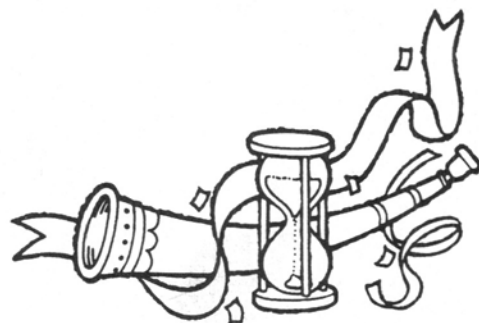


JANUARY 1991 • \$1.50

# Let's Dance



THE MAGAZINE OF INTERNATIONAL FOLK DANCING



Official Publication of the Folk Dance Federation of California, Inc.

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Audrey Silva & Spencer Gallager  
1989 UOP Camp  
In Mexican Costume

Photo by Bruce Wyckoff



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# MEXICAN HERITAGE FESTIVAL

¡BIEN VENIDO!

Welcome to the Peninsula Folk Dance Council's Heritage Festival on January 18, 19, and 20, 1991. The theme will celebrate our Mexican Heritage.

This festival promises to be the best one yet! Bruce Wyckoff is the general chairman, and he has outlined a tremendous weekend for your dancing enjoyment. So come and enjoy.

On Friday night, our warm up party will start at 8 P.M. It will be held in Redwood City at the Veterans Memorial Building, 1455 Madison Avenue. This building is across the street from the former 49er headquarters.

Events on Saturday and Sunday will be held at the Burlingame Recreation Center, 850 Burlingame Avenue, Burlingame. On Saturday, the Institute will start at 1:30, Kolo hour will begin at 6:30, and general dancing is scheduled from 8:00 to 11:30 P.M. Institute teachers will be Vina Cera, teaching Israeli, and Jennifer Kelly, teaching Scottish.

On Sunday, the Federation Meeting will be held at 11:45 A.M., and lunch from 1:00 to 1:30. The Dance Festival will commence at 1:30, and sadly finish at 5:30. So bring your dancing shoes and enjoy a wonderful weekend.

HASTA LA VISTA  
Sief Ebertz  
Peninsula Council President

## FRIDAY NIGHT WARM-UP PARTY

- |                             |           |                               |               |
|-----------------------------|-----------|-------------------------------|---------------|
| 1. Ajde Lepa Maro (np)      | Serbia    | 27. Stabberinglender (cpl)    | Norway        |
| 2. Gerakina (np)            | Greece    | 28. Jovano Jovanke (np)       | Macedonia     |
| 3. Road To The Isles (cpl)  | Scotland  | 29. Makazice/Bela Rada (np)   | Serbia        |
| 4. Bavno Oro (np)           | Macedonia | 30. Dayagim (cpl)             | Israel        |
| 5. Vrapcheto (np)           | Bulgaria  | 31. Misirlou (np)             | Greece        |
| 6. Milondita Tango (cpl)    | USA       | 32. Vlaško (np)               | Bulgaria      |
| 7. Mayim (np)               | Israel    | 33. La Bastringue (P)         | French Canada |
| 8. Ciuleandra (np)          | Romania   | 34. Dospatsko Horo (np)       | Bulgaria      |
| 9. Vrtielka (cpl)           | Slovakia  | 35. Haroa Haktana (np)        | Israel        |
| 10. Mari Mariiko (np)       | Bulgaria  | 36. Zwiefacher, Eisenkeilnest | (cpl) Bavaria |
| 11. Dodi Li (cpl)           | Israel    | 37. Le Laridé (np)            | France        |
| 12. Godečki Čačak (np)      | Serbia    | 38. Rustemul (np)             | Romania       |
| 13. Salty Dog Rag (cpl)     | USA       | 39. Shibolet Basadeh (cpl)    | Israel        |
| 14. Belasičko (np)          | Macedonia | 40. Alunelul (np)             | Romania       |
| 15. Békési Páros (cpl)      | Hungary   | 41. Sitna Zborenka (np)       | Bulgaria      |
| 16. Tzadik Katamar (np)     | Israel    | 42. Hambo (cpl)               | Sweden        |
| 17. Karamfil (np)           | Bulgaria  | 43. Sapri Tama (np)           | Israel        |
| 18. Arnold's Circle (P)     | England   | 44. Bičak (np)                | Bulgaria      |
| 19. Šestorka (np)           | Serbia    | 45. Lipa ma Maryca (S)        | Slovenia/Ita  |
| 20. Dedo Mili Dedo (np)     | Macedonia | 46. Sweet Girl (np)           | Armenia       |
| 21. Na'ama (cpl)            | Israel    | 47. Pasarelska (np)           | Bulgaria      |
| 22. Šetnja (np)             | Serbia    | 48. Sønderhoning (cpl)        | Denmark       |
| 23. Horehransky Chardás (W) | Slovakia  | 49. Dobrudžanska Reka (W)     | Bulgaria      |
| 24. Postie's Jig (S)        | Scotland  | 50. Briul de la Făgăraș (np)  | Romania       |
| 25. Ma Na'avu (np)          | Israel    |                               |               |
| 26. Gjuševska Račenica (np) | Bulgaria  |                               |               |

51. Mishol Hapereh (cpl)	Israel	64. Tfilah (np)	Israel
52. Bučimiš (np)	Bulgaria	65. Šopsko Horo (np)	Bulgaria
53. Čačak (np)	Serbia	66. Mairi's Wedding (S)	Scotland
54. Kujawiak No. 3 (cpl)	Poland	67. İste Hendek (np)	Turkey
55. Joc de leagane (W)	Romania	68. Somogyi Karikázó (W)	Hungary
56. Shiri Li Kineret (np)	Israel	69. Atzay Hatsaftsafot (cpl)	Israel
57. Bare Necessities (S)	England	70. Četvorno Horo (np)	Bulgaria
58. Ali Pasa (np)	Turkey	71. Cimpoi (np)	Romania
59. Jove Male Mome (np)	Bulgaria	72. Swing (cpl)	USA
60. Stav Lavan (cpl)	Israel	73. Erev Ba (np)	Israel
61. Imate Li Vino (np)	Macedonia	74. Ovcepolsko (np)	Macedonia
62. Floricică Oltenească (np)	Romania	75. Waltz (cpl)	
63. Rørospols (cpl)	Norway		

