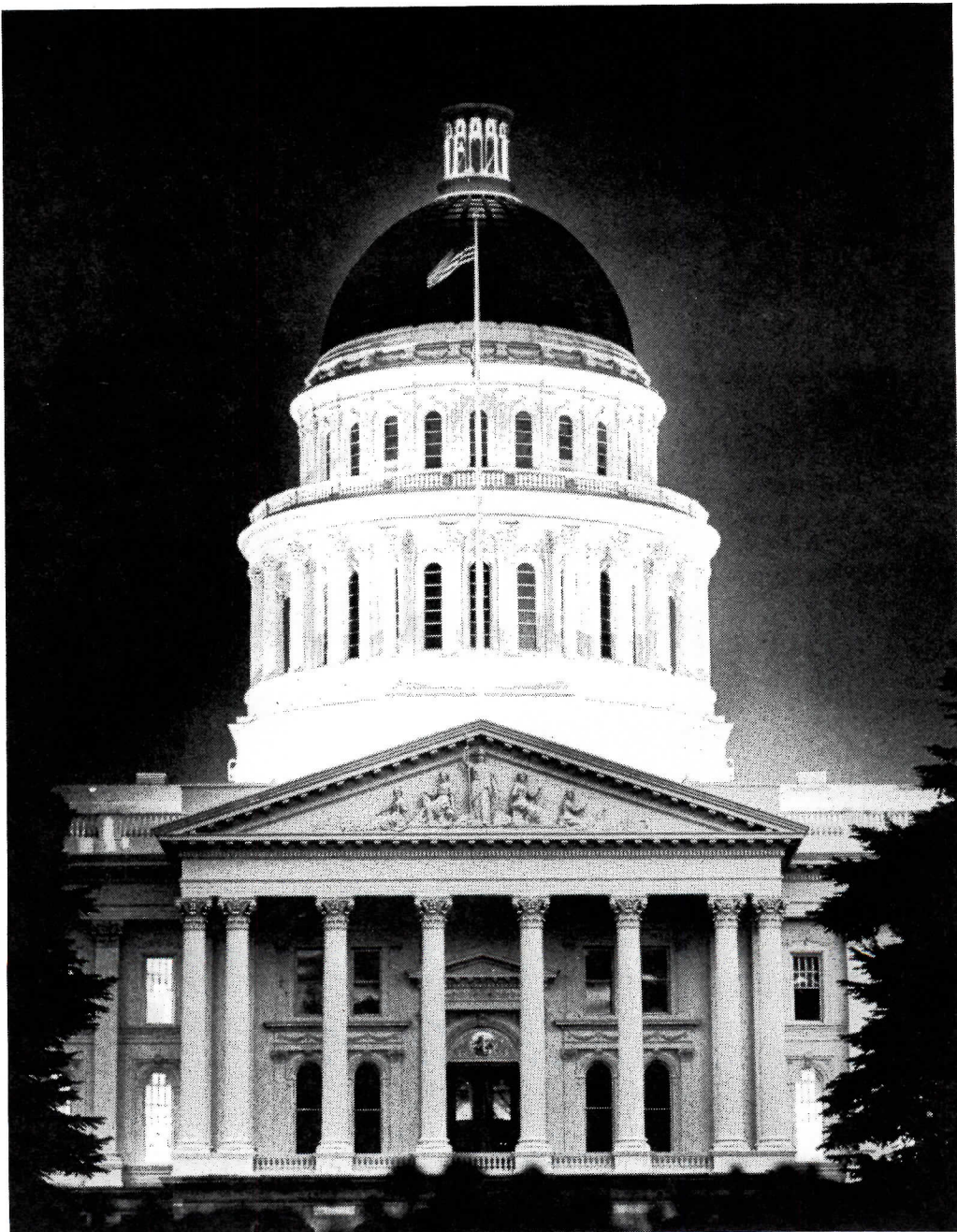


MARCH 1992 • \$1.50

# Let's Dance

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THE MAGAZINE OF INTERNATIONAL FOLK DANCING



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

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Sacramento's  
Camellia Festival



SUBMISSION DEADLINE  
FOR THE APRIL ISSUE:  
Wednesday, FEBRUARY 26

SUBMISSION DEADLINE  
FOR THE MAY/JUNE ISSUE:  
Wednesday, April 1



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## PRESIDENT'S MESSAGE

Festivals are now in full swing. The Festival of the Oaks in February is followed by the Camellia Festival March 27-29. The San Francisco Blossom Festival will be in April. Remember the Federation's Beginners Festival in March. Which brings us to the biggest festival of all...STATEWIDE!

Yes, Statewide. This is our 50th Anniversary!! Plan to attend. Our Chairperson, Millie von Kinsky has put in many hours of planning to bring us a memorable party. Complete your registration form and send it in today. See you there.

Lupie Barton



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MARCH 28 & 29, 1992  
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FOR INFORMATION WRITE TO:  
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P.O. BOX 352  
BENICIA, CA 94510



Theodor Vasilescu at  
1992 Stockton Camp

Theodor Vasilescu, fountainhead of Romanian folklore and dance, has signed on to teach exclusively at the 1992 Stockton Folk Dance Camp.

Mr. Vasilescu is, among other things, Head of the Choreographic Center for the Preservation and Promotion of Folklore, Bucharest, and is President of the National Association of Folklore Choreographers of Romania. He is the principal teacher of folklore and dance at annual courses for professional instructors in Bucharest. In addition, he has taught at numerous folk dance camps, schools, and institutes throughout Europe, and has appeared in Japan and Canada. This will be his first visit to the United States.

The Stockton Folk Dance Camp is scheduled for July 26-August 1, and August 2-8. For more information, contact Bruce Mitchell, Folk Dance Camp, University of the Pacific, Stockton, CA 95211.

# CHERRY BLOSSOM FESTIVAL

Sunday, April 5, 1992

Sonoma Veterans Memorial Bldg.

