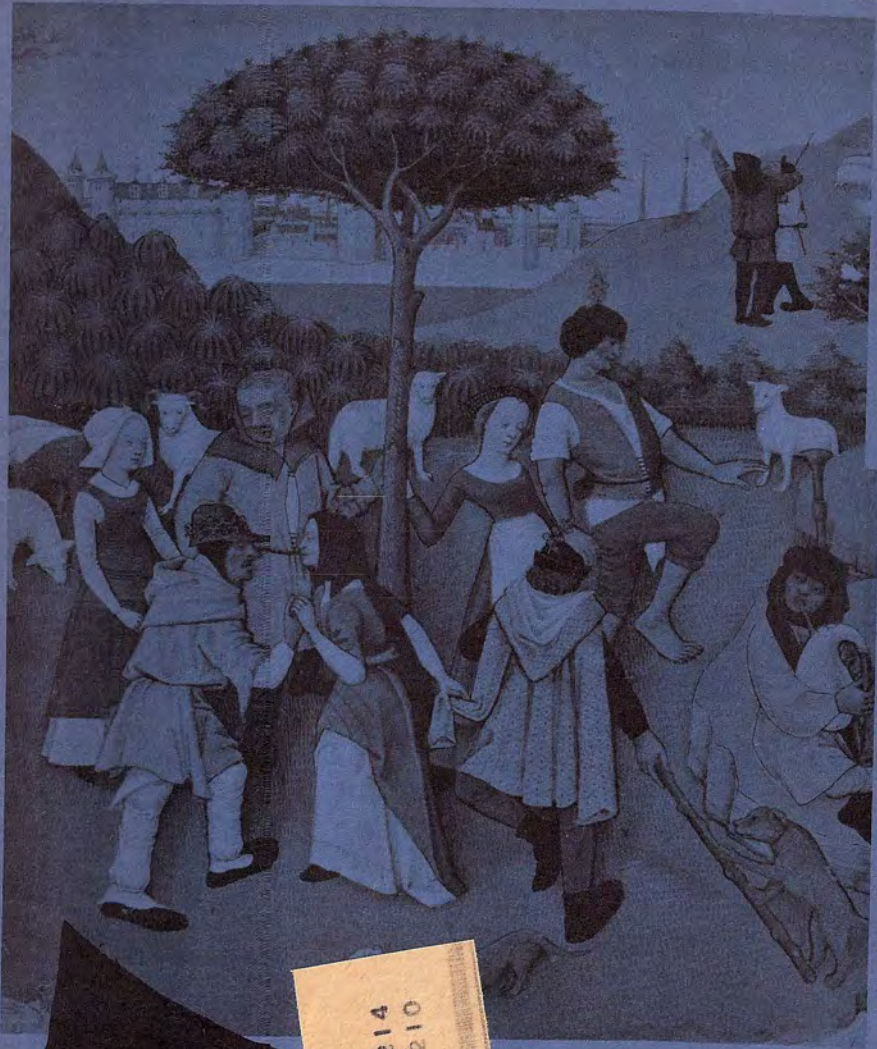


May 1973

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Let's Dance

THE MAGAZINE

INTERNATIONAL FOLK DANCING

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ON OUR COVER

Free from rules of etiquette, unrestricted
by the shape of ballroom floors, lively
peasant rounds flourished outside city wall
From a 14th c. (?) Manuscript.

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STATEWIDE Lights of San Diego

PRE-REGISTRATION FORM

REGISTRATION BADGES WILL BE REQUIRED FOR ALL EVENTS.

NO PRE-REGISTRATION ACCEPTED AFTER MAY 14th, 1973.

RECEIPT FOR PRE-REGISTRATION WILL BE MAILED:

PLEASE PICK UP REGISTRATION PACKAGE AT GRANT HOTEL or CONCOURSE.

CONCERT IS FREE, BUT YOU MUST HAVE FREE TICKET FOR RESERVED SEATING.

REGISTRATION FEES

PRE-REGISTRATION	_____	@ \$2.00 = \$ _____
INSTITUTE	_____	@ \$2.00 = \$ _____
CONCERT TICKETS..(for Reserved Seating) ..	_____	FREE!
INSTALLATION DINNER..(Chicken)	_____	@ \$4.80 = \$ _____
AFTER PARTIES	_____	@ \$1.00 = \$ _____
		TOTAL: \$ _____

NAME _____ CLUB _____
(as it is to appear on Badge)

NAME _____ CLUB _____
(as it is to appear on Badge)

ADDRESS _____
Street Phone

City

State

Zip

Please make checks payable to: STATEWIDE 1973.

Return form and payment to:

Elsa Miller
3455 Loma Lada Drive
Los Angeles, Calif. 90065

PRICES AFTER MAY 14, 1973, WILL BE: Registration..... \$3.00
Institute..... \$2.50
After Parties, each night
..... \$1.00

FOLK DANCE FEDERATION OF CALIFORNIA - SOUTH

THE FOLK DANCE FEDERATION OF CALIFORNIA

Presents

STATEWIDE '73

MAY 25, 26, 27, & 28

SAN DIEGO, CALIFORNIA

Welcome to the

'Lights of San Diego'

INSTITUTE

The Institute Committee of the Folk Dance Federation South is pleased to announce the teachers and dances for the Institute to be held on Saturday, May 26, 1973, from 12 Noon to 4:00 PM, at the San Diego Concourse, as part of the STATEWIDE '73 Weekend.

MIHAI DAVID, the very talented young Romanian dancer will teach two new Romanian couple dances, both at the Intermediate level, with music on the "Lark" LP. The dances are '*Ardeleana Si Briul din Banat*' and '*Dans Din Oas*'.

Members of the Aman Ensemble, BILLY BURKE, BARRY GLASS, and Director ANTHONY SHAY, aided and abetted by their cohorts, will teach in the special style which Aman has developed for large classes. The couple dance, '*Lepa Moja Milena - Drma Cica*' from Prigorje, and the two line dances, '*Medimurski Lepi Delki Decki*' and '*Klinceci Stoji Pod Oblokom*' from Medimurje, are all from Yugoslavia, all quite easy, and all on the same record.

The Institute Committee has requested a platform for the center of the hall, so that all dancers will be able to see the teachers. A syllabus will be provided those attending the Institute. Your STATEWIDE Registration is necessary to enroll for the Institute, so if you haven't taken care of this, DO IT NOW!

Carol Walker

Chairman Institute Comm.

Schedule of Events

Friday, May 25th

7:30 - 11:30 PM

PRE-PARTY

Balboa Park Club; General Dancing
Registration from 6 - 11 PM

12 midnight - ??

AFTERPARTY

U.S. Grant Hotel, Pavilion Room

Saturday, May 26th

8:00 - 11:00 AM

Registration Table, U.S. Grant Hotel

12:30 - 4:00 PM

INSTITUTE

Community Concourse

5:00 - 7:00 PM

INSTALLATION DINNER

U.S. Grant Hotel, Palm Room

7:00 - 8:00 PM

KOLO HOUR

Community Concourse

8:00 - 12:00 PM

GENERAL DANCING

Community Concourse

12 midnight - ??

AFTERPARTIES (Both Kolo & General Dancing)

Community Concourse

Sunday, May 27th

12 noon - 1:00 PM

KOLO HOUR

Community Concourse

1:00 - 5:00 PM

GENERAL DANCING

Community Concourse

8:00 - 9:30 PM

CONCERT

Civic Theater

9:45 - 12:00 PM

GENERAL DANCING

Community Concourse

12 midnight - ??

AFTERPARTIES (both Kolo & General Dancing)

Community Concourse

Monday, May 28th

12:00 - 1:00 PM

KOLO HOUR

Community Concourse

1:00 - 5:00 PM

GENERAL DANCING

Community Concourse

Registration will also be conducted at all events except the Installation Dinner and the Sunday Concert.

VIVIAN WOLL.....Statewide Chairman
CAROL WALKER.....Institute Chairman
ELSA MILLER.....Registration Chairman
PAUL PRITCHARD...Program Chairman
GREGG SMITH.....Publicity Chairman
VALERIE STAIGH...Personnel Chairman
STEVE HENDERSON..Decorations Chairman
DOROTHY DAW.....Syllabus Chairman

Man's Costume from **SKÅNE, SWEDEN**

NOTE: These costume making directions were first printed in the June 1950 issue of PEASANT NEWS, shared with LET'S DANCE by Millie von Konsky.

HAT - Stitch 5 red wool sections together. Stitch black bias tape over the seams and around the edge.

SHIRT - The shirt is made of white material (cotton suiting, Ramona cloth, or Indian Head). Do shoulder embroidery first. All embroidery is done in RED, using Boilfast embroidery thread. Gather upper end of sleeves (Fig. 7-B) at fold edge (to avoid bunching under the arm) and attach to body of shirt. CUFFS (Fig. 7-C) - Embroider design first. Turn inside out and sew sides. Turn right side out. Gather lower end of sleeve and attach cuff. Use 2 or 3 snaps to fasten cuffs. Embroider shirt front. Attach binding to right side of neck opening (Fig. 7-E). Then attach flap to left side (Fig. 7-F). See Fig. 4. Attach two snaps to the flap and binding. COLLAR (Fig. 7-D) - The collar is folded and embroidered on both sides. Turn wrong side out and stitch ends. Turn right side out and insert a piece of buckram or crinoline (white) to make collar stiff enough to stand up. Attach collar to shirt.

VEST (Fig. 6) - Vest should be made of RED wool or gabardine (cotton). Some parishes use a white shag wool jacket with a black wool vest underneath (single-breasted). A man's vest pattern may be used with proper alterations in it. Trim should be RED or BLACK binding around bottom, pockets, and front opening. Use plain silver or gold buttons 3/8" in diameter. When buttoned, the two rows of buttons should be about 2½" apart.

It is easier to make dummy POCKETS, in which case the trim need only be attached, and the outline of the pocket be stitched into the material with red thread. The COLLAR should be 1½" wide when attached. All FACINGS (binding trim) should be 1/3" wide (1" material folded); do not use bias tape. There are three flaps at back of vest. All are bound with the red or black trim. Vest should extend 1" below belt line. LINING should be in white cotton material.