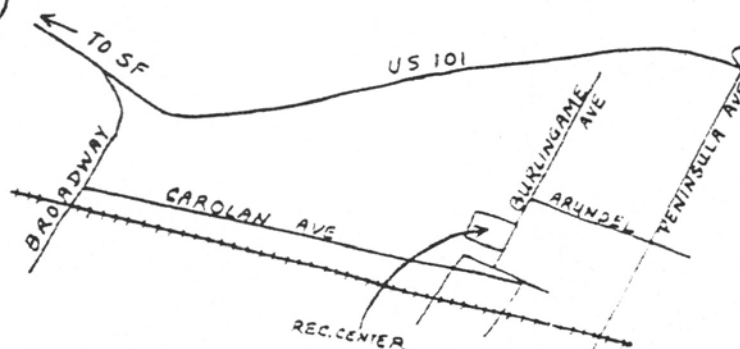
#### SATURDAY NIGHT PROGRAM

1. Sulam Ya'akov (np)	Israel	25. Drmeš iz Zdenčina (np)	Croatia
2. Scandinavian Polka (cpl)	U.S.A./Norway	26. Hambo (cpl)	Sweden
3. Svekrvino (np)	Macedonia	27. Tino Mori (np)	Macedonia
4. Ada's Kujawiak #1 (cpl)	Poland	28. Bohemian National Polka (cpl)	Bohemia
5. Hora Fetelor (np)	Romania	29. Hora de mină (np)	Romania
6. Vossarul (cpl)	Norway	30. Squares (S)	U.S.A.
7. Orijent (np)	Serbia		
8. Levi Jackson Rag (S)	England	31. Dičibarsko Kolo (np)	Serbia
9. Syrtós (np)	Greece	32. Institute Dance	
10. Lepa Anka Kolo Vodi (cpl)	Croatia	33. Korobushka (P)	Russia
11. Allemannsmarsj (P)	Norway	34. Let's Have a Ceilidh (S)	Scotland
12. Santa Rita (cpl)	Mexico	35. Dhivaratikos (np)	Greece
		36. Zwiefacher (cpl)	Bavaria
		WWDD - 3 times, WWW	
13. Le Maître de Maison (np)	France		
14. Black Mountain Reel (S)	Scotland	37. Keshenavo (np)	Israel
15. Institute Dance		38. Picking Up Sticks (S)	England
16. Castle Schottische (cpl)	U.S.A.	39. St Gilgen Figurentanz (P)	Austria
17. Ivanice (np)	Macedonia	40. Bučimiš (np)	Bulgaria
18. Contrás (S)	U.S.A.	41. Ta'am Haman (cpl)	Israel
		42. Plataniotiko Nero (np)	Greece
19. Vulpița (np)	Romania		
20. Institute Dance		43. Čardáš z Košických Hámrov (cpl)	Slovakia
21. St. John River (S)	Scotland	44. Japanese Soft Shoe (cpl)	U.S.A.
22. Raca (np)	Croatia	45. Bapardess Leyad Hashoket (np)	Israel
23. Doudlebska Polka (P)	Czechoslovakia	46. Marklaender (cpl)	Germany
24. Palóc Csárdás (cpl)	Hungary	47. Vranjanka (np)	Serbia
		48. Waltz (cpl)	U.S.A.



## SUNDAY AFTERNOON PROGRAM

- |                               |                |                              |                |
|-------------------------------|----------------|------------------------------|----------------|
| 1. Karamfil (np)              | Bulgaria       | 28. Beale Street Blues (cpl) | U.S.A.         |
| 2. Corrido (cpl)              | Mexico         | 29. Erev Ba II (np)          | Israel         |
| 3. Prekid Kolo (np)           | Serbia         | 30. Squares (S)              | U.S.A.         |
| 4. Swedish-Finn Mixer (P)     | Sweden         |                              |                |
| 5. At Va'ani (np)             | Israel         |                              |                |
| 6. Zillertaler Laendler (cpl) | Austria        |                              |                |
|                               |                | 31. Alunelul (np)            | Romania        |
|                               |                | 32. Polharrow Burn (S)       | Scotland       |
|                               |                | 33. Vrapcheto (np)           | Bulgaria       |
| 7. Baztan-Dantz (np)          | Spain          | 34. Rørospols (cpl)          | Norway         |
| 8. Cumberland Square (S)      | England        | 35. Ma Na'avu (np)           | Israel         |
| 9. Kostursko oro (np)         | Macedonia      | 36. El Gaucho Tango (cpl)    | U.S.A./Argen.  |
| 10. Sleeping Kujawiak (cpl)   | Poland         |                              |                |
| 11. Godečki Čačak (np)        | Serbia         |                              |                |
| 12. La Bastringue (P)         | French Canada  |                              |                |
|                               |                | 37. Vlaško (np)              | Bulgaria       |
|                               |                | 38. Trip to Bavaria (S)      | Scotland       |
|                               |                | 39. Makedonka (np)           | Macedonia      |
| 13. Jarina de la Abrud (np)   | Romania        | 40. Stabberinglender (cpl)   | Norway         |
| 14. Double Sixsome (S)        | Scotland       | 41. Shiri Li Kineret (np)    | Israel         |
| 15. Mari Mariiko (np)         | Bulgaria       | 42. Bal in da Straat (P)     | U.S.A./Belgium |
| 16. Vrtielka (cpl)            | Slovakia       |                              |                |
| 17. Ikariotikos (np)          | Greece         |                              |                |
| 18. Contrás (S)               | U.S.A.         |                              |                |
|                               |                | 43. Ciuleandra (np)          | Romania        |
|                               |                | 44. Prince William (S)       | England        |
|                               |                | 45. Miserlou (np)            | U.S.A./Greece  |
|                               |                | 46. Lipa ma Marýca (cpl)     | Slovenia/Italy |
| 19. Dedo Mili Dedo (np)       | Macedonia      | 47. Promoroaca (np)          | Romania        |
| 20. Hambo (cpl)               | Sweden         | 48. Körcsárdás (cpl)         | Hungary        |
| 21. Joc de leagane (W, np)    | Romania        |                              |                |
| 22. Postie's Jig (S)          | Scotland       |                              |                |
| 23. Beserka-Bojerka (np)      | Serbia         |                              |                |
| 24. Caballito Blanco (cpl)    | Mexico         |                              |                |
|                               |                | 49. Never on Sunday (np)     | U.S.A./Greece  |
| 25. Čerešničky (np)           | Czechoslovakia | 50. Dobbél Reinlender (cpl)  | Norway         |
| 26. Arnold's Circle (P)       | England        | 51. Kriči, Kriči, Tiček (np) | Croatia        |
| 27. Šetnja (np)               | Serbia         | 52. Tsiganočka (cpl)         | Russia         |
|                               |                | 53. Lesnoto (np)             | Macedonia      |
|                               |                | 54. Waltz (cpl)              | U.S.A.         |