## - PROGRAM -

- |                            |                              |
|----------------------------|------------------------------|
| 1. Šetnja                  | 31. Alí Paşa                 |
| 2. El Gaucho Tango         | 32. Japanese Soft Shoe       |
| 3. Doudlebska Polka (P)    | 33. Let's Have a Ceilidh     |
| 4. Double Sixsome          | 34. Karamfil                 |
| 5. Caballito Blanco        | 35. Santa Rita               |
| 6. Square                  | 36. Contra                   |
| 7. Svekrvino Oro           | 37. Divčibarsko Kolo         |
| 8. Levi Jackson Rag        | 38. Zillertaler Laendler     |
| 9. St. Gilgen              | 39. La Bastringue (P)        |
| Figurentanz (P)            | 40. Elizabeth Quadrille      |
| 10. Vrapcheto              | 41. Dobbel Reinlender        |
| 11. Corrido                | 42. Grand Square             |
| 12. Square                 | 43. Alunelul                 |
| 13. Tzadik Katamar         | 44. Somewhere My Love        |
| 14. Hambo                  | 45. Totur från Vejle (P)     |
| 15. Tango Poquito (P)      | 46. Dundee Whaler            |
| 16. Black Mountain Reel    | 47. Lights of Vienna         |
| 17. Lepa Anka Kolo Vodi    | 48. Vrtielka                 |
| 18. Contra                 | 49. Baztan Dantza            |
| 19. Orijent                | 50. Alexandrovska            |
| 20. Ada's Kujawiak #1      | 51. Bal in da Straat (P)     |
| 21. Trip to Bavaria        | 52. Sauerlander Quadrille    |
| 22. Tino Mori              | 53. La Cachucha              |
| 23. Maple Leaf Rag         | 54. Louisiana Saturday Night |
| 24. Square                 | 55. Lesnoto                  |
| 25. Dhivaratikos           | 56. Frenchy Brown            |
| 26. La Encantada Tango     | 57. Posties Jig              |
| 27. Swedish-Finn Mixer (P) | 58. Couple Hasapiko          |
| 28. Garry Strathspey       | 59. Knödeldrahner            |
| 29. Dreisteyrer            | 60. Blue Pacific Waltz       |
| 30. Square                 |                              |





• ISRAEL • JAPAN • LATIN AMERICA • MACEDONIA • MEXICO • NORWAY • POLAND •

CANADA • CROATIA • CZECH • DENMARK • ENGLAND • FINLAND • FRANCE • GERMANY • GREECE • HUNGARY • ITALY

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The Folk Dance Federation of California presents its

# SPRING FESTIVAL

with teachers from around the Bay Area.

Bring a friend and  
sample the fun of  
international folk  
dancing.

Saturday  
March 21, 1992  
1 - 5 PM



COUPLE - WALTZ - HAMBO - SCHOTTISCHE - TWO STEP  
SET - NON PARTNER - TANGO - SQUARE - POLKA - LINE

Live Oak Park  
1301 Shattuck  
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\$ 5 at the door

\$ 3 if you preregister by March 10th to:

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# INTRODUCTION TO FOLK DANCING - INSTRUCTION AND PARTY

## SATURDAY, MARCH 21, 1992, 1-5 PM

**Al George, 841-1205**  
Berkeley Folk Dancers

1. TRUGNALA RUMJANA - *BULGARIA*
2. TALGOXEN - *FINLAND*

**Joyce Clyde, 237-1124,**  
Almonte Dancers, Marin

3. ADJON AZ ISTEN - *HUNGARY*
4. LE MAITRE DE MAISON - *FRANCE*
5. SETNJA - *SERBIA*

**Gail Barton, 239-3419,**  
City College of San Francisco

6. WESTERN TRIO MIXER - *USA*
7. TSAMIKOS - *GREECE*
8. ST. GILGEN FIGURENTANZ - *AUSTRIA*

**Nancy McGhee, 528-4410,**  
Family Folk Dancers, Albany Y, Albany

9. ALUNELUL - *ROMANIA*
10. LES SALUTS DU SARATOGA - *FR. CANADA*

- ☆ SCANDINAVIAN POLKA - *SCANDINAVIA*
- ☆ POSTIES'S JIG - *SCOTLAND*
- ☆ JOC DE LEAGANE - *ROMANIA*

**Hal Rohlfing, 843-4956,**  
Solo Sierrans

11. ORO SE VIE - *MACEDONIA*
12. CUMBERLAND SQUARE - *ENGLAND*

**Mel Harte, 848-5289,**  
Friday Night Folk Dancing,  
Albany Y (formally UC Folk Dancers)

13. MAYIM - *ISRAEL*
14. SOMOGYI KARIKAZO - *HUNGARY*
15. SYRTOS - *GREECE*

**Lone Coleman, 527-2491,**  
Berkeley Folk Dancers

16. CUMBERLAND REEL - *SCOTLAND*
17. BANNIELOU (RIDE) - *FRANCE*
18. SWEDISH FINN MIXER - *SWEDEN*

- ☆ CORRIDO - *MEXICO*
- ☆ CIULEANDRA - *ROMANIA*
- ☆ LEVI JACKSON RAG - *ENGLAND*

**Bob Shapiro, 566-9309,**  
Mandala, San Francisco

19. PINOSAVKA - *SERBIA*
20. KARAGOUNA - *GREECE*

**Claire George, 841-1205,**  
Berkeley Folk Dancers

21. NIGUNO SHEL YOSSI - *ISRAEL*
22. COUPLE HASAPIKO - *GREECE*

**Bill Clark, 524-9153**

23. VRAPCHETO - *BULGARIA*
24. SQUARES - *USA*

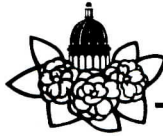
- ☆ LA BASTRINGUE - *FRENCH CANADA*
- ☆ NEVER ON SUNDAY - *GREECE*
- ☆ MAPLE LEAF RAG - *USA*
- ☆ SHIFTIN' BOBBINS - *SCOTLAND*

*To be announced*

25. OPSAJ DIRI - *CROATIA*
26. GEUD MAN OF BALLANGIGH - *ENGLAND*

**Marilyn Sagna,**  
Ohio State University.

27. KOROBUSHKA - *RUSSIA*
28. LES NOTO - *MACEDONIA*



## Camellia Festival

Dear Folk Dancers,

I would like to invite all of you to the Camellia Festival in Sacramento on March 27, 28 & 29th.