PANTS - The easiest way to make this garment is to alter a pair of navy seaman's bell-bottom trousers. All buttons should be cut off. The second buttonhole in from each side (along the top) should be stitched closed. Replace the buttons with 3/4" buttons of same type as used on vest. The design on the front flap is not absolutely necessary, as it is only used in some parishes. Embroider the design in RED or WHITE, to correspond with the color used on the vest facings. Cut off the PANT LEGS (Fig. 8) 3" below the knee. Take a 1" dart on the inside seam. Make a 5 3/4" slit up the outside of the pant leg. Make a 1¼"

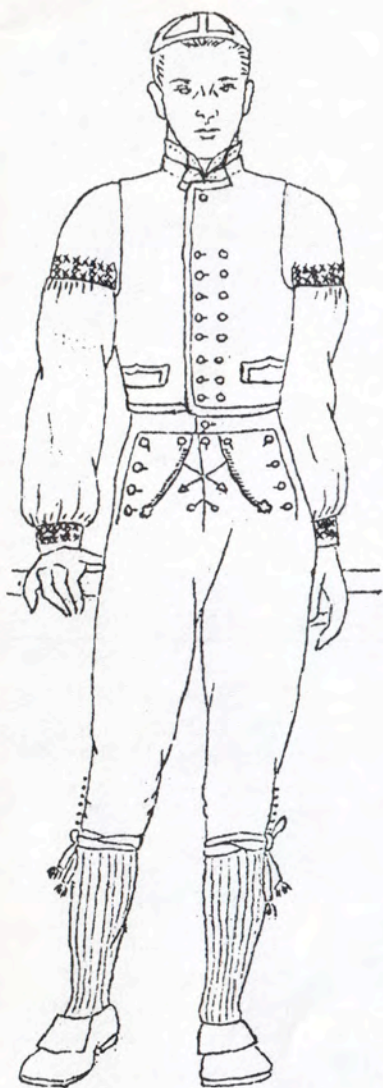


Fig. 1

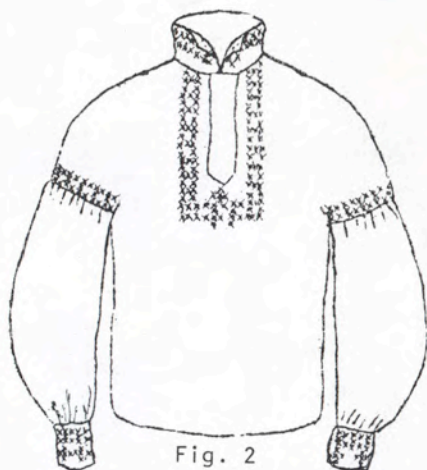


Fig. 2

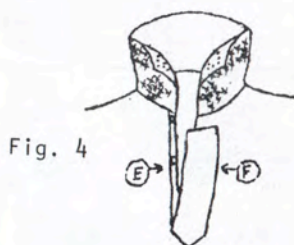


Fig. 4

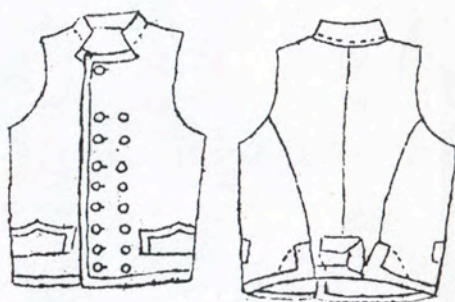


Fig. 6

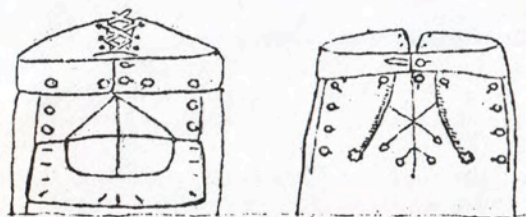


Fig. 5



HAT

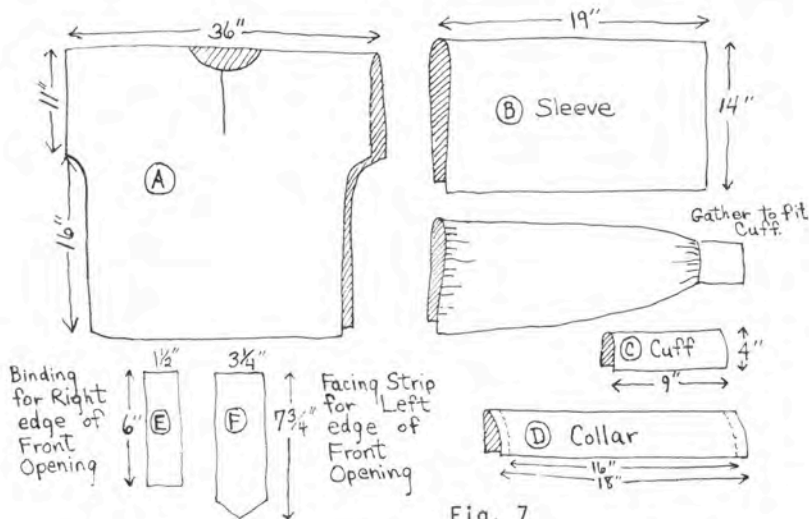


Fig. 7



Fig. 3

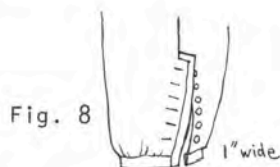


Fig. 8

hem at the bottom of each pant leg. At the top of the slit, about $4\frac{1}{2}$ " above the bottom of the front edge of the outside opening, cut a $1\frac{1}{2}$ " opening in the material (crosswise). Make a fold in the material above this cut by bringing the front point of the cut to the back point and fastening it there. Turn the back flap under about 1". This leaves a $4\frac{1}{2}$ " front flap at bottom of pant leg. Bind the top and side of this flap with the same material as used on the vest. Cut either 4 or 6 buttonholes (above the $1\frac{1}{2}$ " hem) in the front flap and bind them. Attach buttons to the back edge of the outside opening. Use same size buttons as on vest. Bottom of pant leg should fit snugly when buttoned. Put a snap on the hem; kneeband will go over hem. If desired, the front flap (over abdomen) may be bound also.

KNEE BAND - The kneeband is tied over the "cuff" at bottom of breeches and hangs down the side of the stocking. It should be wrapped twice around before tying. It is made of heavy tapestry tape, upholstery ticking or similar material, and should be medium or dark blue, with red or white designs on it.

Pieces of yarn, same color as designs, and about $2\frac{1}{2}$ " long, are threaded through the end of the kneeband and are bound together with another piece of yarn, making a 1" fringe.

SOCKS - Use white baseball stockings or navy blue, heavy wool socks, ribbed if possible.

SHOES - Use black shoes with flaps hanging over the laces. Flaps may be obtained at most shoemakers and may be fringed.

YARDAGE: Shirt $2\frac{1}{2}$ yards, Vest $\frac{3}{4}$ yard, both 36" wide.



MIDSUMMER DANCES in Rattvik, province of Dalarna, Sweden.
Photo curtesy of Swedish Information Service, Los Angeles, Ca.



WALPURGIS EVE

Traditional festivals in Sweden are usually preceded the evening before by special celebrations, often of such scope that they tend to override the significance of the feast day itself in the eyes of the public. Typical examples of this are Christmas Eve, Easter Eve, Walpurgis Eve, and Midsummer Eve.

The dominant feature of the Walpurgis Eve celebrations is the lighting of large bonfires around which crowds of people gather. In the past young people usually lighted these fires and enjoyed themselves so boisterously as to exclude the more respectable folk. In recent generations, however, the Walpurgis bonfire celebrations have been looked after by organized associations. As a rule, there is a Speaker who eulogizes the Advent of Spring and the Spirit of the Fire, which foretokens the coming of the sun. The exact significance of these bonfires is not known, but it is assumed that, like the Easter fires, they were regarded as a sort of protection or repellent against evil spirits.

One old custom which has now practically died out is "Egg-singing" in southern Sweden. Here the young people would visit the farms and sing a spring melody in return for a payment of eggs.

The spring festivities of the students in the ancient universities of Uppsala and Lund, and also in the younger universities of Stockholm, Gothenburg and Umeå, are an important tradition. On Walpurgis Eve, amidst great ceremony, they formally don their white student caps as yet another accepted indication of the coming of Spring.

NOTE: The above is from an article by Mats Rehnberg, "Swedish Holidays and Annual Festivals", published by the Swedish Institute for Cultural Relations with Foreign Countries.



MIDSUMMER EVE

by Cheyney Johansen

Folk dress is still worn in Sweden, mostly on festive occasions, one of the largest of which is the celebration of Midsummer's Eve.

The best known Midsummer celebration is held at Leksand, in central Sweden. It is here that people come in longboats from villages all around the lake to the festivities. However, the Midsummer celebration that I attended was at a small summer High School not far from Göteborg, on the western coast. The setting was beautiful: there was a small lake nearby, many trees around, and everything wonderfully green. The central area was a large grass field where the Maypole was raised.

The festival began on the afternoon of June 23rd, to celebrate the coming of Summer. People gathered from the villages around the school to participate in the dancing.

The festivities start officially with a procession led by a fiddler, followed by someone carrying the Swedish flag and other musicians, more fiddlers and perhaps an accordionist. They circle by the small cottages where the people attending the school live, and all join the procession. This is especially colorful, since people come from all over Sweden to attend this school, & each person dresses in the costume of his own region.

When the procession reaches the open field and the Maypole, all circle it and dance to the fiddler's music. Most of the afternoon's dances are simple song dances, telling little stories which are acted out in the dance. Even tiny children join in these, and at first there are so many people that the dancers dance in many concentric rings around the Maypole, filling the whole field.

After a break for dinner, the festivities resume indoors. The main event of the evening is the Midsummer Wedding. A "bride" and "groom" have been chosen from among the pupils, and the enactment of the wedding takes place, complete with long speeches from the "father", the "brothers" and a drunken "uncle", and tears from the "mother". The rest of the evening is a replica of a wedding party. Everyone dances "old-time" dances: the waltz, the polka, the schottische--and of course, the hambo.