# 20<sup>th</sup> Sweetheart Festival



In Memory of  
*"JUNE"*

Sunday — Feb. 3, 1991 — 1:30 to 5:30 pm  
1st. Presbyterian Church — 1333 Third St., Napa

This 20th Annual Sweetheart Festival is dedicated to the memory of June for her untiring service to folk dancers for so many years, and for her being such a caring person. We hope you enjoy dancing our program with us and with your many other friends. Costumes are always an added pleasure at festivals; so we hope you wear your finest.

NAPA VALLEY FOLK DANCERS: 1st Presb. Church  
Senior Center  
Vintage Belles

P R O G R A M

Tzadik Katamar  
Japanese Soft Shoe  
Vrapcheto  
Somewhere My Love  
Baztan Dantza

Tango Mannita  
Garry Strathspey  
Grand Square  
Oriënt  
Sankt Gilgen Figurentanz

Alexandrovsk  
Caballito Blanco  
Rothsay Rant  
Arnold's Circle  
Blue Pacific

Salty Dog Rag  
Ali Pasa  
Oklahoma Mixer (3's)  
Double Sixsome  
Ada's Kujawiak #1

La Encantada Tango  
Ve David  
Dundee Whaler  
Tino Mori  
Doudlebska Polka

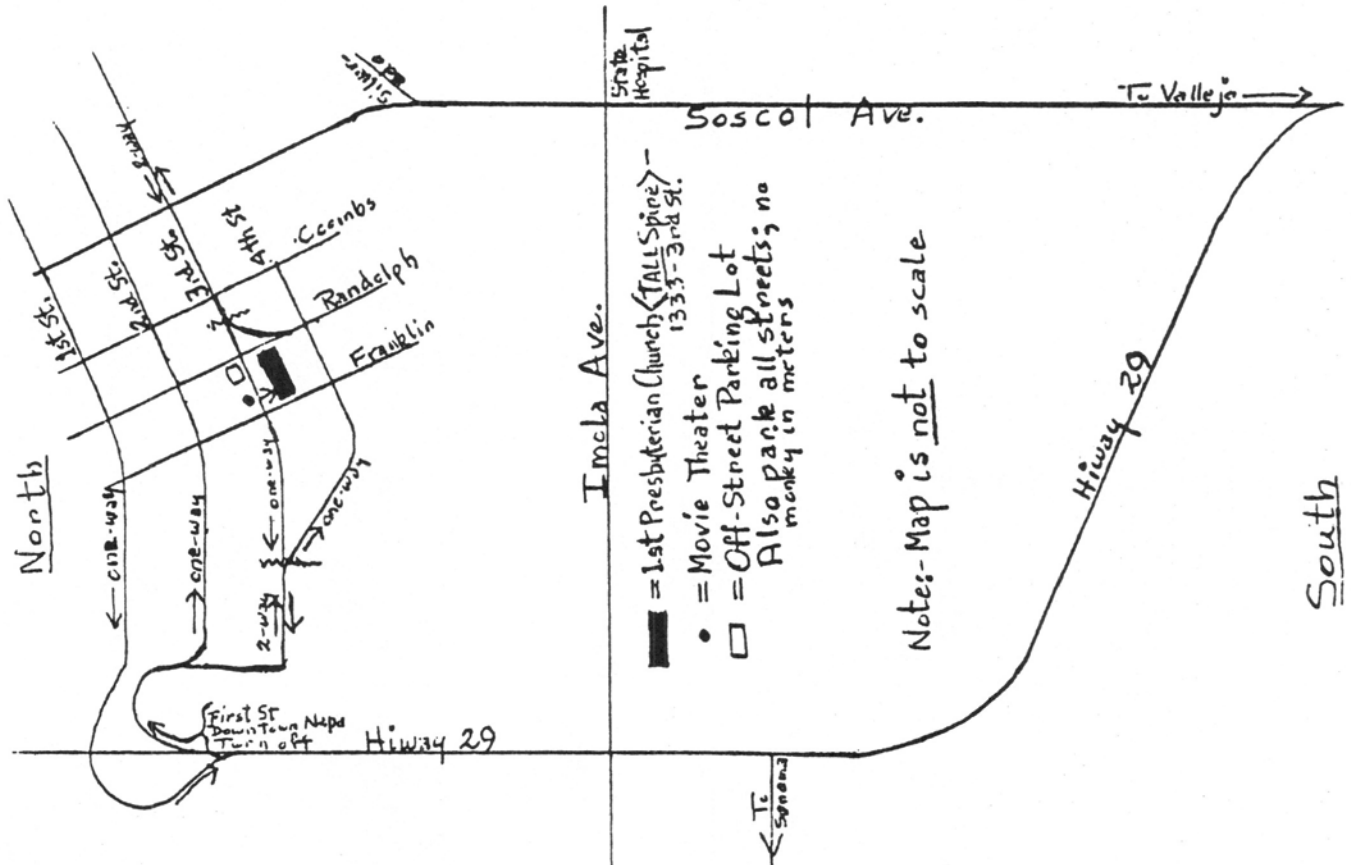
Vrtielka  
Beautiful Ohio  
Ma Na 'Avu  
Miss Frenchy Brown  
Let Me Call You Sweet-  
heart (Free Style)