We are doing something different this year. Each party will be hosted by a different club.

We are having a warm up party in Nevada City on Friday, at the United Methodist Church with live music played by The Big Foot Family Band from Arcadia. The hosts will be the Grass Valley Dancers. For more info on the Friday party Contact: Nancy Fuji (916) 265-3530 or David Unterman (916) 265-5748.

All of the festivities for Saturday and Sunday will be held at the YWCA, in Sacramento at 17th & L Street. All of the Dance rooms have nice wooden floors.

Saturday afternoon the Sacramento Council will have a Free party geared to brand new dancers. Members of Kolo Koalition and their teacher, Drew Herzig, will do this portion of the festival.

Saturday evening at 7 P.M. we will start off the dancing with an "easy-does-it" Kolo hour in the Lounge room.

At 8 P.M Saturday evening we will have 3 dance programs running at the same time. There will be a Balkan Party with International dancing with Janet Flyr, Walt & Cleo Baldwin, and the "Other Room". The "Other Room" will alternate between English Country Dancing with Marvin Blanchard & Scandinavian Dancing with live Fiddlers. It's 3 parties in one! Come and enjoy.

Sunday, we will have an Institute from 10 A. M. to 1 P.M. (Details are not final yet.)

The Federation meeting will be a Lunch meeting from 1:10 to 2:30 p.m.

The Dancing for the afternoon will start at 2:30 and end at 6 P.M. There will be 2 dance rooms in the afternoon. International dancing in the Auditorium and Balkan dancing in the Lounge Room.

We promise a good program, with something for everyone! Join us at the Camellia Festival. March 27, in Nevada City and March 28 & 29th in Sacramento. For more information call: (916) 456-7128.

Hope you all come!  
Lupie Barton



## **CAMELLIA FESTIVAL SCHEDULE**

### **Friday: March 27, 1992**

**warm-up:** Live Music with the Big Foot Band -- International Dancing  
United Methodist Church  
433 Broad Street  
Nevada City, Ca  
**Hosts:** Nevada City Folk Dancers  
contact: Nancy Fuji (916) 265-3530  
or David Unterman (916) 265-5748

### **Saturday, March 28, 1992 & Sunday, March 29, 1992**

#### **All Dance Events:**

**YWCA**  
**17TH & L Streets,**  
**Sacramento, Ca.**

**Saturday: 1 to 4 P.M. ABSOLUTE Beginner Folk Dance Workshop**  
**Teachers: Drew Herzig, Kolo Koalition**

**Saturday Night: 7 P.M.. Easy does it Kolo Hour**  
**8 P.M. Dancing in 3 rooms. (All wooden Floors)**  
**International Dancing in the Auditorium.**  
**Hosts: Janet Flyr and Members of Camellia Folk Dancers,**  
**Walt & Cleo Baldwin and Members of Pairs & Spares, and Whirl-a-Jigs**

**Balkan Dancing with The Big Foot Band in the Lounge Room**  
**Recorded music during breaks.**

**English Country Dance & Scandinavian Dancing in the Dining Room**  
**Hosts for the English Country Dance: Marvin Blanchard**  
**Hosts for the Scandinavian Dance: Sacramento Scandinavian Dancers.**  
**and Live music for the Scandinavian dancers.**

#### **Sunday**

**9:30 a.m. Registration and warm up**  
**10:00 a.m. to 1:00 p.m. Institute (To be announced)**  
**1:10 to 2:30 Lunch and Federation Meeting**  
**2:30 to 6 p.m. Dancing in two rooms**  
**International Dancing in the Auditorium.**  
**Hosts: Janet Flyr and Members of Camellia Folk Dancers,**  
**Walt & Cleo Baldwin and Members of Pairs & Spares, and Whirl-a-Jigs**  
**Balkan Dancing in the Lounge Room. Recorded music.**

# Folk Dancing for Neuro-Psychiatric Patients

By DAN SOUSA

**F**OLK DANCING for neuro-psychiatric patients was started as an experiment in July, 1951, at the U. S. Naval Hospital, Oakland, California, popularly known as Oak Knoll Hospital. This installation, in addition to its various medical and surgical sections, is one of the two main neuro-psychiatric centers in the U. S. for Naval personnel. Captain John F. McMullin, MC, USN, is chief of the service. Oak Knoll Hospital services the Western U. S. and Pacific areas and contains the main neuro-psychiatric section for this territory. This section is large enough to be recognized as a "hospital within a hospital." It was with these closed ward patients that this experiment in folk dancing was held.

A group of folk dancers, known as the Circles and Squares of Berkeley, who are affiliated with the California Folk Dance Federation, has achieved such remarkable results with patient participation in folk dancing that it has become an important feature of the weekly recreation program.

Originally, the Berkeley Red Cross Chapter, through Mrs. James Moulton, entertainment and instruction chairman, had obtained the services of the Circles and Squares folk dance group to present only exhibition folk dances for the patients on any ward at the Oak Knoll Hospital, as part of the entertainment program. These exhibitions are still maintained by Circles and Squares and other folk dance groups on a once-monthly basis.

During the summer of 1951, Maryles Nahl, Red Cross recreation worker for the closed wards, proposed an experimental folk dance in one of these neuro-psychiatric wards in which the patients would participate. Miss Nahl, in charge of the recreation program for these wards, had observed the reactions of the patients when they listen to folk and square dance records and they indicated a strong desire to dance and participate. The ward medical staff was aware of this need and encouraged such an activity although "special dancing" of the modern type is not allowed on the wards. The Circles and Squares group was asked by Miss Nahl to assist in this experiment with one couple as instructor-demonstrators and the Gray Ladies as dancing partners for the patients.

The first dance was an immediate success. The effect on the patients was dramatic. One patient was a serviceman with a deeply disturbing war experience who had become very withdrawn and indifferent, even towards such basic physical needs as food. He had been uncooperative to ward routine or medical treatment and refused to carry on any conversation.