As the light begins to fade, people gradually wander away, in groups and in couples. In this part of Sweden the sun doesn't go down 'til almost 10 PM, and the twilight is long and beautiful. There is only an hour or so of real darkness, and then the dawn breaks slowly, until finally the sun rises at about 2:30 AM. The tradition is that each couple finds a pretty look-out spot from which to catch the first glimpse of the sunrise---the true arrival of Summer.



an interview with

germain hébert

by Jovana

GERMAIN HEBERT, a native of St. Jean, Quebec, taught at the Canadian Federation's first Folk Dance Camp in 1960. He attended Stockton Folk Dance Camp on scholarships in '61 & '62. In 1963 a French Industrial Fair visited Quebec, bringing dance troupes from the Pryenees and from Berry, who issued an invitation for Germain to teach at their French Folk Dance Camp in Berry. There in '64 Germain and his wife, Louise, met the Bourrée; Germain wrote about it to Lawton Harris, late director of Stockton FDC. In '66, '68, & '69 the Heberts taught French folk dancing at Stockton, returning to France in '67. Then followed many institutes both in Canada and the United States. Another trip to France in March, 1972, produced more new material which Germain shared at Stockton that summer. Germain is also very involved in School Administration, which is demanding more and more of his time.

IS FOLK DANCING IN FRANCE LIMITED TO EXHIBITION GROUPS?

No, there is a lot of folk dancing going on in France. Of course, exhibition groups do much for recovering and reviving the dance, but lots of people still dance at weddings and other social gatherings. They still dance spontaneously.

HOW DID THE BOURRÉE STEP DEVELOP?

The original bourrées are unknown. (That's what they told me in Berry.) Some experts, some ethnologists think that these dances are of Greek origin. They were kept alive and then carried to the central part of France.

IS THE BOURRÉE LIMITED TO A PARTICULAR REGION OF FRANCE?

I had the impression that bourrée was strictly limited to the central part of France, which is Berry, of course, Limousin, Rouergue, and also Auvergne. But the last time we were in France we met a girl living in the southern part of France, who was doing research on Bourrée in the Pyrenees Region. So, perhaps the Bourrée steps were introduced by merchants coming from the Mediterranean Area and slowly moving up to Berry. There are no documents to back this up. But the fact that we see Bourrée in the southern part of France and also in the central part could validate this theory.

IS THERE LESS SEGREGATION OF THE SEXES IN FRENCH DANCING THAN IN THE DANCES OF OTHER NATIONS, EG., THE BALKAN STATES?

I think that whenever French girls are available, the men would rather dance with the girls. But we can find lots of dances for men only. Especially in Berry, Bourrées were done wherever you find men alone, for instance in the military. But again, I think that most French dancing is done with a partner.

WHAT ARE THE MOST COMMON MUSICAL INSTRUMENTS USED FOR FOLK DANCE?

Practically everywhere you will see the bagpipe. I guess this is true for many countries in Europe, but it's especially true in France. [Note: Listen to the music of *Bourrée Pastourelle*.] In Berry the bagpipe has two drones; in Brittany they have three drones. Another type of instrument which is also found in Brittany and the central part of France, especially in Auvergne and Berry, is the *vielle* (see page 13), a very intriguing stringed instrument, played with a bow. It is also called the *organistrum*, its Latin name, and came into use in the 12th or 13th century.

Another instrument, that is found in the southern part of France, is the fife. Fifer and drum usually accompany all dances from southern France and the Pyrenees.

During the last 50 years, however, the accordion has been used very frequently to replace these old instruments. They don't make *vielle* anymore in France; they just pass them on from generation to generation. Availability was a very important factor that popularized the use of the accordion.

HOW DID GAITERS BECOME PART OF THE BERRY COSTUME?

Well, the gaiters were used to work in the fields, to keep the pants close to the leg so they wouldn't get dirty. Some were

made out of leather. I imagine that people started using these things to go to church on Sunday or for special occasions. They just left their dirty gaiters at home and made new ones to go to church in the village. This is just a personal opinion.

HOW DOES DANCING IN BERRY DIFFER FROM THAT OF OTHER REGIONS IN FRANCE?

In Berry, people dance in a more restrained, a more sober, way than their neighbors of Limousin or Auvergne. For instance, they don't move their arms like they do in Auvergne. Another point is the bending of the knee. In Bourrées from Berry, they bend their knees an awful lot. These points, and the way they move toward their partner, makes the whole style very different.

Every Bourrée has basically two parts: an avant-deux, going forward and back, and crossing over with your partner. This is also true for Bourrées in other provinces, but in Berry they have a way of 'stopping the action' and crossing 'face to face' which is very special. I wish I could demonstrate this point rather than talk about it.

IS PRESERVATION OF FRENCH CULTURE MORE IMPORTANT IN QUEBEC THAN IT IS IN FRANCE?

I don't think we are more French than the French people, but there are many differences between a French Canadian and a Frenchman. The big fact is that here in Canada we have to fight maybe harder than the French people, to keep our French culture alive. We are surrounded by so many million English speaking people that we have to organize our schools and everything to make sure that our children learn French as we did. So, the preservation of French culture is very active in Quebec, as opposed to what it is in France. There they just live the accepted way of life. There's nobody trying to imply another culture.

HOW DOES THE FOLK DANCE MOVEMENT IN CANADA COMPARE WITH THE MOVEMENT IN THE UNITED STATES?

In the English part of Canada, the situation is very similar to the United States. Here in Quebec the big difference is in the age of the participants. Most of our folkdancers are what you call 'teenagers' or young adults. Normally they are very good dancers, but on the other hand, most of their clubs are closed. You just can't drop in. They don't advertise their meetings, and so you have to know the leaders or a number of people in the group if you want to go and dance with them.

Another difference here in Quebec, is that we have a Federation that deals not only in folkdance, but also in Ballroom, Modern, and Ballet dance. It's not like your Federation in California, which deals only with Folkdance. Also, we are not as active as you are. I was always amazed at the number of meetings and gatherings and festivals and institutes that you have so regularly in California. But the past few years we have been more active; there is an institute practically every month. The youngsters are very enthusiastic about folkdance. Especially in the universities and colleges, the popularity of folkdancing is steadily increasing.

ISRAEL'S 25th Anniversary

On May 14th, 1948, Israel became a new State and this year celebrates its 25th Anniversary. People all over the world will join in this commemoration, as well as the people of Israel. From Israel, a friend of Ruth Browns writes:

"Besides the variety and folklore shows which are taking place twice monthly in Jerusalem and TelAviv in this 25th Anniversary year, folk dance will be prominent in the celebration in several other ways. Haifa will be a big folk dance center during the coming months. A dance parade, June 5 & 6, will form part of the Spring Festival with folk dancing in the streets. There will also be the Israeli Folklore Festival, from July 17 to 23rd, in Haifa. This will include an International Folkdance Festival, with the participation of a dozen groups from abroad.

Not to be outdone, TelAviv will have a 3-day Folk Dance Festival, August 6-8, and Jerusalem will hold an Israeli Workshop, August 15-18, on dance and folklore."

If you are planning a trip to Israel and would like information on places to dance, please call Ruth Browns (415) 848-1028. See ANNOUNCEMENTS, page 16, for Bay Area Events.



FLASH! A New ISRAELI FOLK DANCE CAMP! Right here in California! June 22, 23, & 24 at Cal Poly in San Luis Obispo. Instructor STAN ISAACS will have just returned from Israel with brand new dances done during Israel's 25th Anniversary celebrations. Also, classes in Body Exercise & Movement as directly related to Israeli dancing, films on Israeli Folk Dancing, and open discussions on the history of this birthday country. Dancers from both Northern and Southern California will convene to learn these dances together. RUTH BROWNS is organizing the Camp, beginning with a Friday Night Party, including a Saturday Night Party, and ending after two full days of classes on Sunday. All this for only \$10! Room and Board may be had on the Cal Poly Campus for an additional \$20, or you may request a place to roll out your sleeping bag. The whole weekend is sponsored by the Cal Poly PE Dept. Write to Ruth Browns for information: 3041 Halcion Ct, Berkeley 94704; (415) 848-1028.

DO YOU NEED Salt Tablets ?

by Stephen R. Turner, Ph. D.

NOTE: With summer drawing near and many folk dancers planning to attend Folk Dance Camps around the nation, LET'S DANCE offers some information regarding the proper use of salt tablets, liquids and bulk foods as they are involved in strenuous exercise.

At Stockton Folk Dance Camp, a bowl of salt tablets is in the cafeteria for dancers to take as they feel necessary. Some do not realize that they may need extra salt, and others may take too many tablets.

Dr. Turner is a bio-chemist, currently studying the nature of lung membranes, employed as a postdoctoral Fellow at Duke University, Durham, North Carolina.

If this article seems a bit technical, just reread it a few times--SLOWLY.

In the human body there exists a balance between extracellular and intracellular fluids, which provides the proper nourishment of the cells and the removal of waste products. This balance may be upset by inadequate fluid volume (dehydration) or inadequate electrolytes (salt, etc.). In most instances of heat illness, loss of water is more important than loss of salt.

Since 70-85% of food-derived energy is wasted as heat, the body has a continuous need to remove excess heat via available channels, namely:

- conduction (direct contact with a cooler object),
- convection (exposure to cool air),
- radiation (as infrared [heat] rays), and
- evaporation (sweating).

At 92°F. sweating is the only effective mechanism for keeping the body from overheating. In a hot, dry climate, however, the circulatory system must work harder to transfer the cooling effect of sweating to the inner tissues. People with weak hearts should therefore use caution under such circumstances.

In a climate similar to Stockton (100° and low humidity) a man loses about 1 qt. water per hour while walking. Voluntary thirst gives adequate water at rest but not during work or exercise. Athletes will show steady water loss is not weather despite ready availability of water and salt. If 2% or more of body weight (water) is lost through exercise, further activity should be curtailed until the water deficit is satisfied. This means checking your weight every day to see if an insidious dehydration process is present in your training program.

No salt supplement is needed if less than 6 pints (or pounds) of water are lost per day. However, insufficient salt (less than 6 gm/day) doubles the rate of water loss, decreases thirst, increases pulse rate and temperature, and decreases sweating (the increased water loss is in urine).