Erev Ba  
Dreisteyrer  
Swedish-Finn Mixer  
Let's Have A Ceilidh  
El Gaucho

Road to the Isles  
Karamfil  
Bal in da Straat  
Postie's Jig  
Knodeldrahner

Maple Leaf Rag  
Gerakina  
Elizabeth Quadrille  
Jacob's Ladder  
La Bastringue

Lights of Vienna  
Divcibarsko Kolo  
Western Trio Mixer  
Mairi's Wedding  
Never On Sunday



# STATEWIDE PREVIEW

Look into the future: it's Memorial Day weekend, the weather is balmy, and you are in a community known for its lovely parks. Picture a park which resembles a giant green diamond. At its northern tip is a sprawling, modern building; inside is a spacious, wooden parquet dance floor. And there you are, moving joyfully to the rhythm of familiar music, the world around you a mist of colors and smiles. Is it folk dance heaven? Well, almost. It's Statewide, Fun in '91, and you're in Culver City!

It's a weekend designed for maximum pleasure and convenience at minimum cost. All events, including the Installation Dinner, take place at this one complex. The dance program incorporates suggestions received from northern California. The institute teachers are both featured on two days (different dances each day). The concert follows the Sunday institute, so that a special trip isn't necessary; dancers are already there. The hotel is nearby, and L.A. International Airport is not far <sup>ground</sup> (transportation can be provided).

The preregistration package fee is \$30 (yes, only thirty dollars), intended to simplify matters by encouraging everyone to order the package. This covers all dancing, even the institutes and concert. At the afterparties, there are good munchies, and the orchestra is exceptional. For those who choose to relax, there is comfortable seating.

The Culver City Dept. of Human Services welcomes our presence. Folk dance events have been held here for many years. The City Council has twice presented proclamations to the F deration, South. It's a place where you can feel at home. See upcoming issues of Let's Dance for full details and a preregistration form.

Donna Hurst  
Director of Publicity,  
Folk Dance Federation  
of California, South, Inc.



415-368-7834

# INDUSTRIAL PHOTOGRAPHY

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# BURLINGAME FOLK DANCERS

Welcome to Burlingame  
Class - Monday at 8:15 P.M.  
Next class begins 2/25/91



Mary & Bruce Wyckoff,  
Instructors



# REDWOOD CITY FOLK DANCERS

1991 Party Dates:

March 30 Saturday  
June 29 Saturday  
November 2 Saturday  
December 15 Friday



Mary and Bruce Wyckoff, Instructors



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# COUNCIL CLIPS

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## SAN FRANCISCO COUNCIL

WHAT'S HAPPENING AT CHANGS - Changs hopes that one of your New Year's resolutions will be to come dance with us and take advantage of what Changs has to offer. Our teacher, Ruth Ruling, will be teaching us the popular Bohemian National Polka and reviewing other dances on January 4 and 11. Don't miss our monthly party on January 18. Mark your calendar now! Changs will be closed on January 25.

SAN FRANCISCO WOMEN'S DANCE CIRCLE - Meets at 50 Scott Street on Wednesdays, 9:45 to 11:45 A.M., to dance international folk dances under the direction of Grace Nicholes. They begin the new year with a dance session on January 9. The director and members invite all women to come dance and learn with them. They will review old dances (Belle of Bon Accord, Somewhere My Love) and learn some new ones (Beale Street Blues, Bohemian Polka).

## PENINSULA COUNCIL

The Peninsula Council invites one and all to the Mexican Heritage Festival, January 18, 19, and 20. See article in this issue for dance program and other details.

Those who made the festival possible include the following: General Chairman, Bruce Wyckoff; registration, Docey Doe Folk Dancers; dance selection, Ruth Ruling; flyer production, Mary Wyckoff and Georgia Milton; sound, Frank Bacher; MCs, Dan Kimberly; decorations, Santa Clara Valley Folk Dancers; exhibitions, Liz Bueno; refreshments, Redwood City Folk Dancers; Federation lunch, Palomanians; ad manager, Theo deLusignan; Institute, Suzanne Rocca-Butler; warm-up party, Marcel Vinokur; Kolo Hour, Christa Werling; and set-up/clean-up, Palo Alto Folk Dancers.

There will be Peninsula Council dances on January 5, March 2, and March 30.

Santa Clara Valley Folk Dancers class schedule: TUESDAYS - 7:30 TO 9:30 P.M., beginning and intermediate, Prince of Peace Church, Cox & Saratoga Avenues, Saratoga, with instructor, Christa Werling. THURSDAYS - 7:15 to 9:30 P.M., advanced, First Christian Church, 80 South First Street, San Jose, instructor, Denise Heenan.

Docey Doe Folk Dancers classes are held on Wednesdays, 8 to 10 P.M., intermediate, Community Church, Arroyo & Elm Streets, San Carlos, with instructor, Bruce Wyckoff. Party night is the 4th Saturday of the month. Gretchen Wolbert's 85th birthday was celebrated at the last party.

## FRESNO

The Autumn Harvest Festival was a big success, with many dancers from out of town and our own dancers participating. There were two oversights in the program. One was the omission of mentioning a donation to the Council by Lilas Mathers. Thank you, Lilas! The other was not mentioning the officers and helpers who made the festival possible. They are as follows: the chairpersons, the Bachers, Edith, Lola, Frances, Michael, our photographer Walter Rodrigues, and all the dancers and helpers. thanks to all!

## GREATER EAST BAY

The East Bay Women's Dance Circle will start their 1991 dance classes with a party on Thursday, January 10, from 9:30 to 11:30 A.M. The group is under the direction of Grace Nicholes, assisted by Gwen Heisler and Jerry Washburn Jr., at the Allendale Recreation Center, 3711 Suter Street, Oakland.