This very first night with the rhythm of the dance music apparently awakening forgotten memories, he solemnly announced that he could "call" squares. Immediate encouragement by the Gray Ladies and the instructor-demonstrator team got him on his feet and he did call a square. His calls, unintelligible for the first few phrases, soon settled into the smooth flowing patter of an experienced caller.

Finished with his square calling, he proudly stated, "I used to do this every Saturday night down in Arkansas."

From that moment on he took an active part in the evening's program. This participation in dancing was possibly the only thing that could

have brought about such an immediate socializing process. The result was that he maintained this remarkable change in his attitude. The most impressive part of this happening was that the beneficial effects continued for many days afterwards during which time he proceeded to eat regularly and accept medical treatment; all of which did much to put him on the road to recovery.

In many of the other patients, the effects of folk dancing were so impressive that a regular folk dance program was arranged to include several groups.

**M**ISS NAHL asked the Circles and Squares group to assist in the program by furnishing instructors and dance hostesses for three separate groups of patients and the instruction for these three groups was placed under the direction of Jim Somerville, George McLeod and Dan Sousa. The girls from the group, as hostesses, danced with the patients and assisted them in learning the various dances. The patience and understanding of the hostesses has since been recognized as a very important factor in the success of the program. They have been able to adjust themselves to suit the capabilities of the patients and, with the assistance of the Red Cross Gray Ladies, have been very successful in obtaining their cooperation.

Although the folk dancing is entirely voluntary on the part of the patients (and therein lies much of its appeal), some encouragement and coaxing to participate is quite successful. This the Red Cross Gray Ladies are able to do as they have had a more constant association with the patients and the hospital staff. The combined efforts of the Red Cross Gray Ladies and the Circles and Squares dance hostesses tend to dispel the strangeness that otherwise might prevail and makes for an informal and joyous evening.

These folk dance programs usually require about a two-hour period, during which refreshments are served to everyone, thereby suggesting a party atmosphere, and this is further enhanced by the colorful costumes worn by the hostesses.

**T**HE PATIENTS are always extremely reluctant to close the program for the evening and it is occasionally extended to include the encores that are demanded by them. Although the participating patients look forward to the next dance program with a great deal of enthusiasm, it is interesting to note that this feeling is also shared by other patients who are still physically unable to participate. This indicates how the spirit of folk dancing, with its socializing benefits, has been able to penetrate throughout the entire wards to the satisfaction of all their patients.

The physical energy expended by the patients in this wholesome activity has been highly commended by the doctors as an aid to recovery. One doctor asked Miss Nahl, "please do what you can to increase the frequency of this wholesome recreation. Patients prefer it!"

The Circles and Squares of Berkeley have been carrying out this dance program as a major part of their activities. However, in order to expand it on the scale recommended by the medical staff who are in a position to see the results, it will be necessary to obtain the assistance of other folk dance groups, par-

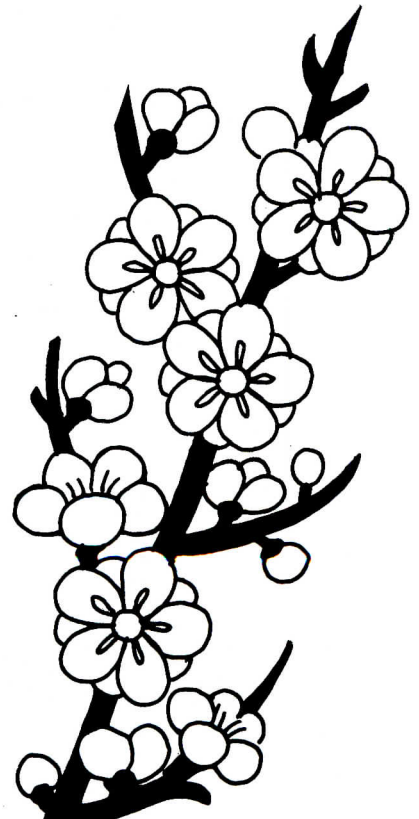
ticularly in obtaining folk dance hostess partners. Folk dance groups who may be interested in becoming a part of this worthwhile program are asked to contact the Circles and Squares of Berkeley in order that this expansion may take place as soon as possible. Your group identity will remain intact and serve to remind these servicemen that they are still a part of community life to which they will, someday, return.

The U. S. Naval Hospital, Oakland, California, and the Red Cross have expressed the hope that the success of this type of folk dancing presentation will merit the inclusion of folk dancing in more hospitals with Neuro-Psychiatric wards throughout the U. S.

In the event this occurs, folk dance organizations, in those areas, may be asked to participate and they can take great pride in the fact that they will be contributing to the happiness and eventual recovery of the Neuro-Psychiatric patient as well as having an invaluable experience in giving.

*ED. NOTE. This interesting article has been cleared through all the necessary "agency permissions" and is presented in hopes of "spreading the work."*

This article first appeared in Let's Dance in NOV 1952. The Berkeley Folk Dancers continue to render this service.





## REGISTRATION FORM

### ADVANCE REGISTRATION DEADLINE - MAY 10, 1992 ADVANCE REGISTRATION REQUIRED FOR INSTALLATION DINNER

Please Use a Separate Form for Each Person - Form May be Photocopied

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

ADVANCE REGISTRATION PACKAGE BY MAY 10, INCLUDES ALL EVENTS \$63.00

	Price By May 10, 1992	Price After May 10, 1992
Friday Pre-party and 50th Anniversary Reception	\$3.00	\$4.00
Saturday Afternoon Institute (Institute Syllabus Included)	\$6.00	\$7.00
Saturday Evening: Costume Parade International Dance Balkan Dance	\$6.00	\$7.00
Saturday After-Party (including live music)	\$5.00	\$6.00
Sunday Afternoon Folk Dance Concert	\$5.00	\$7.00
Installation Dinner Including Sales Tax and Gratuity	\$20.00	\$20.00
Sunday Evening: International Dance Scandinavian Dance	\$5.00	\$6.00
Sunday After Party	\$3.00	\$4.00
Monday: Country Western Dance Institute Barbecue Exhibition and Dance	\$10.00	\$11.00