If salt tablets are ingested to supplement dietary salt intake, be certain to drink at least one pint of water with each 7-grain tablet (usual size [15.4 grains = 1 gram]). It is dangerous to take salt tablets without sufficient water; cell dehydration is the result.

It has been documented that people who exercise in hot environments can reduce their need for salt and water and perform tasks with smaller rise in body temperature than prior to training in the heat. This process of improved body efficiency in hot climates is known as acclimatization. An acclimatized individual may exhibit lower salt and water losses, thereby reducing the dangers of heat exhaustion, heat cramps, and heat stroke.

How do you get acclimatized? You must systematically work or exercise 5-8 days in the heat. Two to four hours of daily exercise are recommended, with daily rest periods and adequate water or electrolyte drink (*Gatorade*). Withholding liquids retards the acclimatizing process. Take it easy the first few days to make the adjustment gradual. Those who have been in training during the winter may reduce the adjustment period to 4-5 days. Thus it seems that after a few days at Stockton Folk Dance Camp, it would be a rare individual who actually developed a physiological need for supplementary salt.

Here is a guide for taking salt tablets:

<u>Water Loss (lbs)</u>	<u>Salt Loss (gm)</u>	<u>Number of 7 gr tablets</u>	
		Acclimatized	Non-acclim.
2	1.5	-	-
4	3.0	-	-
6	4.5	-	-
8	6.0	2	1
10	7.5	4	3
12	9.0	6	5

Other interesting facts about heat and work:

Vitamin C is also lost through sweat. Coat miners who sweat heavily are known to develop scurvy while on a normal diet. So, eat plenty of tomatoes and citrus fruit at camp.

People who live in hot climates are, on the average, only 50% acclimatized vs. those who have systematically exercised. So even if you live in Stockton, don't go all out the first couple of days unless you are fully acclimatized through exercise.

Eat less protein to stay cool, since protein produces more body heat than other food types. Eat foods with high water content: fruits and salads.

Acclimatization is retained for several weeks after cessation of activity in the heat and declines slowly over a period of several months.

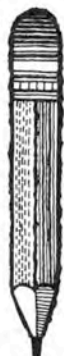
Sweat produced during exercise contains more salt than sweat induced by a hot climate.

30-60 minutes after exercise begins, the body temperature rises 1-4° above resting temperature.

Cold beverages are not harmful to people who are hot and thirsty.

References available on request.

ANNOUNCEMENTS



PLEASE ADD THESE DATES TO YOUR COSTUME CALENDAR:

June 2nd, Saturday: TEACHER TRAINING
INSTITUTE, Lake Merced Boathouse,
San Francisco. See page 26.

May 18-21, ONTARIO FOLK DANCE CAMP,
University of Western Ontario,
Toronto, Canada.

S T A T E W I D E FESTIVAL! May 25-28, 1973, in San Diego.
Full details on pages 1-3 of this issue. A fabulous and well-
planned weekend awaits!

ANNUAL FEDERATION MEETING (North) is Sunday, May 6th, Oakville
Vineyards (near St. Helena). 11 AM - 5 PM. Bring a Picnic
for Lunch at 12; Meeting at 1:30 PM; Dancing 'til 5. Sign-up
with Vi Dexheimer no later than May 3rd. \$1/person.

BAY AREA EVENTS COMMEMORATING ISRAEL'S 25th ANNIVERSARY:

- May 6 - Golden Gate Park Concert, in the Bandstand, 1:30 PM.
- Anniversary Festival, 8 PM, Oakland Auditorium,
sponsored by the Israeli Student Organization.
- May 14 - Sound & Light Show, 8 PM, SF Jewish Community Center,
3200 California Street.
- May 24 - Film Festival on Israeli Folk Dancing, 8 PM, Jewish
Comm Ctr in SF. Also dance participation.
- May 26 - Folk Dance Festival, 8 PM, SF Jewish Comm Ctr.
- May 27 - Festival in Marin, Jewish Comm Ctr, 200 N. San Pedro
Road, Santa Venitia.

JOSE GRECO, the world-renown Spanish Dancer, with his own troupe,
will be at the Masonic Auditorium in San Francisco, on May 12,
8:30 PM. Tickets range from \$3.50 to \$5.75.

RSCDS Weekend - May 26-28, at UC Santa Barbara.

CAMP HESS KRAMER WEEKEND, June 8,9,10 (Friday - Sunday), will be
at Zuma Beach, just north of Malibu. This is Westwood Co-op's
Annual Fun Weekend. \$20/member, \$22/non-member. Reservations
now taken by Claire & David Cohen. For info, (213) 275-6325.

CHANG'S INTERNATIONAL FOLK DANCERS will celebrate their 35th !!
Anniversary, June 15th, at Forest Lodge, Laguna Honda Blvd. in
San Francisco. Bee Drescher is planning a fabulous show! More
details next month.

PAY NO ATTENTION to the incorrect address of the Fun Club listed
in last month's Party Places. The correct address is the
Portalhurst Presbyterian Church, 321 Taraval Street, in San
Francisco, as noted in the January '73 Council Clips!

NORTHWEST FOLK DANCE CAMP - Labor Day Weekend, near Anacortes, Washington. Contact: "Koleda", 303 N.E. Northlake, Seattle, Washington 98105.

REMEMBER - The Pullman Festival, Washington State University, May 19th, with Nikki Saffas!

NORTHWEST FOLK DANCE CLASSES are listed in their 1st Folk Dance Directory, available from Michael Creditor, 924 S.W. 16th Ave, Portland, Oregon 97205. Listings (at \$5 each) for the next directory must be submitted to Michael by September 15, 1973.

VILTIS' 31st ANNIVERSARY is May 19, 1973. Vyts will celebrate in Denver, Colorado, at the Steele Community Ctr, 3914 King St. An Institute beginning promptly at 7 PM will feature Vyts, Dick Oakes, and Paul St. John. Then some beautiful Latvian Exhibitions and general dancing for all.

JOE HAMMER has some lovely folk clothing and opanke, imported from Yugoslavia and Greece. Also, he will order any records that you might like and can arrange both private and group 'happenings'. Call (415) 467-0706 for more information.

BRUCE TAYLOR will teach Norwegian dances at Stockton Folk Dance Camp this summer along with the other fine instructors listed in the ad on page 34.

WELCOME !

TO OUR NEW ASSOCIATE MEMBERS



Donald Ashfield
Jill Breslauer
Miki Byrns
Krystyna Chciuk
Mike Giusto
Virginia Jenkins
Juanita Kramer
Phil & Lynn Muller
Evelyn Prewett
Susan Roberts
Ma H. Sebastian
Thomas Shelly
John Skow
Camille Soprano
Wesley Takara
Patricia Torrello
Samuel William

Cotati, California
Oakland, California
Fair Oaks, California
San Francisco, California
Redwood City, California
Oakland, California
Vallejo, California
Alameda, California
Sacramento, California
San Francisco, California
Kennedy Town, Hong Kong
Sacramento, California
Berkeley, California
San Francisco, California
San Francisco, California
San Jose, California
Oakland, California

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Thrill to the excitement & glamor of the 35 internationally famous folk artists of Duquesne University. Unique in all the world. America's finest folk music song-dance artists.

FRIDAY: MAY 18 - 8:00 P. M.

TICKETS: \$4.50, \$3.50

Children under 12 - \$2.00

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FABULOUS! UNIQUE! EXCITING!

The Tamburitza takes its name from the multi-stringed lute-like instrument they play - the Tamburitza.

Through the medium of their two-hour musical production they offer a trip into some of the most fascinating and romantic parts of the Balkans and other lands.

Attired in the breath-taking beauty of native folk costumes, the "Tammies" perform lively village dances complete with acrobatic leaps and crouches. They sing in the lusty voices of peasant folk enjoying themselves at a festival.

Highly acclaimed in Latin America - Romania - Poland - Soviet Union - America - Canada - Mexico - Yugoslavia - Italy - France!!

DUQUESNE
UNIVERSITY

TAMBURITZANS

by Bob Shinn

When dance, music & costume unite with the exuberance of youth, the combination is an exciting Tamburitza production!

The Tamburitza's performance Friday, May 18th, 8 PM, at the San Francisco Opera House will serve as a pleasant introduction to the vast cultural achievements of the Slavs & other East European peoples. Few things give as graphic a picture of the heart of a people as do their songs and dances, traditional products that bear the peculiar stamp of their creators.

In concert, the Tamburitza preserve, in as faithful and respectful a way as possible, the varied & sometimes little-understood cultures of Eastern & South-eastern Europeans. Through songs, dances and instrumental music the "Tammies" hope to create a better appreciation for the heritage of these peoples.

The Tamburitza, from which the troupe takes its name, is a stringed instrument of the lute family, whose exact history is subject to some controversy. It was probably introduced to the Balkan Peninsula by the Turks, who occupied the area for 500 yrs. Until about 150 years ago, the tamburitza was used solely to accompany solo singing. Then musicians set about raising it to the level of a concert instrument, introducing modifications in size, shape and tuning. In the latter part of the past century, when Croats & Serbs came to America, the tamburitza movement was in full flower & ripe for transplant to this side of the Atlantic, where it lives on to this day.

THE THREE SEA CAPTAINS

(England)

The Three Sea Captains is an English dance devised by Patrick Shuldham Shaw to a traditional Irish jig tune of the same name. It was first introduced at Folk Dance Camp, University of the Pacific, Stockton, California, in 1966 by Lawton Harris and was again presented in 1972 by Nibs Matthews.

MUSIC: Records: ED 106, HM V 7EG 8915

FORMATION: Lines of 2 cpls facing 2 cpls
(W to R of M) down the length
of the hall or like spokes in
a wheel around the room.

STEPS: Walk* (A brisk, springy step with bodies erect and heads up.)

Buzz*

*Described in volumes of "Folk Dances From Near and Far", published by the Folk Dance Federation of California, Inc., San Francisco, California 94103.

MUSIC 6/8

PATTERN

Measures

Chord

INTRODUCTION - No action.

I. CIRCLE

1-8 Circles of 8 join hands at shoulder height and beginning with L ft dance 16 walking steps to the L (CW).