The Berkeley Senior Citizen Dancers will have their party on Sunday, January 20, from 1 to 4

## Ravno oro

(Macedonia)

Ravno oro (RAHV-noh OR-oh) was learned by Dennis Boxell at Phillip Thornton's Yugoslav Dance Group in London, England in 1961. The choreography was presented by Dennis at the 1962 San Francisco Kolo Festival and at the 1963 University of the Pacific Folk Dance Camp.

RECORD: XOPD X-330-B (45 rpm); Jugoton C-6173 (78 rpm);  
LPM 1 Macedonian and Serbian Folk Songs and Dances Side A/1.

RHYTHM: 7/8 meter: 1-2-3, 1-2, 1-2 counted here as 1 (3/8), 2 (2/8), 3 (2/8).

FORMATION: Separate lines for M and W; all dancers facing ctr. M use "T" position;  
W use "W" position. Weight on R ft.

STEPS and Bounce\*, run\*.  
STYLING:

M move strongly, raising the knee high so that the thigh is parallel to the floor. W move with more charm and grace, raising the knee much lower.

\*Described in Steps & Styling, published by the Folk Dance Federation of Calif., Inc.

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MUSIC	7/8 meter	PATTERN
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Measures

INTRODUCTION No action.

NOTE: To fit this music the dance begins with Fig I, meas 7. (See below)

### I. SLOW PATTERN

- 1 Facing R of ctr, step on R in LOD (CCW) (ct 1); crossing in front, step on L in LOD (cts 2-3).
- 2 Repeat meas 1.
- 3 Facing ctr, step on R beside L (ct 1); raise L knee (cts 2-3).
- 4 Repeat meas 3 with opp ftwk.
- 5 Step on R beside L (ct 1); swing L ft in front of R leg, M bringing L ft to R of R knee, W bringing L ft to R of R shin (cts 2-3).
- 6 Dance a large step diag fwd to L on L (W take a smaller step) (ct 1); fall onto R ft in front of L, bending R knee and tucking L ankle behind R knee (W place L ankle behind R calf) (ct 2); hold (ct 3).
- 7 Step bkwd onto L and face ctr (ct 1); raise R knee (cts 2-3).  
NOTE: Dance starts here. On the first meas step on L beside R (not bkwd) on ct 1. Continue the dance as written.

- 8 Step on R beside L (ct 1); swing L ft in front of R leg, M bringing L ft to R of R knee, W bringing L ft to R of R shin (cts 2-3).
- 9 Dance a large step diag fwd to L on L (W take a smaller step) (ct 1); fall onto R ft in front of L, bending R knee and tucking L ankle behind R knee (W place R ankle behind R calf) (ct 2); hold (ct 3).
- 10 Step bkwd onto L and face ctr (ct 1); raise R knee (cts 2-3).  
NOTE: Meas 8-10 are a repeat of meas 5-7.
- 60 meas Dance the complete Fig I six times.

## II. FAST PATTERN

- 1 With running steps in LOD, step R,L (cts 1, 2-3).
- 2 Repeat meas 1.
- 3 Facing ctr, step on R beside L (ct 1); placing L ft slightly fwd, bounce twice on both heels (cts 2,3).
- 4 Repeat meas 3 with opp ftwk.
- 5 Repeat meas 3.
- 6 With running steps in RLOD (CW), step L,R (cts 1, 2-3).
- 7 Facing ctr, step on L while extending R ft fwd on floor (scissors) (ct 1); repeat with opp ftwk (cts 2-3).
- 8 Step on L beside R (ct 1); placing R ft slightly fwd, bounce twice on both heels (cts 2,3).
- 9 Repeat meas 8 with opp ftwk.
- 10 With running steps in RLOD, step L,R (cts 1, 2-3).
- 11 Facing ctr, step on L (ct 1); close R to L (no wt) (ct 2); hold (ct 3).
- 48 meas Repeat Fig II four times (5 total) plus meas 1-4 (Fig II) once more.

### ENDING (Optional)

- 2 chords M: Stepping on L ft, do a deep squat on L with R ankle tucked behind L knee.  
W: Stepping on L ft, raise on ball of L ft with R ft placed behind L ankle.  
R toe is pointed down and R knee is turned out.

## Shir Ha'shirim (Israel)

Shir Ha'shirim (SHEER hah-shee-REEM) translates as "Song of Songs." Shlomo Bachar choreographed the dance and presented it at the 1990 University of the Pacific Folk Dance Camp. Music is by B. Talon.

CASSETTE: Special by Shlomo Bachar for UOP Camp 1990 Side A/1. 4/4 meter

FORMATION: Dancers in a closed circle, hands joined ("V" Pos\*).

STEPS: Mayim\*, step-hop\*, yemenite\*. Take wt on all stamps.  
Hands are joined whenever feasible.

STYLING: Dance enthusiastically with a bouncy style.

\*Described in Steps and Styling, published by the Folk Dance Federation of California, Inc.

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MUSIC	4/4 meter	PATTERN
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### Measures

3 notes + INTRODUCTION No action. Begin with vocal.  
8 meas

#### I. CIRCLE LEFT

- A 1-2 Dance two mayim steps moving CW. Begin each mayim step with a stamp on the R ft across the L.
- 3 Swinging joined hands fwd, step-hop on R ft into ctr of circle (cts 1-2); release hands and turn CW to face out of circle with a step-hop on L ft (cts 3-4).
- 4-5 Yemenite R and L.
- 6 Step on R ft out of circle and snap fingers of both hands to R side (ct 1); hold (ct 2); step and snap L (ct 3); hold (ct 4).
- 7-8 Yemenite R (meas 7); turn CW to face ctr with a yemenite L (meas 8).
- 9-16 Repeat meas 1-8.

#### II. IN AND OUT

- B 1 Facing ctr, step on R ft to R and hold arm spread apart at an angle with the body (ct 1); hold (ct 2); step on L ft across R and cross hands with R over L and snap fingers (ct 3); hold (ct 4).
- 2 Yemenite R.
- 3-4 Repeat meas 1-2 with opp ftwk and direction.