Make check or money order payable to:

**FOLK DANCE FEDERATION OF CALIFORNIA, INC.**

Mail advance registration before May 10, 1992 to:

**FOLK DANCE FEDERATION OF CALIFORNIA  
1020-B STREET, SUITE 2, HAYWARD, CA 94541**

For further information:

Millie von Konsky, General Chairperson  
11468 Dillon Way  
Dublin, CA 94568  
(510) 828-5976

The City of Dublin has made a contribution to the Folk Dance Federation of California for the printed material and facilities for the Statewide '92 Festival International



# "Festival International" STATEWIDE '92

Dublin, California  
May 22, 23, 24, 25, 1992

## DANCERS 50TH FESTIVITIES

The Folk Dance Federation of California will hold their 47th annual Statewide Folk Dance convention "Festival International", May 22-25 at the Dublin High School Complex, Village Parkway and Brighton Ave., Dublin, California. This convention marks the 50th anniversary of the Folk Dance Federation of California, Inc. (North), and the 10th anniversary of the incorporation of the City of Dublin. Special activities are planned in conjunction with the City of Dublin. Leprechauns and dancers from throughout the United States and Ireland will attend. Festivities will begin at 8 P.M. Friday, 7 P.M. Saturday, 2 P.M. Sunday and at 11 A.M. Monday. Registration will begin at 7 P.M. Friday and at 10 A.M. Saturday at the Dublin High School Complex.

Many folk dancers in colorful nationality costumes will dance to a program of international folk dances from around the world. The public is invited. Spectators will be admitted free to all events except the dance concert and installation banquet.

Friday's activities begin with an opening party and 50th anniversary reception from 8 to 11 P.M. in the Dublin High School Gym hosted by the Berkeley Folk Dancers. The cost is \$3 in advance or \$4 at the door.

Saturday's activities begin with an Institute of dances from Ireland taught by Larry Lynch of San Francisco (with the help of a few leprechauns) and dances from Croatia taught by Billy Burke of Glendale from 1 to 4 P.M. in the Dublin High School Gym. The cost is \$6 in advance and \$7 at the door.

At 7 P.M. a colorful nationality Costume Parade will be held in the Dublin High School Gym, followed by a Grand March led by the first Federation President "Buzz" Glass and other Federation Past Presidents followed by all leprechauns and folk dancers present. Dancing will begin at 8 P.M. A Balkan party will begin at 9 P.M. in the Multipurpose Room. The cost is \$6 in advance and \$7 at the door.

At 11 P.M. an after party with live music will begin in the Gymnastics section of the Gym until 1 A.M. Light refreshments. The cost is \$5 in advance and \$6 at the door.

On Sunday, a Concert of International Folk Dancing will be held from 2 to 4 P.M. at the Dublin High School Theatre. 10 outstanding folk dance exhibition groups will perform. The cost is \$5 in advance and \$7 at the door.

The Golden Anniversary Installation Banquet of Federation officers will be held at the headquarters hotel, Howard Johnson's Hotel, 6680



Regional Street, Dublin, from 5 to 7:30 P.M. Guests of honor will be the first president of the Federation "Buzz" Glass and his wife Frances. Dinner dance music will be available from 5 to 5:30 P.M. Advance reservations are \$20 per person.

At 8 P.M. dancing resumes both in the Dublin High School Gym with international dancing and in the Multipurpose Room with a Scandinavian party. The cost is \$5 in advance and \$6 at the door.

At 11 P.M. an after party will begin in the Gymnastics section of the Gym until 12:30 A.M. Light refreshments. The cost is \$3 in advance and \$4 at the door.

Monday's activities begin with a Country Western dance institute taught by Charlotte Skeeter and Neil Hale of Boots and Buckles from 11 A.M. to 12:30 P.M. At 12:30 P.M. there will be a barbecue followed by a Country Western dance exhibition by Boots and Buckles. Folk dancing follows. Barbecue tickets are \$10 in advance and \$11 at the door.

30 overnight dry Recreational Vehicle parking spaces reserved for this event are available at Howard Johnson's Hotel in Dublin for \$10 per night.

Advance registration closes on May 10, 1992. Registration forms and information on transportation to Howard Johnson's Hotel in Dublin from Oakland (Amtrack) and San Francisco International Airport are available from Genevieve Pereira at the Folk Dance Federation of California, Inc., 1020 "B" Street, Suite 2, Hayward, CA 94541.

Millie von Kinsky, Past President of the Federation, is the general chairperson of this convention "Festival International". For further information, call Millie at 510-828-5976.



This convention "Festival International" is sponsored by the City of Dublin and the Folk Dance Federation of California, Inc.

Michael Norris  
Public Relations

=====

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Saturday & Sunday  
6:00 A.M. - 10:30 P.M.

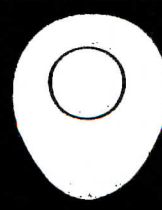
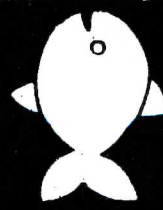
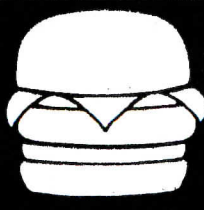
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## Invîrtita

(Romania)

This version of Invîrtita (een-vuhr-TEE-tah) is a social form of Transylvanian dance from the Transylvanian Plateau near Cluj. It was seen at a student festival in the village of Agafton near Botoşani in Moldavia. Although there are differences in style and pattern, nearly all Transylvanian dance is either a form of Invîrtita or a man's solo dance. Transylvanian dances are highly improvised and the patterns presented here are a selection of possibilities which may be done in any order and repeated at will. This dance may be done to other Invîrtita music from this area.

RECORD: Aman 105 Side B/7.

RHYTHM: 7/16 meter, counted here as 1,2,3, (Slow, Quick, Quick).

FORMATION: Partners facing in shoulder-shoulder blade position scattered about the floor. M hands on W back just below shldr blades; W hands on M shldr. Arms are rounded.