9-16 Repeat action of meas 1-8 to the R (CCW) finishing in original place and formation.

II. ENDS SWING - CTRS BASKET

1-7 M on the end of each line take the opp W in closed pos and turn CW with 14 buzz steps. Ctr 4 people form a basket (M join hands behind W backs - W place hands on M nearest shoulder) and turn with 14 buzz steps to the L (CW).

8 With 2 steps all move back to original formation.

III. ARCH AND DIVE

1-2 All walk fwd 2 steps. All walk bkwd 2 steps.

3-4 L-hand cpl of each line form an arch (raise joined inside hands) and move fwd 4 steps turning 1/4 CW on 4th step to face a new cpl of original group of 4 cpls. At the same time R-hand cpls move under arch with 4 steps turning 1/4 CCW on the 4th step.

5-6 R-hand cpls now form arches and with 4 walking steps move fwd turning 1/4 CCW on 4th step. At the same time L-hand cpls move under arch with 4 walking steps turning 1/4 CW on 4th step.

7-10 Repeat action of meas 3-6, Fig III.

11-12 Repeat action of meas 3-4, Fig III but DO NOT turn 1/4.
Dance straight fwd to meet a new foursome. Repeat entire dance with each new foursome.

NOTE: When you reach the head or foot of the hall, turn as a cpl and wait one sequence of the dance.

THE ROYAL ALBERT

(England)

The Royal Albert is a popular English Country Dance from the 19th century. It was presented by Nibs Matthews at the University of the Pacific Folk Dance Camp, Stockton, California in 1972.

MUSIC: EFDSS Records, ED 103, side 1, band 1 "The Royal Albert" (45)

FORMATION: Longways, cpls facing, M L shoulder to the head of the hall. Cpls are numbered 1, 2, 1, 2, from the head to the ft of the set.

STEPS AND STYLING: Buzz step *

Skip Change (also called "flat threesome"): similar to the Scottish Skip Change, but flatter in style. Hop L (ct 8), step fwd R (ct 1), close L to R (ct 8), step fwd R (ct 2). Repeat of step begins with hop on R ft. Weight is fwd on ft, heel slightly raised from floor; movement is smooth.

Quadrille Setting (2 meas): step R ft to R (ct 1), step L ft behind R (ct 2), step R ft to R (ct 1), touch L toe in front of R ft (ct 2). Repeat of step begins with L ft.

Modified Pas de Basque: leap diag fwd of R ft (ct 1), step L ft beside R (ct 8), step R in place (ct 2). Repeat of step begins diag bkwd on L ft.

This dance is done with an erect carriage and hands free at the sides when not in use.

* Described in volumes of "Folk Dances From Near and Far", published by the Folk Dance Federation of California, Inc., San Francisco, California 94103.

MUSIC 2/4

PATTERN

Measures

Chord INTRODUCTION No action.

I. BASKET SWING

1-8 M1, W1, W2 form basket, arms around waists, W1 on M L side. Turn basket CW with 15 buzz steps. On meas 8, ct 2, W break and open basket to form a line facing down the set. M2 wait in place, no action.

II. DOWN AND BACK

1-4 W2, M1, W1 dance down the set with 4 skip change steps. Turn individually on last ct of meas 4 to face up the set.

5-8 Line of 3 dance back up the set with 4 skip change steps. End with cpl 1 on W side of set, cpl 2 on M side of set, M on L of W. M2 move up to M1 pos on meas 8.

III. QUADRILLE SETTING AND SWING

1-4 Ptrs face and do quadrille setting step to R and L.

5-8 Ptrs take ballroom pos, R hips adjacent and swing CW with 8 buzz steps.

IV. LADIES CHAIN

1-2 W dance fwd with 1 skip change step to take R hands with shake hand grasp, dance past each other with 1 skip change step, drop hands.

3-4 Take L hand with opp M, turn CCW with 2 skip change steps to make 1 full turn, drop hands. Do not do curtesy turn.

5-8 W repeat action of meas 1-4 (Fig IV) to meet ptr. End with W on M R side, same as in Fig II, meas 8.

V. PROGRESSION

1-8 Cpls 1 and 2 take ballroom pos and dance around each other CCW with 7 modified pas de basque steps. M begin with L ft, W begin with R ft and turn CW as a cpl. On meas 8, step into place, M on M side, W on W side, cpl 1 below cpl 2.

Dance is repeated 4 more times, cpl 1 dancing with new cpl 2 below them each time. Cpl 1 at bottom of set wait one time through dance and become cpl 2. Cpl 2 at head of set wait one time through dance and become cpl 1.

The 3rd and 4th times through the dance are done to a different melody.



BANNERMAN-WILSON Clog Dance Tour

GLENN Q. BANNERMAN, his wife and family, and C. LARRY WILSON, his wife and family, will tour the United States this summer specializing in BIG CIRCLE Mountain Dancing and CLOG Dancing. They will give Workshops, Parties, and Demonstrations (or combinations of all three) for individual clubs and groups.

Glenn is Professor of Christian Education at the Presbyterian School of Christian Education in Richmond, Virginia, teaching recreation and outdoor education. Larry Wilson is Head of the Recreation and Physical Education Department at Montreat-Anderson Jr. College in Montreat, North Carolina.

Glenn has worked with the Asheville Mountain Folk Festival for several years and has taught Big Circle and Clog Dancing at folk dance camps all over the country, including Stockton.

Both families will be in the Stockton-San Francisco area during the week of July 13-21, 1973, & available to meet with your group morning, afternoon, or evening. They will be traveling by trailer and so will need a workshop fee to cover their expenses. For more information, write to Glenn Q. Bannerman, 1204 Palmyra Avenue, Richmond, Virginia 23227.



KOPACHKA DANCERS, directed by Dean and Nancy Linscott, at the Camellia Pageant in Sacramento, March, 1973.
Photography by Henry Bloom.



THE HISTORY OF

Ashkenaz

A Non-profit, Folk Dance Cooperative


by David Nadel

For the past two years, I have been dancing four or five nights a week, mostly at folk dance restaurants in the Bay Area. But as their dancing schedules were changed by financial necessity, my wants went unfulfilled. I wanted to open a place to dance without worry of financial success. Believing in the principle of group ownership, I approached working people who danced in the evenings & who were willing to invest in such a venture. Failing in our effort to rent the existing dance/restaurant on their closed evenings, we looked for separate quarters and found an old warehouse with wooden beams and an A-shape roof. It was warm, charming,...mellow.

Then came more thinking and paper work: expenses vs. income, statement of purpose, how to return any profits to the dance community, construction calculations, etc. (This was a lot of work I hadn't anticipated.) We paid the rent and started the physical work: clearing, cleaning, and laying a lively oak floor.

The result is ASHKENAZ, named after an ancient eastern Armenian society of about 900 B.C. We offer lessons every night from 8:30-9:00 PM for \$1, with an Afterparty at 50¢. Dinners are very reasonable, and there are craft shops under the same roof.

Come dance with us at 1317 San Pablo Avenue, Berkeley (Gilman offramp); (415) 525-9830.



SANTA ROSA ROSE FESTIVAL

SUNDAY, May 20, 1973
1:30 - 5:30 PM

Santa Rosa Junior High School
1000 College Avenue

Redwood Folk Dancers

DANCE under the SINGING PINES of the MOUNTAINS!

INTERNATIONAL FOLK DANCE WEEKEND, July 6-8

WEEKLONG WORKSHOP, July 6-13

Junior High through Adult

USC, Idyllwild Campus, Idyllwild, CA 92349

(714) 659-2171



TEACHER TRAINING

June 2, 1973

The Teacher Education Coordinators of the Folk Dance Federation of California, Inc., invite you to attend an institute on Saturday, June 2, 1973, in San Francisco at the Lake Merced Boat-house, Harding and Skyline Blvd. (location permit obtained under auspices of the San Francisco Council). We have engaged two sparkling personalities whose talents and teaching secrets will make a very worthwhile program for everyone.

VERA JONES, well-known Fresno area instructor, will introduce the Elements of Rhythm and its relation to dance, plus her own 'Short-cut' teaching aids.

GRACE NICHOLAS, popular and long-experienced San Francisco instructor, will share her fabulous interpretation of Mexican steps and styling, and 'How-to' break down the basic steps: two-step, waltz, and polka.

Your registration donation (\$5/person) will include a delicious Hot Lunch. Mail reservations before the deadline, May 26, to JERRY PORTER, 5801 Mendoza Drive, Oakland, CA 94611. Information is also available from committee members: ELMER RIBA (209) 296-4970; EDITH THOMPSON (415) 588-3581; JIM & IRENE OXFORD (916) 371-4949.

Schedule for Saturday, June 2nd: Registration 9:00 AM, Instruction 9:30 AM - 12:30 PM, Lunch, Instruction 1:30-4:30 PM.

Jim & Irene Oxford
Co-chairmen



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Rose Festival

SUNDAY, MAY 20, 1973

Springtime fills the air with the sweet smell of roses as Santa Rosa prepares for the Annual Luther Burbank Rose Festival. The Santa Rosa Folk Dancers and the Redwood Folk Dancers join together in extending a warm welcome on Sunday, May 20, 1973.

Folk Dancing, from 1:30-5:30 PM, will be at the Santa Rosa Junior High School, 1000 College Avenue (going North on Highway 101, turn Right on College Avenue).

After dinner at any one of the many fine restaurants in Santa Rosa, there will be more dancing at the Franklin Park Clubhouse starting at 7:00 PM. Directions will be posted at the Junior High School.

During the Rose Festival Weekend there are many things to do and see in Santa Rosa, so mark your Folk Dance Calendar for May 20th and plan on having a Wonderful Time!

Carolyn Rokke



INTERNATIONAL FOLK DANCE CAMP

JULY 8 - 14, 1973

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The total cost of \$77.50 will include all food, lodging and leadership.



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Dottie Skala
Fred & Mary Enholm
Rudy Ulibarri
Fay & Drew Ferree

Assisted by local and
visiting leaders.

The recorder-flute, folk singing,
folk arts, gala parties,
nationality dinners, etc.,
supplement the dance program.