- 5 Step on R ft twd ctr of circle, turn slightly CCW and simultaneously swing R hip to R, bend R knee, extend R arm to R with hand extended out with palm down with a push down and out motion (cts 1-2); step L in place and continue CCW turn to end facing out (cts 3-4).
- 6 Continuing CCW turn, repeat meas 5 to end again facing ctr.
- 7-8 Yemenite R and L.
- 9 Turn to face CCW and dance a Debka step by touching R heel fwd (ct 1) and leaping lightly onto R ft (ct 2); step fwd on L ft (cts 3-4).
- 10 Face ctr and yemenite R.
- 11-12 Repeat meas 9-10 with opp ftwk and direction.
- 13-16 Repeat meas 5-8.
- 32 meas Repeat Fig I and Fig II.
- INTERLUDE (instrumental)
- C 1-8 Repeat Fig II, meas 1-8.
- 32 meas Repeat Fig I and Fig II. End with a stamp on L ft in front of R (meas 16, ct 3).

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#### COUNCIL CLIPS Continued

P.M., at the Berkeley Senior Center, Old Grove Street and Hearst Avenue, Berkeley. Stan Valentine will call squares, and Lloyd Day will MC.

The Concord Folk Dancers will have their party Sunday, January 6, 1:00 to 4:00 P.M., with refreshments at 2:30, at the Concord Senior Center, 2727 Parkside Circle, Baldwin Park, Concord. Stan Valentine will call squares, and Jean Williams will MC.

The Merry Mixers of Oakland will start the new year with a class on Wednesday, January 2, 1:30 to 4:00, at the Hillside Presbyterian Church, corner of Hillside and Ritche Avenue, Eastmont District, Oakland. Charles Emerson will teach intermediate and advanced dances.

#### BERKELEY FOLK DANCERS

Live Oak - A Cajun workshop will be held on Wednesday, January 23; a Monte Toyon weekend on February 1-3; and a square dance workshop on Saturday, March 9.

The Inaugural Ball will be held on Saturday, January 19, 7:30 to 11:00 P.M., at the El Cerrito Community Center, 7007 Moeser Lane, El Cerrito. Host: Marianne Durand, 527-6488.

#### REDWOOD COUNCIL

The four clubs through which June Schaal taught before her stroke are developing a memorial scholarship to the U of P Folk Dance Camp. Contributions to the Memorial Fund will be accepted at the Sweetheart Festival. Ideas and donations will be greatly appreciated.



# FACES OF KENYA

by Mary and Bruce Wyckoff

Our trip to Kenya last September was to view the animals. That was fantastic. A bonus was to see the people of Kenya. The people were open, friendly, and eager to talk. They, particularly the young people, are intensely proud of their nation.

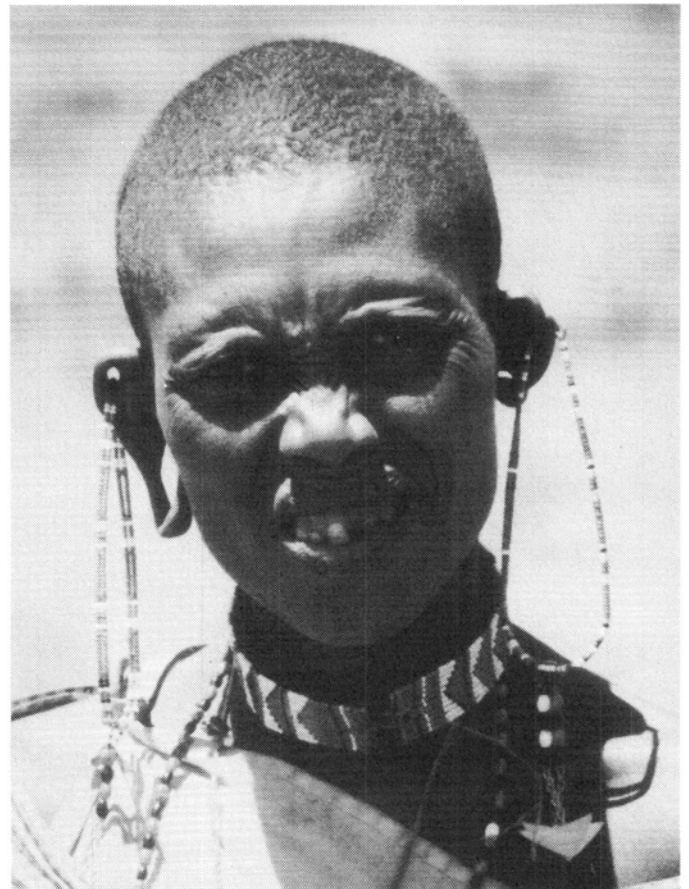
Little is known about the peoples of the interior of Kenya before about 100 years ago. This is ironic, since human history of millions of years ago is known because of the fossil finds in Kenya and adjacent countries. The work of Luis Leakey and his son resulted in the discovery of bones of very early ape-like humans, leading to our present understanding of the origin of the human species.

Tribes have been important in all of Africa, but seem less so in Kenya, because there are so many of them. Authorities differ about the origin of the tribes. Races are all mixed up, and there is little recorded history to aid in sorting them out. Language seems to be a better indication of the origin of tribes than racial characteristics. Most Kenyans, in fact, speak three languages. Swahili (the language of trade), English, and a tribal language. Swahili is a Bantu language modified with Arab influence, resulting from trade along the coast, and even with some English and German words. There is also an East Indian influence. Since English is spoken by almost everyone, Kenya is an easy country for Americans to visit.

The Masai is the best known of the tribes of Kenya. Everyone has seen pictures of tall Masai warriors leaning on their spears or wearing a headdress made from a lion's mane. Formerly, the Masai would prove their manhood by killing a lion. We were told that

they no longer do this because killing wildlife is not now permitted. Perhaps the Masai have caught everyone's imagination since they have most effectively resisted pressures to conform and have kept their own customs. The Masai keep their children at home. All other children appear to be in school. The government seems to leave the Masai alone, even allowing them to run their cattle in game parks, which are in Masai ancestral homelands.