STEPS and STYLING: Chorus Step: This turning figure is done in shldr-shldr blade pos offset a little to the R when turning CCW. M R hand may move to W upper L arm or may be free and held down or held up and out to side with elbow bent. Man will normally return his hand to W upper arm or shldr blade area to change direction. When turning CW, reverse pos and hold.

Figs I and II - Basic Step: Ftwk same for M and W. One Basic Step per meas. Step 3 times per meas: R (ct 1); L (ct 2); R (ct 3). Step alternates. Man dance in place during Figs I and II, moving only to accomodate travel by W.

Transition from Chorus to Fig I or II: At the end of the Chorus, M lead ptr to his R side while taking W L hand with his R in "V" pos and opening to a side-by-side pos, both facing the same way. W R hand is down at side while M L hand may be held up or down at side. M may snap fingers at will during the figures.

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MUSIC	7/16 meter	PATTERN
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Measures

INTRODUCTION None.

### CHORUS

- |     |   |
|-----|---|
| 1   | Turn CCW as a cpl, both stepping on R to R side (ct <u>1</u> ); step on L across in front of R (cts 2-3).       |
| 2   | Step on R to R side (ct <u>1</u> ); turning body to L, lower smoothly onto R ft while bending R knee (cts 2-3). |
| 3-4 | Repeat meas 1-2 with opp ftwk and direction.  |
| 5-8 | Repeat meas 1-4.  |

- 9-11 Repeat meas 1 three times.
- 12 Repeat meas 2.
- 13-16 Repeat meas 9-12 with opp ftwk and direction.

I. WOMAN TURNS CCW ONCE AND A HALF

- 1 Dance Basic Step throughout Figure. Both begin with R ft.  
M raise joined hands high and lead W behind his back. W move sdwd, facing back of ptr.
- 2-3 W move CW around to front of M ending with R shldr pointed at ptr chest.
- 4-5 M turn W CCW  $1\frac{1}{2}$  times under joined hands.
- 6-7 W move CCW around M to return to side-by-side pos.
- 8 Dancing in place, M bring joined hands down to and past "V" pos.
- 9-16 Repeat meas 1-8.

II. WOMAN TURNS CCW TWICE

- 1 Dance Basic Step throughout Figure. Both begin with R ft.  
M lead W fwd by swinging joined hands fwd.
- 2-3 M turn W CCW two times under joined hands.
- 4 M lead W back to his R side while bringing joined hands down to and past "V" pos.
- 5-16 Repeat meas 1-4 three times.

DANCE SEQUENCE: As taught at Folk Dance Camp, the sequence was: Chorus, Fig I, Chorus, Fig II and repeat all. Actually, the Chorus and Figures may be danced in any order and repeated at will as the man desires.



# CALENDAR of EVENTS

FOLK DANCE FEDERATION OF CALIFORNIA, INC.  
Ed Kremers, 155 Turk, San Francisco 94102, 415-775-3444

- Mar. 1 Sun SAN FRANCISCO "Poklada Yugoslav" Celebration,  
Slavonic Cultural Center, 415-841-0934.
- Mar. 1 Sun SUNNYVALE Recreation Center, Beginners Festival;  
afternoon; 415-493-5033
- Mar. 5 Wed SAN FRANCISCO Irish dancing (Wed's thru March 25),  
8-9:30 PM; Ft Mason, Bldg C, Rm 260 Laguna & Marina Sts
- Mar. 7 Sat REDWOOD CITY Peninsula Council Party 415-368-7834
- Mar. 13 Fri PETALUMA F.D. Party, Hermann Sons Hall; 707-833-2055
- Mar. 14 Sat SAN JOSE Santa Clara Valley Party; 408-452-1890
- Mar. 15 Sun HAYWARD "Easy Does It" Festival; Hayward Sr. Ctr  
22325 No. 3rd St., Millie von Konsky 510-828-5976 FREE
- Mar. 21 Sat BERKELEY Beginners Folk Dance Party 1-5 PM, Live Oak  
Park gym; also party in evening; 510-841-1205
- Mar. 21 PALO ALTO F.D. Party 415-493-5033
- Mar. 25 Wed SAN FRANCISCO Irish FD party, Ft. Mason; (see Mar 5)
- Mar. 28 Sat Peninsula Festivals in Menlo Park and San Carlos  
415-327-0759 and 415-368-7834
- Mar. 28 & 29 SACRAMENTO Camellia Festival week-end; YWCA, 17th & L  
sts; parties Sat nite and Sun aft; Institute Sunday  
morning 10 AM
- Apr. 4 Sat REDWOOD CITY Palomanians F.D. Party 415-593-0517
- Apr. 5 Sun SONOMA Cherry Blossom Festival 707-546-8877
- Apr. 11 Sat Santa Clara Valley Folk Dance Party 408-452-1890
- Apr. 18 Sat Palomanians Folk Dance Party (see April 4)
- Apr. 25 Sat MILL VALLEY (Almonte Hall) F.D. Party 415-388-2170
- Apr. 26 Sun SAN FRANCISCO Blossom Festival; City College, afternoon
- May 2 Sat Peninsula Council F.D. Party
- May 9 Sat Santa Clara Valley (see April 11)
- May 16 Sat Palo Alto FD (see March 21)
- May 16 Sat Birthday Ball; Galileo Club, Richmond; 510-526-2643
- May 17 Sun SANTA ROSA, Rose Festival 707-546-8877
- May 22-25 DUBLIN Statewide Folk Dance Festival week-end  
If you need literature, phone the Folk Dance Office on  
Wednesdays, 510-581-6000
- May 30 Sat Fifth Saturday Parties: Peninsula  
Fresno  
Greater East Bay
- May 30 & 31 Planina's week-end in the mountains: 415-654-3058  
415-494-1631