THE LIGHTED LANTERN FOUNDATION

Route 5, Box 825, Golden, Colorado 80401



KOLO KALENDAR

Bob Shinn reporting



SAN FRANCISCO

SUN, 8 PM, Commodore Sloat Sch, Ocean Ave; RIKUDOM, Israeli.
MON, 7 PM, Minerva Cafe, 136 Eddy St; Anna Efsthathiou, Greek.
TUES-THUR, 8 PM, Mandala, 603 Taraval; Neal Sandler.
TUES, 8 PM, First Unitarian Church, Geary & Franklin.
WED, 8 PM, Jewish Comm Ctr, 3200 California; Gary Kirschner.
FRI, 8 PM, Mandala, 603 Taraval; Turkish and Armenian.
SAT, 9 PM, Cafe Shalom, 3200 California; Ruth Browns, Israeli.
3rd SAT, 8 PM, Mandala, 603 Taraval; KOLO OF SAN FRANCISCO.

OAKLAND

TUES, 7 PM, Taverna Athena, 2nd & Broadway; Anna Efsthathiou.
WED, 9 AM, Montclair Rec Ctr, 6300 Moraga; Anna Efsthathiou.

BERKELEY

SUN-TUES, 7:30 PM, Ashkenaz, 1317 San Pablo; Israeli, Balkan.
MON, 9 PM, International House; Ruth Browns, Israeli.
TUES-FRI, 7:30 PM, Aitos, 1920 San Pablo; mostly Greek.
FRI, 9 PM, International House, Piedmont Ave; Walter Grothe.

MILL VALLEY

WED, 7:30 PM, Park Sch; KOPACHKAS Beg-Int, Nick & Norma Lagos.
THUR, 7:30 PM, Vallacito Jr Hi, Terra Linda; Claire Tilden.
FRI, 7:30 PM, Park Sch; KOPACHKAS Adv, Dean & Nancy Linscott.

MENLO PARK

TUES, 7:15 PM, MP Rec Ctr, Mielke & Alma Sts; Marcel Vinokur.
WED, 7:15 PM, MP Rec Ctr; Marcel Vinokur; Int-Adv.
3rd SAT, 8 PM, MP Rec Ctr; Marcel Vinokur; Party.

PENINSULA

MON, 7:30 PM, Mitchell Park Comm Ctr, Palo Alto; Kathy Kerr.
MON, 7:30 PM, Schwarz Ballet Studio, Mt.View; Shirley Eastman.
MON, 7:30 PM, Foothill Coll Aux Gym, Los Altos; Marcel Vinokur.



SAN JOSE

THUR, 7:30 PM, YWCA, 210 S.2nd St; Kathy Kerr, Balkan/Israeli.
2nd SAT, 8 PM, YWCA; Kathy Kerr, Party.

SANTA CRUZ

FRI, 3:30 PM, UC Stephenson Coll Stage; Marcel Vinokur, Adv.
FRI, 7:30 PM, Cabrillo Coll Gym, Aptos; Al Daoud & Peter Gambito.

MONTEREY

WED, 7 PM, El Estero Park; Al Daoud, Turkish, Greek & Kolo.
THUR, 7:30 PM, USO; Al Daoud, Turkish, Greek & Kolo.

LAFAYETTE

1st & 3rd WED, 8 PM, Temple Isiah; Lanya Thune, Line Dances.

LIVERMORE

TUES, 8 PM, Contemp Dance Arts Studio; Wes Ludemann.

SACRAMENTO

1st FRI, 8 PM, YLI Hall, 27th & N Sts; B.B. of KOLO MANIACS.



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past Marin Civic Center



ECHOES

FROM THE

SOUTHLAND

By Perle Bleadon

STATEWIDE

MAY 25 - 28, 1973

SAN DIEGO, CALIFORNIA

ELSA MILLER reports that Registrations are coming in fast and furiously. You are advised to get your hotel reservations in immediately, as the Grant Hotel is rapidly filling up. If you don't stay at Headquarters---the Grant---you will have a parking problem.

VIVIAN WOLL has announced that there will be Exhibitions on the floor at the Festivals as well as at the Concert.

MIHAI DAVID has some very interesting couple dances from Romania, and several people from AMAN will teach line and couple dances at the Institute on Saturday afternoon.

1973-74 Officers from the South to be installed at Sunday's Installation Dinner are:

ALBERT DOBRINSKY, President
SHEILA RUBY, Vice President
MORRIE LECHTICK, Treasurer
HENRY RUBY, Recording Secretary
CINDY "Sam" TARVIN, Corres. Secretary
ELSA MILLER, Director of Extension
PERLE BLEADON, Director of Publicity
MILDRED WALTER (incum) or
EILEEN BARTOLD, Historian

THE VIRGILEERS, Los Angeles

The Virgileers celebrated the "Wearing of the Green" on March 13th(?). BERNADETTE VODICKSA and seven of her students from the Tara School gave a delightful exhibition of Irish dancing.

Miss Vodicska has appeared several times at Carnegie Hall in New York and is the past holder of US and Canadian Championships. Her students hold the LA Junior & Senior Championships and have appeared several times on TV.

JO CIVELLO came up with another one of her fabulous cakes---this one decorated with a massive shamrock. Watch for the Virgileers next party and plan to join in the fun!

Virginia Saar

INTERNATIONAL FOLK DANCE ENSEMBLE

The appearance of the International Folk Dance Ensemble, originally scheduled in March, has been rescheduled for Sunday, June 24th, at the Mayflower Ballroom in Inglewood.

The Ensemble appeared at the Folk Dance Fair sponsored by the Ethnos Folk Dance Club at Devonshire Downs.

SANTA MARIA FOLK DANCE FESTIVAL

Folk dancers from North & South spent a wonderful weekend at Santa Maria! Truly a mini-Statewide! The Institute, taught by RICHARD GOSS and DEAN LINSCOTT, was a real benefit to the Mendocino Fund. Music for the Kolo Hour was by the Westwind Ensemble directed by ANTHONY IVANCICH.

The Exhibitions were simply outstanding: POLSKIE ISKRY, GENE CIEJKA directing; SCOTTISH DANCE ENSEMBLE, directed by JAMES LOMATH; KOPACHKA DANCERS, directed by DEAN & NANCY LINSKOTT; FOLKLORE ENSEMBLE of SANTA BARBARA, directed by VIRGINIA HAWLEY & JAN FLETCHER HAWLEY; WESTWIND INTL ENSEMBLE, directed by ANTHONY IVANCICH; GANDY DANCERS, directed by DONNA TRIPP; WESOLY FOLKDANCERS, directed by RICHARD SCHULTZ; PHILIPPINE COMMUNITY CLUB, directed by ALICIA CATIPEY; LIBERTY ASSEMBLY, directed by CHRIS HARRIS. Then there was a dance presented by the SYD Nag Dancers from the Island of Tuleremia. This turned out to be the Ox Dance, a fine April Fool joke!

ACE SMITH, PHIL PIERCE, BILL LANDSTRA and DAVE SLATER called squares.

WESTWOOD CO-OP

Our Fifth Thursday Party was fantastic! With JERRY McCULLOCH and his Maori and Tahitian dances and songs, we all had a ball. RENA NADLER and her committee provided decorations and goodies. Jerry will be on the San Diego Folk Dance Conference Staff in August.

Westwood President BARRY KORN was unable to attend inasmuch as wife HELENE was busy introducing 5 lb, 10 oz LISA RACHEL to the world!

➡➡➡➡ In Memoriam <<<<<<

LAURA JOYCE LIPPETT, dear friend of dancers throughout California, passed away last March in Mexico. While she was in the Bay Area, Laura was a member of Millie von Kinsky's DANCE ARTS, and she visited this group whenever she returned to northern California. Laura was extremely active in the Folk Dance Federation, South, and also gave of her talent and enthusiasm to "Folk Dance Scene". She leaves behind many friends, her parents, and two sisters, all of whom have established a Laura Lippett Memorial Scholarship Fund. You may contribute to this fund by writing to the Federation South Office, 13250 Ida Avenue, LA 90066.

COUNCIL CLIPS

SACRAMENTO COUNCIL OF FOLK DANCE CLUBS

Remember to mark your calendar for the Annual Pineacres Weekend with ELMER and MILLI RIBA, Saturday, June 9th. Festivities start at 8 PM with dancing at the Pinegrove School. Along about 11 PM, there will be a Potluck Dinner. The gracious hosts invite everyone to roll out their sleeping bags, pitch their tents, or park their campers in their yard. Sunday morning Milli will supply breakfast, so everyone can have a leisurely drive home on Sunday afternoon. All folk dancers are invited!

The CAMELLIA CITY JUNIORS kept quite busy after the Camellia Festival. On March 24th they did a benefit for St. Patrick's Home and St. Rose's Church. They danced in Sebastapol on April 8th, and at the Blossom Festival in San Francisco on April 15th. WALT & CLEO BALDWIN are the Instructors.

LEFT FOOTERS enjoyed a picnic in the snow on April 1st. The KALEIDOSCOPIES celebrated their 3rd Anniversary on April 18th with dinner at Zorba's.

The Council's Annual Scholarship Ball was held March 31st. Everyone brought White Elephants and other prizes for the drawing. MAUREEN JACKSON and MARI CRAIG, last year's Scholarship Winners were Co-chairmen; other former winners helped with refreshments.

Past Presidents of the Sacramento Council held their Annual Dinner at Macchiavelli's on March 31st. Attending were JOHN and BUNNY MOORE, BOB & CARMEN SCHWEERS, LAWRENCE & CATHERINE JERUE, WALT & CLEO BALDWIN, JIM & IRENE OXFORD, LAWRENCE & VERA COULTER, DON & ANN JERUE, ELMER & MILLI RIBA, KEN & LETTA WHITESIDE, JOHN & DONA BRAKEBILL, HANK & MILLIE SHONERD, and current President GEORGE & SHARON MARKS. 1972 Camellia Queen, KAREN ERICKSON, also attended. Following the dinner they attended the Scholarship Ball at Tahoe School.