One of the things tourists do is visit a Masai village, so naturally that is what we did. For this you pay a fee. When we arrived at the village, the women were all lined up and singing. One took the lead and would sing, and the rest would answer in unison. There were no musical instruments. One Masai woman is shown in Picture 1. The women's hair is always cut



very short. Teeth are often pulled to enhance beauty. The ear lobes are distended with plugs. Much jewelry is worn, particularly around the neck.

Cattle are fundamental to the Masai. They obtain much of their food from cattle in the form of milk and blood. They rarely kill the cattle since they represent wealth. They also keep goats and donkeys. The Masai village consists of a thorn fence, like a corral, with huts inside. Cattle and other animals are herded inside at night as protection against marauding lions. Openings in the thorn fence are filled with brush at night.

Huts are constructed of sticks and covered with cattle dung, which makes them waterproof. They are so low that we had to crouch when inside. Although they were only about 15 feet in diameter, there were a number of rooms. They were described in this order: a room for calves, one for parents, one for children, and one for other relatives. There is also a central cooking area with a small hole in the roof to let out the smoke. There were also a few small openings in the walls, probably for light and ventilation, which were filled with straw. In spite of the construction, there was not much odor.

At the Masai village, there were few men or children. We did see some old people. The men and

children were probably out herding cattle. There are few fences in Kenya, and animals are always herded, often by children. Another place we saw Masai was at the hotels where they worked as doormen. They were probably hired to provide atmosphere, since they are striking, tall, dressed in red, and often carrying a spear or club. They were friendly, personable, always clean, and eager to tell of the Masai. One is shown in Picture 2. All the Masai men did not



Picture 2

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## Folk Dance Scene

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appear so clean. They decorate their hair and faces with red dirt, probably mixed with grease to make it stick. They have no vehicles, so they often try to hitch rides. Our drivers refused to pick them up because they got the upholstery dirty.

We saw a Masai group dance. They did an elephant dance, a lion dance, and a courtship dance. To us, the steps all looked the same. Typical of African dancing, they used very simple steps such as step, stamp, step, stamp, step, stamp, etc. Dancing was accompanied by singing. There were no instruments. Another step was jumping. Dancers were all men. They took turns jumping, apparently trying to obtain great height.

The Masai have a reputation for being very tall. We did see some taller than Bruce (6 feet), but many were shorter. The outstanding characteristic seemed to be their slenderness.

Another tribe related to the Masai is the Samburu. A Samburu who also worked at a hotel is shown in Picture 3. He was likewise very tall and slender. He was also part of a dance group shown in Picture 4. None of the rest of the troupe was so tall. Another movement used in this dance group was a sort of body roll with a thrusting forward of the upper body, which moved the heavy necklaces worn by the women. The men also did this movement.

The Masai, Samburu, and related tribes such as Turkana and Suk are all herders. They are thought to have migrated down into Kenya and below from Somalia and Ethiopia. Racially they are Nilo-Hamitics, a mixture of Negros and Hamites (Arabs are Hamites). They are dark with kinky hair but have long faces, straight noses,



Picture 3

### DOCEY DOE FOLK DANCERS

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Dave & Virginia Thomson





Picture 4

and lack inverted lips. Interestingly, some consider these people to be one of the lost tribes of Israel. They worship only one god, unusual in this part of Africa. In Ethiopia, there are also black Falasha Jews and black Coptic Christians.

The one who conducted us through the Masai village told us proudly that he had five wives and eighteen children. Polygamy is practiced throughout much of Africa. A man can have as many wives as he can support, but brides are expensive. A "bride-price" of as many as fifty head of cattle is paid by the groom to the father of the bride. The cattle are obtained by the groom from his relatives and friends and are distributed by the father of the bride to his relatives and friends from whom he received his "bride-price." Therefore, this custom is not "buying" a bride; rather it is the merging of two families. This is a good illustration of the value of cattle to the pastoralists. Cattle represent both prestige and wealth.

The above described people are actually a small minority in Kenya. There are many other, larger tribes speaking Bantu languages. Authorities tell us that these people migrated into Kenya from the

Congo. The largest such tribe is the Kikuyu. Jome Kenyatta, the George Washington of Kenya, was a member of this tribe. They are largely agriculturists, but they also own some cattle. A Kikuyu in costume is shown in Picture 5. These people were along the road in costume and allowed us to take their picture for a fee.

Taking pictures of people in Kenya can be difficult. Some think that a picture robs part of their soul. One is not permitted to take



Picture 5

pictures of police or government buildings, probably as a security measure. Other prohibitions seem to be based upon lack of respect. You can't take a picture of the tomb of the past president, for instance.

Continued on next page



# INTERNATIONAL CUISINE

*Vi Dexheimer*

## CZECHOSLOVAKIA

### PRAGUE SALAD

- 1 cup thin strips of pork roast
- 1 cup thin strips of veal roast
- 1 large mild onion, thinly sliced
- 1 cup thinly sliced pickles
- 1 cup thinly sliced sour apple
- Salt and pepper to taste
- 1 Tbls lemon juice
- 1 cup mayonnaise
- Romaine lettuce leaves

In a bowl, mix together all the ingredients except the mayonnaise and the lettuce. Add mayonnaise and toss until all ingredients are coated with the mayonnaise. Refrigerate for 4 hours before serving. Serve on a bed of lettuce leaves. Serves 6

### KACHNÁ S HRAŠKÉM (Duck with Peas)

- 1 4-5 pound duck
- Salt and pepper to taste
- 3 Tbls butter
- 2/3 cup water
- 3 Tbls diced bacon
- 24 pearl onions, or very small whole onions
- 1-1/2 pounds fresh peas, or  
2 10-ounce packages frozen peas

Have the butcher cut the duck into serving pieces. Sprinkle duck with salt and pepper.

In a large skillet, sauté the pieces and cook for 1 hour, or until almost tender, adding water as needed. Add bacon, onions, and peas and cook for 20 minutes, or until vegetables are tender.