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AS SOON AS POSSIBLE



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# Events South

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- |   |   |
|---|---|
| 3/3 Tuesday Gypsies, Culver City  | 15 AMAN Concert at Los Altos Methodist Church, Long Beach. (213) 629-8387.  |
| 3/4 Kern Dancers, Bakersfield   |   |
| 3/5 China Lake Dancers Ridgecrest   | 21 Beginners Festival, 1:30-5:30. El Dorado Park Comm. Ctr. 2800 Studebaker Road, Long Beach; hosted by Narodni. Free. Council mtg at 11. Info: (310) 865-0873. |
| 3/7 AMAN Inst. Inglewood  |   |
| 7 16th Annual AMAN Institute. Mayflower Ballroom, Inglewood. Teaching, dinner, party. 10:00am - 1:30am. (213) 629-8387. | 21 Skandia Workshop and Party. 3-5pm workshop, 7:30-11pm party. Masonic Temple, 9635 Venice Blvd. Culver City Info: (213) 459-5314.                             |
| 7-8 Classes in Medieval dance, arts, music, customs. Society for Creative Anachronism. Info: (818) 358-1905.            |   |
| 14 Folk music concert by No Strings Attached. At private house in Tarzana. Info: (818) 342-7664.                        | 21,28 AMAN Concerts at Rivera Library, Pico Rivera. (213) 629-8387.   |
| 14 Hungarian Tanchaz. Gypsy Camp 3265 Motor Ave. 7:30 Teach, 9 pm Party. Info: (310) 202-9024                           | 31-4/12 Bulgarian and Dutch Workshops given by Jaap Leegwater<br>3/31 Cal Tech Dancers, Pasadena  |

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## CLASSIFIED ADS

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**FOR SALE: CALIFONE SOUND SYSTEMS** - Phil Maron, 4820-A Lawton Avenue, Oakland, CA 94609, 510-654-1124. Folk dance records

**COME DANCE** - with Millie von Kinsky. Sgles, cpls welcome. Day classes in Folk, Line, Square, Round. Mon., 1 P.M., 300 Estudillo, San Leandro. Tues., 1:30 P.M., 22325 N. 3rd, Hayward.

**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.

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### 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.



## MAKING EMPIRE/REGENCY COSTUMES FOR DANCE EVENTS

by Frances Grimble

Most folk dancers are familiar with revivals or survivals of historic ballroom dance: English country dance, Scottish country dance, and the waltz, to name a few. The difference between these and the vintage dance movement now sweeping the country is that interpretations are becoming increasingly detailed and accurate--more "historic"--because more research has been done. There is also a greater emphasis on historic costume for events.

This article introduces the dances, and describes men's and women's costume, of the first two decades of the 19th century. This is often referred to as the Empire period, after the First Empire of France (1804-1814), and has given its name to the high-waisted or dresses then popular. It is also called the Regency period, after the English Regency of the Prince of Wales during George III's mental illness (1811-1820).

### The Dances

During the Regency, most dances were set dances. They included English country dances, quadrilles, and Scottish reels. All three used steps similar to those of Scottish country dance, with a variety of more complex setting steps. The "dance walk" used in today's English country dance wasn't substituted for these until the Victorian period. Although a more intimate individual couple dance, the waltz, was introduced during the Regency, it did not immediately gain widespread social acceptability.

### Women's Ball Costume

Any costume you wear to a Regency ball should be a reproduction. Clothing more than about a hundred years old won't withstand the strain of dancing. However, you can use Edwardian or 1910s drawers, chemises, and lightweight petticoats if they give the dress the correct silhouette.

Before you make a reproduction you need some general information about styles, fabrics, and colors. The women's fashions of the first decade of the 19th century were inspired by classical Greek dress. The silhouette was tubular, with a high waistline and a narrow, clinging skirt, with the fullness concentrated at the center back. The skirt was floor length and often had a train, especially for evening wear. The evening bodice had a low neckline. Sleeves might be short and slightly puffed, or knuckle-length.

The most popular fabric for both day and evening wear was a high-quality white muslin. It was often embroidered in white with a delicate floral, dot, or other pattern. For evening wear the embroidery might be in gold, silver, and colors.

Undergarments consisted of drawers (a knee-length nether garment, often with an open inner seam), a chemise (a fuller ancestor of the

slip), a light petticoat, and a light corset or a bust support built into the dress.

A very popular outer garment and accessory was a rectangular cashmere shawl, with a wide border decoration on the narrow ends. Also popular was the spencer, a high-waisted jacket. The spencer was often made of satin or velvet and, like other accessories, was a means of adding more color to the outfit. Gloves, generally to well above the elbow, and a fan were essential accessories for evening wear. Gloves are useful because they keep the partners' perspiration off each others' clothes, and the fan of course is used for cooling off. Shoes were lace-up slippers similar to ballet slippers--an excellent substitute.

Hairstyles also had a classical inspiration, often with the hair drawn into a bun at the back of the head and a curled fringe in front. For evening wear, the hair was decorated with flowers, combs, and jewels.

In the second decade of the 19th century, the dress waistline remained high, but the sleeves became wider. The skirt was more decorated with ruffles, flowers, and so on, and had a narrow cone shade. Its fullness was still concentrated at the center back. In this decade skirts were ankle length or slightly longer.

Slightly firmer fabrics, such as silks and satins, and a wider range of colors became popular. Ball dresses sometimes had a colored satin underdress and a transparent gauze or net overdress.

Underwear, shoes, gloves, and hairstyles were similar to those of the previous decade. Spencers, shawls, and capes were popular outer wear.

### Men's Evening Dress

During the first two decades of the 19th century, men's evening wear was an unmatched suit consisting of a tail coat, a waistcoat, breeches till about 1810 and pantaloons thereafter.

The tail coat was made of high-quality wool cloth and was supposed to be perfectly fitted and tailored. It was cut square across the waist and the tails hung straight down the back. It could be single- or double-breasted and had a shawl collar or a collar with lapels. It might be cut too small to fasten across the front. A range of dark colors was popular: dark blue, green, brown, wine, or black.

The waistcoat was the most decorative part of the outfit, being in a color that contrasted with the coat and ornamented with a woven or embroidered pattern. It was waist-length, could be single- or double-breasted, and might or might not have a collar and lapels.