Did you ever see a rash of broken coccyx? JOYCE TRNKA of LEFT FOOTERS has barely returned to dancing following a fall on her wet patio in February. MARY KLEIMAN of WHIRL-A-JIGS slipped on a mossy driveway. FRANCES SMITH, of WHIRL-A-JIGS & KALEIDOSCOPIES, fell on her living room floor, and you guessed it--three broken coccyges! (That's pronounced kok-sī'jēz.)

EARL RAYBURN, of KALEIDOSCOPIES, underwent major surgery in March. Hopefully the good mountain air will speed him to a quick recovery.

Among our vacationers: MORRIE & DOROTHY JEROME spent a month in Mexico City; CLEO & WALT BALDWIN flew to Phoenix, Arizona, in March; and VIRGINIA and APRYL CUTLER vacationed in Portland, Oregon, during Easter.

GREATER EAST BAY FOLK DANCE COUNCIL

The EAST BAY WOMEN'S DANCE CIRCLE was honored by the gracious presence of Mrs. Dolores Medina, in typical Philippine dress, at their *Fiesta Sa Nayan*. She represented the Philippine Consulate of San Francisco.

On May 12th, the BERKELEY FOLK DANCERS will hold their Birthday Ball, entitled "South Seas Spring", and they are already planning their Night-on-the-Town in October!

RICHMOND-SAN PABLO FOLK DANCERS celebrated April in Portugal with favorite Portuguese dances and teacher JACK PINTO calling the '*Chamarita*'.

The OAKLAND FOLK DANCERS scaled their March party to the beginner's level for their large group of new dancers!

The PANTALOONERS will celebrate their 26th Birthday June 6th. Instructor CHARLIE EMERSON and his wife, MINNIE, just celebrated their 45th Wedding Anniversary.

Genevieve Pereira

PENINSULA FOLK DANCE COUNCIL

We will miss EDITH GRANT, who has been our able Council President the last two years. EDITH and DEEN and their son are moving to central Oregon and will run the Kozy Kove Fishing Resort, located nine miles up the Alsea River from the coastal town of Waldport. (See ad page 38) The Grants have been active for many years in several Peninsula exhibition groups. Hopefully they will be able to find a folk dance group in Corvallis, a trip of thirty miles.

Sunday, May 6th, at 7:30 PM, the SAN JOSE YW TWIRLERS will hold a gala celebration marking their 20th Anniversary.

Jean Mooers

SAN FRANCISCO COUNCIL OF FOLK DANCE CLUBS

FUN CLUB's next party will be on Saturday, May 5, 1973, 8:15 PM, 321 Taraval Street, with the theme "Sweets of May"!

New Officers of the GATESWINGERS are: Pres. CHARLES TRILLING; V. Pres. PETE LYDON; Sec. ELAINE MARCH; Treas. JIM MCKEEVER.

IRENE WEED SMITH, Golden Gaiters, and her partner, DALE RAN-DALL performed a lovely ballroom dance at Oakland's Festival of the Oaks in February.

Over 100 people attended the SF FOLK DANCE CARROUSEL first bi-annual affair--a Chinese Dinner/Dance Party on March 2nd. The delicious dinner was from Ping Yuen Bakery/Restaurant on Grant Avenue. GARY KIRSCHNER was the guest caller, playing guitar at the same time. Members are already planning their next party, scheduled for Friday, November 2, 1973. Watch this column for details.

Cathy Jair
324 Hyde St. #3, SF

MARIN DANCE COUNCIL, INC.

The NOVATO DANCERS gave a Bon Voyage Party for ANN AARON, who is touring Europe with her husband. Instructor FRANK BACHER has asked MICKEY MacGOWAN to teach basic squares in Ann's absence.

The winners of this year's Marin Dance Council Scholarship are NICK & NORMA LOGOS, Kopachka Dancers. They have elected to go to Mendocino Folklore Camp.

Everyone is invited to the Ross Art & Garden Center on Saturday & Sunday, May 31st & June 1st, 5:30 - 8:00 PM, for outdoor dancing in the old Claire de Lune Pavilion. Admission is free to those in costume!

"FUN IN MARIN", the Federation's July Festival, will be held Saturday and Sunday, July 14-15. Saturday's Institute and dancing will be at Park School in Mill Valley; Sunday's meetings, afternoon and evening dancing will be at the College of Marin's Gymnasium. A prepared program will follow a Japanese theme, meaning "Starlight" in translation.

HARDLY ABLES will celebrate their birthday on Saturday, June 3rd. STEP-TOGETHERS' birthday party will be Saturday, June 23rd.

A Marin group danced in April for a Senior Citizen's group, & will dance May 20th for the Tamalpais School Festival.

In June the Council plans an INAUGURAL PICNIC. Details later!

Jim Rasella

STOCKTON

Folk Dance Camp

University of the Pacific Stockton, California

JULY 22 - 28, and JULY 29 - AUGUST 4, 1973

FACULTY HEADLINERS

Shlomo Bachar.....Israeli	Anatol Joukowsky..International
Glen Bannerman..Big Circle,Clog	Tom Kruskal.....English
Tom Bozigian.....Armenian	Miriam Lidster..Rhythm,Movement
Mihai David.....Romanian	John & Paula Pappas.....Greek
Jerry Helt.....American Squares	C. Stewart Smith.....Scottish
<u>Bruce Taylor..... Norwegian</u>	

REGISTER NOW! A \$5.00 deposit per week reserves your place.

For additional information contact:

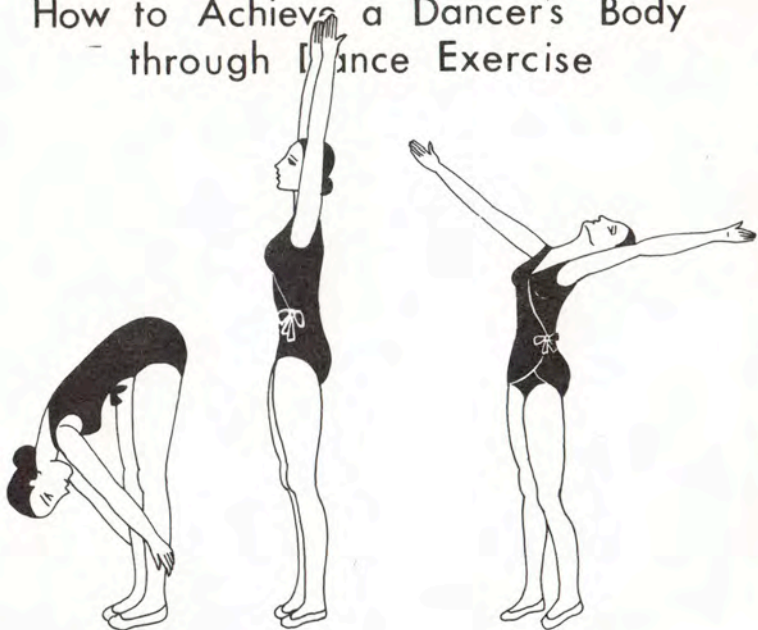
JACK B. McKAY

Director, Folk Dance Camp

University of the Pacific

Stockton, California, 95204

How to Achieve a Dancer's Body — through Dance Exercise



With knees held straight, bend as far forward as you can (you may help by grasping legs with hands). Try to touch your head to your knees. Come up slowly, arms up over head. Open arms wide and lean back as far as you can make it. Slow tempo.

By Olga Ley,
for Capezio.
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Your Letters...

Editor:

As an Editor way back when, 1954-55, and later a Federation President, 1961-62, I hope you get as much fun and education from the little magazine as did I. The whole process of off-set printing, galley paste-ups, sizing photos was brand new to me. I was fortunate in having Frank Kane, a commercial artist (and later a Federation President) as my Art Director. I held the Editorship for two years. Made lots of wonderful friends.

Through the magazine I acquired another hobby, that of photography. I wanted my dancers dancing, not lined up against the wall waiting to be shot. I learned that to get good action shots I had to count out the 'beat' with the dancers, and I found they would be where I wanted them, in action.

Lots of success with the magazine, I know you will enjoy the experience.

Sincerely yours,

Robert H. Chevalier, Marin

Editor:

Several people agree with me that the Street Address should be shown with each PARTY PLACE notice. We have no idea where some of these places are. We go to the town they are in and have to find a phone booth to look up the address, then we have to ask someone where the street is. Some of the schools are not even listed in the phone books, which makes it very difficult for a person going there for the first time.

If we had the street address, we would only have to inquire where the street was, or look it up on a map if we had one.

Yours sincerely,

Virginia Hardenbrook

[Editor's note: Would all Party groups check their local phone books for a listing of their meeting place? Those places without a listing may request that their address be included in Party Places.]

Editor:

You have given the magazine Pazazz! I find it quite stimulating from cover to cover. May you enjoy the editorship as much as we enjoy LET'S DANCE magazine.

Sincerely,

Kathleen Milat, Oakland

Editor's Viewpoint

WANTED! Old (very old) issues of LET'S DANCE magazine. From 1944-1960. The Editor should have a complete file of the magazine for reference, to fill information requests, and to pass on to future editors for their use. Anyone tired of storing their old issues but hating to dispose of them? We would be most grateful if you would give us a call, (415)837-8355, or drop a line, 295 Gil Blas Rd, Danville 94526, to arrange for pickup. THANKS SO MUCH!

IF YOU DON'T have a COSTUME CALENDAR to compliment the articles in LET'S DANCE & to keep tract of all the exciting folk dance events in your area, send immediately for one of the few remaining copies to the Folk Dance Federation of California, Inc., 1095 Market St, San Francisco 94103. \$1.25 inc. tax!