Serves 6

### SKOPOVÁ KÝTA NA SMETANĚ (Leg of Lamb with Sour Cream)

- 1 cup diced vegetables (celery, carrot, parsnip)
- 1 large onion, diced
- 1/3 cup butter
- 3 pounds boned leg of lamb
- 2-1/2 cups water

- Salt to taste
- 6 peppercorns
- 1/4 tsp allspice
- 1 bay leaf
- 1/4 tsp thyme
- 1/8 tsp marjoram
- 2 Tbls flour
- 1-1/2 cups sour cream
- Lemon juice to taste

In a large skillet, sauté vegetables and onion in butter. Add meat and brown on all sides. Pour in half the water, add the seasonings, cover, and simmer for 1 hour and 15 minutes. Add the remaining water.

Transfer lamb and vegetables to a baking dish and bake, uncovered, in a 350° oven for 40 to 50 minutes. Remove the meat.

Mix flour with sour cream, add the mixture to the broth in the pan, and simmer for 5 minutes. Strain gravy into a saucepan and add lemon juice. Bring to a boil and serve gravy either poured over the meat or on the side. Serves 6-8

Source: "All Along The Danube"  
By Marina Polvay

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## MASAI Continued

One of the joys of visiting Kenya was seeing the people. Most of them appeared to be busy and well dressed. There were a few homeless, but no more than you would see in an American city. There is a tremendous variety in customs and people. Kenya has adopted a capitalist system, contrary to some countries, so the people seem to be industrious and prosperous. Viewing the people and their customs, including costumes and dance, was most interesting. The people were bright, open, and friendly; altogether a delight to visit.

## References:

History of African Civilization, by E. Jefferson Murphy, 1972, pp 229 and 243.

The Human Factor in Changing Africa, by Melville J. Herskovits, 1962, pp 33 and 62.





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- Jan. 19-20 SS BURLINGAME Recreation Center, 850 Burlingame Ave.: Peninsula Council's Heritage Festival weekend; Warmup Party Fri Jan 18, 1455 Madison, Redwood City  
Sat 1:30 Institute; 6:30 Kolo Hour, 8 PM Festival  
Sun 11:45 Federation Assembly; 1:30 Festival  
Sat & Sun - all in Burlingame.
- Feb. 3 Sun NAPA Sweetheart Festival, First Presbyterian Church gymnasium, 1333 Third St. 1:30 - 5:30 P.M.  
Charlie Emerson, 707-944-2069
- Feb. 22-24 FSS OAKLAND Contra and English Country dancing at Merritt College by Bay Area Country Dance Society.
- Feb. 23 Sat MILL VALLEY. Party at Almonte Hall; 415-388-2170
- Feb 24 Sun OAKLAND. Festival of the Oaks. Edna Brewer School (Old McChesney Jr. High) 3748 -13th Ave.

NOTE: 1991 San Francisco Ethnic Dance Festival auditions will be on Sat's and Sun, Jan. 12, 13, & 26, McKenna Theatre, S.F. State Univ. 10 AM, 1:30 & 4 PM approx.  
(415) 474-3914

## Events South

### JANUARY

- 13 Pasadena Folk Dance Co-op Festival, 1:30-5:30.  
Glendale Civic Auditorium  
1401 N. Verdugo Rd.  
Council Mtg. 11:00.

- Members of AMAN perform:  
23 Culver City Library, 7:30  
24 Culver City Library, 10am  
25 Lancaster Library, 2:30 & 7:30 Info: (213) 629-8387

- 22- Bulgarian workshops  
2/2 with Jaap Leegwater.  
1/22 Cal Tech Dancers,  
Pasadena  
1/23 Kern Dancers,  
Bakersfield

- 1/24 China Lake FD,  
Ridgecrest  
1/25 U. of Riverside  
1/26 Veselo Selo,  
Anaheim  
1/27 Tuscon  
1/28 Conejo Dancers,  
1000 Oaks  
1/29 Tuesday Gypsies,  
West LA  
1/30 Cafe Danssa,  
West LA  
1/31 Cabrillo Dancers,  
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JOSETTA DANCERS - Josetta Dance Studio, 3280 El Camino, Santa Clara. Folk Dancing, Wed, 7:30 P.M.; Latin/Ballroom/Disco Mon. and Fri, 7:30 P.M.; Studio Party, Tues, 8:30 P.M. Josetta.

WESTWOOD CO-OP FOLK DANCERS - meet Thursday nights, 8:00 to 10:45 P.M., Emerson Jr. High School, Selby near Santa Monica Blvd. W.L.A.

## FOLK DANCE RECORD SHOP

ED KREMERS' FOLK SHOWPLACE - Dance, school, and foreign records. Dance books and supplies. Public address systems and cassettes of "unavailable" music. Teacher, Caller, Party Leader. 155 Turk Street, San Francisco, CA 94102, Downstairs, Afternoons, 415-775-3444.

## IRISH DANCE AND MUSIC TOURS

Larry Lynch, author, instructor, and authority on Irish dancing, will be leading a tour June 21 to July 4, 1991 not merely for observers, but principally for active participants. In villages throughout Ireland, the best traditional musicians and dancers will teach us local dances, tell stories and discuss their music and culture with us. In addition to touring some of the more beautiful areas of Ireland during the day, we socialize with local people in the evenings.

For further information about the eighth IRISH DANCE AND MUSIC TOUR since 1981, contact: Larry Lynch, 88 Walter Street, San Francisco CA 94114, 415/863-6424, FAX 415/861-7554.

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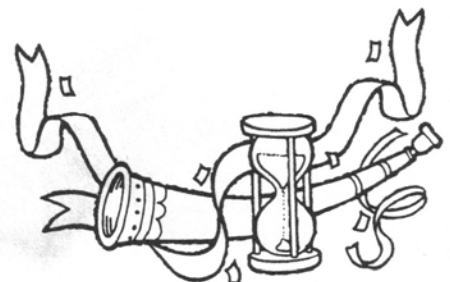
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