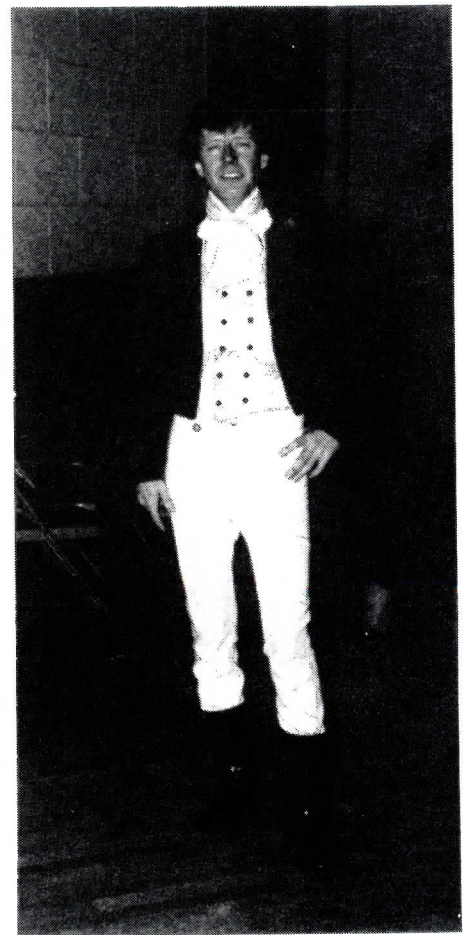
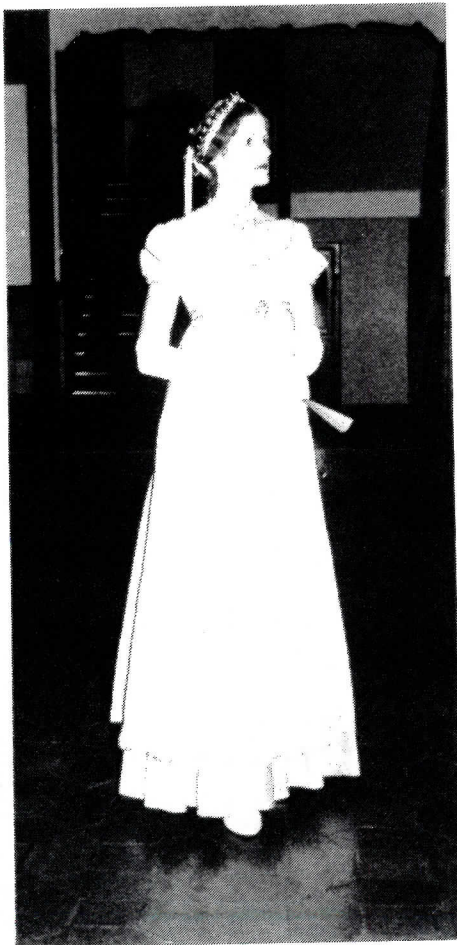
Knee breeches and pantaloons were tight garments that showed off the wearer's legs. Knee breeches came just below the knee and had a flap, or "fall," in front. Pantaloons were calf-length till about 1817, then ankle-length. Because they were so tight, breeches and pantaloons were made of a lighter and more elastic material (such as wool jersey) than the tail coat. For evening wear, they were white.

The shirt was made of fine white linen. It was loose-fitting and often had a double ruffle of linen (not lace) down the center front. The collar, which was attached to the shirt, was deep, starched, and worn turned up, the tips often overlapping the wearer's cheeks. A



very important accessory was the cravat, a triangle of square of fine white linen that was highly starched and tied in a variety of styles.

Additional accessories for evening wear were low slipperlike shoes, gloves, a cane, and a bicorne hat. Hairstyles were longish and had an intentionally windswept, Byronic look. Long sideburns were often worn.



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# COUNCIL·CLIPS

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## GREATER EAST BAY COUNCIL

The Berkeley Senior Citizen Dancers will have their party on Sunday, March 15, 1 to 4 P.M., at the Berkeley Senior Center, Old Grove Street and Hearst Avenue, Berkeley. Stan Valentine will call squares, Lloyd Day will emcee.

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

Merry Mixers - come dance with us, we do intermediate and advanced folk dances at their class on Wednesdays, from 1:30 to 4 P.M., under the direction of their teacher Charles Emerson, at the Hillside Presbyterian Church, corner of Hillside and Ritchie Avenues, Eastmont District, Oakland.

The Berkeley Folk Dancers will have their March Fun Night on Saturday, March 21, from 7:30 to 11 P.M., at Live Oak Park in Berkeley. There will be a \$5 charge for non-members. Beginner dances - 40%, Intermediate - 25%.

## SAN FRANCISCO COUNCIL

WHAT'S HAPPENING AT CHANGS - Classes will be held on March 6 and 13. There will be "wearing of the green" on March 20, when Changs holds its traditional St. Patrick's Irish Party, and also celebrates the first day of spring at the same time. All local folk dancers are invited to join in the festivities. Changs will be closed on March 27. Mark these dates on your calendar now. Changs meets at the Seventh Avenue Presbyterian Church, 1329 7th Avenue.

All of us at Changs extend our deepest sympathy to Stela McCoy on the death of her mother, Mrs. Cariota Alvarado, on January 25, 1992, in San Francisco.

## FRESNO COUNCIL

Masick Charles Magarian, 93-year-old Fresno Folk Dancer, passed away on January 5th. For many years, he was the Treasurer for the Co-op Folk Dancers of Fresno. He is survived by his wife, brother, two daughters, one son, one grandchild, and one great-grandchild. Fresno folk dancers remember celebrating his 90th birthday three years ago. He will be greatly missed.

## SACRAMENTO COUNCIL

This year's Camellia Festival will be held March 28-29. See pages 8 and 9 for details.

The BBKM (Benevolent Brotherhood of Kolo Maniacs) will dance March 21 at YLI Hall, starting at 8 P.M. Barbara Bevan will host easy dances until 9, followed by an easy, moderate, hard format till dancers yell "Whoa!" Call 916-422-5131.

Scandinavian dancing continues on March 22 at the YWCA at 17th and L Streets. Perfecting the Hambo is at the top of the agenda. Contact Lupie Barton at 916-456-7128.





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*Couple ..... Bev Wilder*  
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*2nd Week ..... Armenian*



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