DEADLINE for JUNE/JULY ISSUE

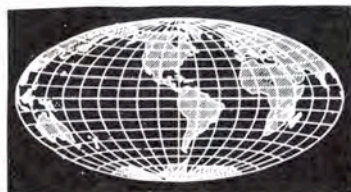
May 5, 1973

DEADLINE for AUGUST/SEPTEMBER ISSUE

July 5, 1973

EDITORIAL ADDRESS:

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Danville, California 94526
(415) 837-8355



Phone: (415) 828-5976

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CALENDAR OF EVENTS

FOLK DANCE FEDERATION OF CALIFORNIA, SOUTH

ROY JOHNSON, 1615 AMBERWOOD DRIVE, SO. PASADENA, CA 91030

- MAY 5, Sat, IDYLLWILD BAACHANAL PARTY, West Hollywood Park,
647 San Vicente Blvd, LA, 7:30-12:00 PM.
- MAY 6, Sun, UCLA "MUSIC ON THE GRASS", Westwood.
- MAY 12, Sat, HAVERIM FESTIVAL, Jewish Ctr, 13164 Burbank Blvd,
Van Nuys.
- * MAY 25 thru 28, Fri-Mon, STATEWIDE '73, "Lights of San Diego",
San Diego Community Concourse. See pages 1-3.
- JUN 8-10, Fri-Sun, CAMP HESS KRAMER WEEKEND, Zuma Beach.
Hosted by Westwood Co-op.
- JUL 4, Wed, DANCING ON THE SLAB, Santa Monica, SM Folk Dancers.
- JUL 6-8, Fri-Sun, IDYLLWILD WEEKEND CAMP.
- JUL 9-13, Mon-Fri, IDYLLWILD FOLK DANCE CAMP, Isomata Campus.
- AUG 10-12, Fri-Sun, SAN DIEGO TEACHER TRAINING CAMP.
- AUG 12-19, Sun-Sun, SAN DIEGO FOLK DANCE CAMP,
California State University at San Diego.
- OCT 19-20, CAMP HESS KRAMER INSTITUTE & PARTY.
- * NOV 10, Sat, TREASURER'S BALL, West Hollywood Park Auditorium.
- DEC 9, Sun, CHRISTMAS FESTIVAL, hosted by Santa Monica Folk
Dancers & LA Rec & Park Dept.

For further information regarding folk dance activities in
Southern California, call the Folk Dance Federation of California,
South, at (213) 398-9398.

* Federation sponsored events.



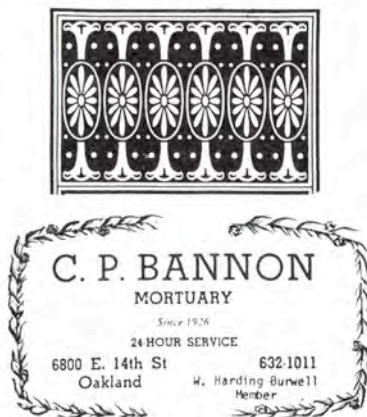
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CALENDAR OF EVENTS

FOLK DANCE FEDERATION OF CALIFORNIA, INC.

GAIL CLUNE, 85 OAKVUE ROAD, PLEASANT HILL, CALIF 94523

- * MAY 6, Sun, ANNUAL FEDERATION MEETING, Oakville Vineyards (near St. Helena), 11 AM - 5 PM. Bring your own lunch (wine provided), dancing, \$1/adult. Sign-up deadline = May 3.
- MAY 11, Fri, FOLK DANCE PARTY, Cabrillo College Student Ctr, Aptos. Bitov Folk Orch. To benefit Anne Harvey Smith Scholarship Fund.
- MAY 18, Fri, TAMBURITZAN CONCERT, San Francisco Opera House, 8 PM.
- MAY 20, Sun, "ROSE FESTIVAL", Santa Rosa Jr HS Gym, 1:30-5:30 PM, Franklin Park Clubhouse, 7 PM. Hosts: Redwood Folk Dancers and Santa Rosa Folk Dancers.
-
- * JUN 2, Sat, TEACHER TRAINING, Lake Merced Boathouse, San Francisco, 9 AM - 4:30 PM. See page 25.
- JUN 22-JUL 1, Fri-Sun, MENDOCINO FOLKLORE CAMP, Mendocino Wdlds. Contact: Nancy Linscott, 40 Glen Dr, Mill Valley 94941.
- JUN 29-JUL 1, Fri-Sun, CAMP SACRAMENTO, Hi-way 50. Contact: George Marks, Box 397, Orangevale 95662, (916) 988-3589.
- JUN 30, Sat, "FIFTH SATURDAY PARTY", Frick Jr HS, 64 & Foothill, Oakland, 8-11 PM. Host: Greater East Bay FD Council.
-
- JUL 1, Sun, "FOURTH OF JULY FESTIVAL", Oakland Municipal Aud, 12 noon, Ballroom; 1:30 PM, General Folk Dancing, 6:30 Kolo; 7:30, General Folk Dancing. Wear RED, WHITE, BLUE!
- JUL 4, Wed, "FOURTH OF JULY OPENING", Village Green, Freeport Blvd & Sutterville Rd, Sacramento; 8 PM. Host: Sacramento Council of Folk Dance Clubs.
- * JUL 14-15, Sat-Sun, "FUN IN MARIN". Saturday, Park School, Institute 1:30, Balkan 7:30, General Dancing 8:30 PM. Sunday, College of Marin, Kentfield, Meeting 11:45 AM, General Folk Dancing 1:30-5:30 & 7:30-10:30 PM.
- JUL 22-AUG 4, STOCKTON FOLK DANCE CAMP, Univ. of the Pacific, Contact: Jack McKay, UOP, Stockton 95204.
-
- AUG 5, Sun, "NAPA TOWN & COUNTRY FAIR", Napa Fairgrounds.
- AUG 11, Sat, DINNER/DANCE AT SONOMA JOE'S, Redwood Hiway. Host: Petaluma Int'l Folk Dancers.
- AUG 5-11, Sun-Sat, FEATHER RIVER FAMILY CAMP, Quincy, Calif. Contact: Oakland Park & Recreation Dept.
- AUG 19, Sun, "LITTLE FESTIVAL IN THE REDWOODS", Guerneville and Armstrong Redwood State Park.
-
- SEPT 29, Sat, "FIFTH SATURDAY PARTY", Frick Jr HS, Oakland.
- SEPT 29-30, Sat-Sun, "SONOMA VINTAGE FESTIVAL", Sonoma.
-
- * OCT 20-21, Sat-Sun, FRESNO FESTIVAL & CAMP REUNION, Fresno.
-

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"LITTLE FESTIVAL IN THE REDWOODS"

Sunday, August 19, 1973, Armstrong Redwoods State Park

Dancing at Guerneville Grammar School

Potluck Lunch - 12 Noon. All-request Dancing - 1:30-5:30

Potluck Dinner - 5:30 PM. All-request Dancing - 7:30-????

Host: PETALUMA INTERNATIONAL FOLK DANCERS.

BAY AREA

OAKLAND RECREATION CLASSES

Beg. 7:30 PM, Int-Adv. 8:30 PM

Fridays, Frick Jr High School, 64th Ave & Foothill, Oakland

Instructor - Millie von Konsky

Fridays, Dimond Recreation Ctr, 3860 Hanly Road, Oakland

Instructor - Dolly Barnes

WALNUT WHIRLERS invite all dancers to their monthly parties,

4th Saturdays, 8:00 PM, Alamo Women's Club, Alamo.

For information, phone (415) 846-5521 in Pleasanton.

DIABLO FOLK DANCERS of WALNUT CREEK

now have a monthly newsletter, "*El Diablo*". Call 837-6915.

Wednesdays, 8 PM, Los Lomas HS Commons, Walnut Creek.

Y.W. TWIRLERS meet at the YWCA, 2nd St, San Jose,

Wed. 7:30-10:30 PM. For Advanced & Workshop, JOSETTA STUDIO

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LOS ANGELES

WESTWOOD CO-OP FOLK DANCERS meet Thursday nights at 8 PM,

Emerson Jr High School, Selby, near Santa Monica Blvd.,

West Los Angeles.

WESTWOOD'S BEGINNERS CLASS - International Folk Dancing

Mondays, 8 to 10:30 PM, Stoner Avenue Playground,

Dave Slater, Instructor.

HAPPY FOLK DANCERS - Mondays, Beg. 7:30 PM, Int. 9-11 PM

Cheviot Hills Playground, 2551 Motor (off Pico), Miriam Dean

PALMS GROUP - Wednesdays, Beg. 7:30, Int. 9-11 PM, Webster Jr

High, 11330 W. Graham (near Sawtelle), Miriam Dean - Inst.



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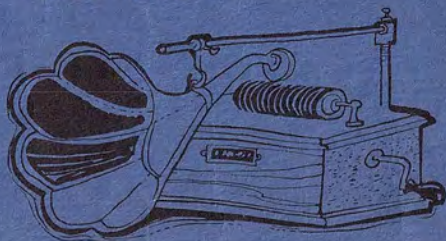
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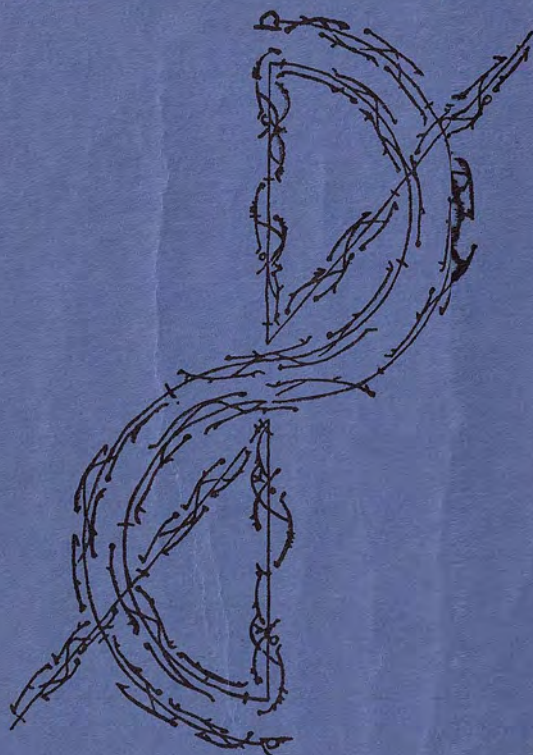
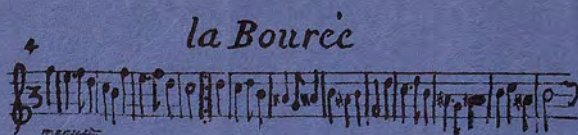
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"There is a natural hootchy-kootchy motion to a goldfish..."

Walt Disney, on a ballet of fish for *Fantasia*, quoted in *Profile of America*, Crowell, 1954.