

## Sia'da Al Aziz

Sa'ida has been dancing all her life with a background in musical theatre, tap, ballet, lyrical and ethnic folkloric dances from many countries. Dance is something all humans share and it is an essential part of our earthly experience. Her passion for Cultural Anthropology and Dance Ethnology has led her across the United States and several countries, including a teacher training conference in Egypt. ***Raks Shaabi*** is the name for Egyptian country dances. It is literally translated to mean "The Dance of the People". She has performed and taught *Beledi, Raks Al Assaya, Zaar, North African Guedra*, and *Khaleeji* from the Persian Gulf. Her emphasis is on injury prevention, building core strength, and muscle isolations, while helping others explore ethnic dancing within cultural context. She is grateful for the opportunity to share her experiences with both old friends and new.

**Let's get Zilly with beledy basics –** Introduction to Egyptian folk dance, rythm and movement, Zills (aka finger symbols ) will be available for use in the class. No experience necessary

**Yoga Belly dance –** A fun and easy, movement and dance workout. This class combines light aerobic exercise, borrowing from classical Egyptian/ belly dancing, Hatha, yoga, and Alexander technique. You will explore claiming your personal space, understanding muscle movement, isolation, techniques, stretching and relaxation techniques. Bring a yoga mat or towel.

## Jamilla Bey Al Rasul

I was born and raised in Philadelphia. I am the 7th and youngest child of the late Mama Binta Nia. She was known in Philadelphia as a culture keeper, a singer of message music, and a percussionist. She would teach sekere workshops throughout Philadelphia for years. Now that she has joined me spiritually, since January 2023, I am honored to share the knowledge she gifted me, to facilitate this Sekere workshop. It will be one to remember.

**Play and Make Sekere workshop ($)** – During this workshop, participants will have the chance to decorate the sekere gourd with paint in your own creativity, also string and bead the dress for the gourd. If you finish and you have extra time left during the event, I am available to teach the basics of how to hold and play simple rhythms. When we are finished you can take your new instrument home and show your friends and family. I am really looking forward to creating with you.

**Cost : $50 all materials are provided to create.** Zelle(Salima AlRasul with this number), apple pay (this number)and cash app acceptedCash app $LoveurselFE IG:@FuturistEMPRESSions

## Christina Page

Christina Page is a certified massage and yoga therapist whose passion for exploring the mind and body led her to obtain a Master of Science in Yoga Therapy and an undergraduate degree in psychology. Christina loves sharing practices that encourage self-inquiry and support physical and psychological well-being.

**Yoga and Wellness for Life** - Experience the joy of embodiment with a heart centered yoga practice connecting the groove of the body to the rhythm of the breath. This 90-minute class is open to all levels, no experience or props needed.

**It's a rich, full program and there's tons to do.**
**Can't decide? Go swimming in the river! It's Drum 'N' *Splash* after all!**
**Learn something! Get thumpy! Have fun!**

Late Night Fire Spinning in the Drum Circle

# Camp Policies

## Please Read This Important Information

***ABOUT YOUR CAR:***
The Camp is for People, the Main Parking Area is for Cars. Please return your car to Main Parking as soon as possible after offloading your camping gear. Please do not drive your car into the wooded areas of camp; just pull your vehicle off to the side of the road and carry your gear the last few feet to your camp site. Please do not ever leave your vehicle in any intersections or in any of the entrances to the High Meadow or the Kitchen.

IF YOU HAVE A HANDICAPPED PLACARD FOR YOUR CAR SEE US FOR YOUR FREE PARKING PASS.

***ABOUT IN-CAMP PARKING BY PERMIT:***
A very limited number of In-Camp Parking Spots are available by permit directly across from the Coffee Dragons Hospitality Pavilion. A Parking Pass for your vehicle is $25, purchased at registration or at the Coffee Dragons. Please park your vehicle as instructed, or as close to the red ribbon and the other cars as you can. ***There is no other legal place to park in camp!*** Illegally parked cars will be towed!

***ABOUT HIGH MEADOW CAR CAMPING BY PERMIT:***
Car camping is by permit, only in the East end of the High Meadow in the marked areas, available at the Coffee Dragons and the Office.

***ABOUT CAMP FIRES:***
Firewood bundles are available for sale in various places around camp. Steel fire rings are available for your use. Please do not stockpile wood; every piece of unburned wood must be returned to the wood piles by staff in order to allow us to care for the grounds. Please do not burn paper, plastic or foil in your fire ring; it leaves a poisonous residue that kills the grass roots. Please do return your ring to the Coffee Dragons and never, ever leave your fire unattended.

***FOUR QUARTERS IS GREEN.***
We do not provide any kind of trash service in camp, so you must pack out everything you bring in. Littering is profound disrespect of the land and will be a cause for expulsion. Our yellow trash bags are available for $4, drop them off at the Farm House on your way home and we will make them disappear!

***OUR CLOTHING POLICY:***
When in the public camp, dress as you would for a day at the beach. You may encounter nudity in the Members Camp. Skinny dipping is permitted in the Creek.

Continues next page ▼

***ABOUT SWIMMING:***
Feel free to swim in the Hemlock Hole, beautiful and cool, but very natural and dangerous. NO PROVISIONS FOR YOUR SAFETY HAVE BEEN TAKEN. YOU SWIM AT YOUR OWN RISK! Never, ever jump in the water, get out on the far bank or swim alone. Children MUST be accompanied by their responsible adult!

***ABOUT YOUR CAMPSITE:***
Camp as lightly as possible upon the Land. Please do not camp near the designated workshop areas. The Big Bottom is our Members seasonal camping area only. But you are free to visit! Please observe the posted "No Vehicle" areas of camp.

Observe Safe Camping and Hygiene practices at all times. Wash your hands often, and when preparing food. Observe safe food handling practices.

***NOISY SPACES AND LESS NOISY SPACES-***
Drum and Splash is a Drumming event and there are all night drum circles located in the Upper Drum Circle and also in the Lower Drum Circle in North Crook. ***If you need a space in a less noisy space for rest and relaxation, please avoid camping near our Drum Circles and consider earplugs. Drummers, if you need to let loose on your drum, please join us in community at the Drum Circles.***

**ABOUT THE COFFEE DRAGONS:**
Coffee, Tea and Hot Chocolate are always free at The Dragons; an act of service by our Four Quarters Community of Service. We cover the cost out of love, but your donations help.

***CAMP SERVICES***
are available at the Coffee Dragons, located in the heart of camp by the Upper Shower House. Coffee and firewood of course, but more important information and communication.

- ***TO REPORT ILLNESS or seek First Aid.***
- Emergency contact with the Farmhouse Office.
- Questions and answers.
- ***Office Telephone #*: 814-784-3080.**

BAGGED ICE IS AVAILABLE IN CAMP

**ARRIVING EARLY, STAYING LATE?**
Extra nights of camping are available;
$10 a night for Members, $15 a night for nonmembers.

# Important Note about Food Safety and Camp Hygiene

Whenever large groups of humans are gathered, there is always the possibility of being exposed to a bacteriological or viral infection. This is a particular issue in the festival circuit and with people traveling on the highway system. Being conscious of good food handling and camp hygiene habits will go a long way to keep these opportunistic infections at bay.

**Norovirus infections** can arrive through many vectors at any public event, and since Noro travels the highway systems, it is rare that there is just one point source.

Norovirus is transmitted by microscopic particles of fecal matter that are located everywhere humans contact surfaces and each other. Noro has evolved to take advantage of the travel and recreational habits of industrialized westerners in large groups, and is very rare in the third world.

Noro takes advantage of compromised systems, ie: staying up late, dehydration, intoxication, exhaustion. It does best on smooth surfaces and is almost never transmitted through water. It is often associated with poor food handling, flesh on flesh physical contact, and shared contact surfaces.

Incubation is 1 to 3 days, and a person is infectious BEFORE showing symptoms. Illness lasts 1 to 3 days ranging from mild to severe.

**Bacterial Gastroenteritis** (The Hurling Squirts) is bacterial in origin and is almost always associated with poorly stored or prepared food. Onset of symptoms can be immediate and can last 1 to 5 days. Symptoms range from mild to extremely severe leading to hospitalization. The infected person is not themselves infectious to others.

## Prevention:

- **Wash your hands – We Mean it!** Wash your hands like it's your job! Hand washing is basically the only way to prevent Norovirus spread.
- Never causally share food that was not prepared and served by professionals in a serve-safe manner, or by persons personally known to you to be in good health and practicing active prevention. This will stop Gastroenteritis dead in it's tracks!
- Wash your hands after being in public and before eating. Do not hug people not known to you to be in good health. Never accept food offered to you by acquaintances.

**REPORT symptoms to staff immediately if you or someone you know feels ill or displays symptoms. Symptomatic persons should immediately isolate.**

There are handwashing sinks throughout the camp, use them to wash your hands and ONLY your hands! (NEVER YOUR TEETH) Four Quarters maintains a state licensed chlorinated water supply and a licensed commercial kitchen.

**Norovirus and Gastroenteritis are highly contagious; you can do everything right and still get sick, or do everything wrong and remain well. The single most important remedy for bacteriological or viral GI distress is education and communication. So keep sharing info and educate yourself!**

**Wash your hands. Don't share food. Care for your body. Be well.**

**We invite you to be our guests for**

# STONES RISING 2024

## ~ The Giveaway ~

Celebrating Thirty years of Raising Stones

All Registration Fees are waived!
All Meals included

**Wednesday August 28th - Monday September 2nd**
**Sunday, September 1st - *The Rising!***

Sharing a Weekend of Community: Ceremony, Celebration and Purpose. Daily Meditative Rituals, Evening Ceremonies, Sweat Lodge, Fire Circle... and Working with and Raising the Stones!
Join the Great Work and help us build the Stone Circle.

**RSVP at https://4qf.org/stonesrising**

A Work of Years... Stone by Stone

Four Quarters InterFaith Sanctuary

190 Walker Lane, Artemas PA 17211

**814-784-3080 ~ office@4QF.org ~ www.4QF.org**