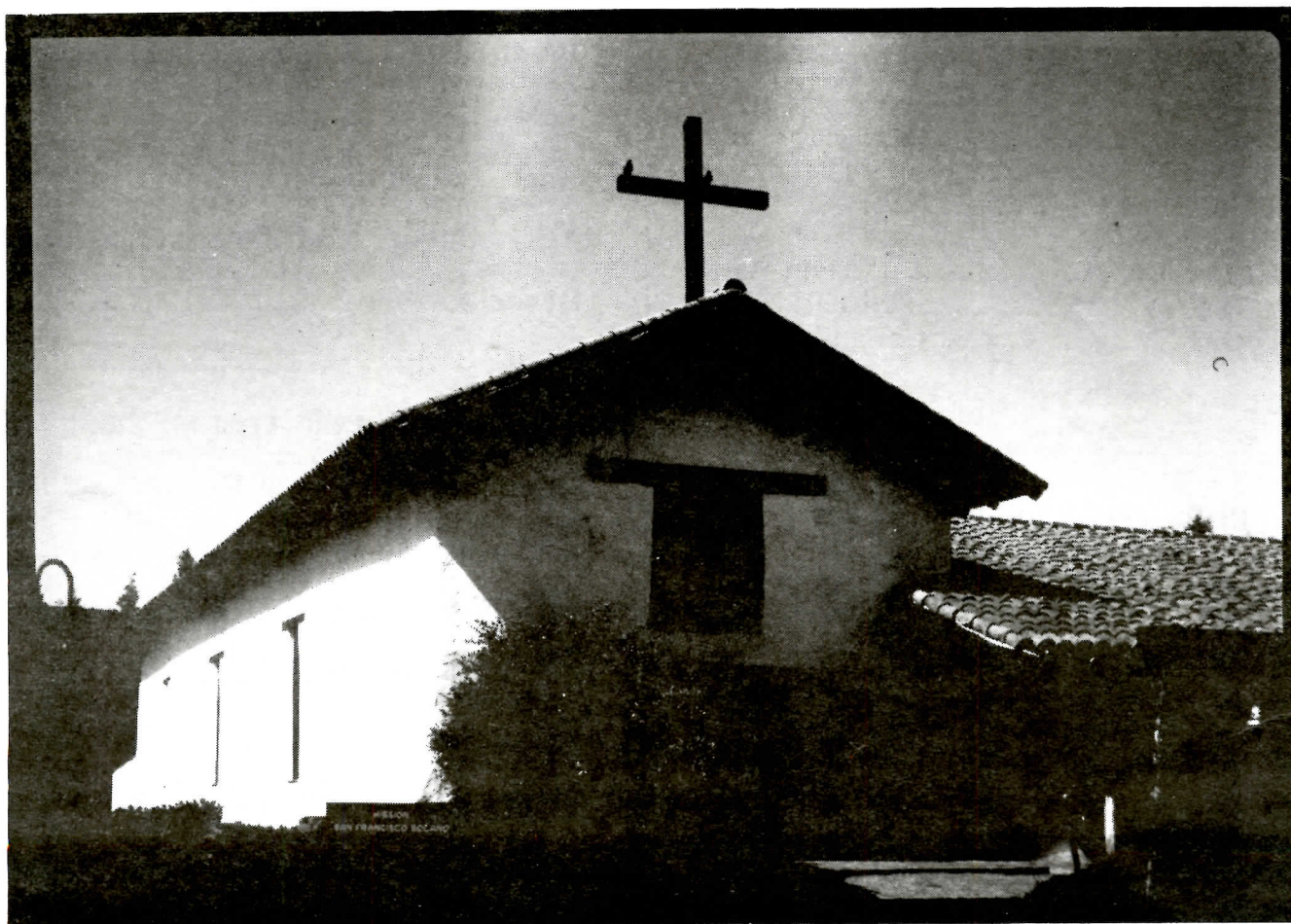


Let's Dance

SEPTEMBER 1995 • \$1.50



THE MAGAZINE OF INTERNATIONAL FOLK DANCING



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

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NEW INFORMATION:

SUBMISSION DEADLINE:
Submission deadline for each issue
is the 25th of 2 months previous
(i.e., March deadline would be
the 25th of January).



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A very few years ago I had no idea that I would be writing this message. However, things change.

I am pleased to be in a position to do what I can to help us make things better for folk dancers. As a part of that, I hope we can convince more people that folk dancing is a worthwhile, healthy activity in which they should participate.

In order to reach these two major objectives we are going to need a lot of help. We already have the help of many dedicated people: the members of the executive board, those people who serve on the various standing and rotating committees, the dancers who work with the councils and the clubs and, of course, the teachers. Many of these dancers have been giving freely of their time for many years. All of these dancers deserve our thanks and our help.

In addition, we need younger people serving in the capacities already mentioned. If you have any ideas, we'd be glad to hear from you. If you'd like to become involved, let us hear from you. In the meantime, we'll be looking for you.

The Federation telephone numbers are listed elsewhere in this magazine and my home number is (415)333-2210. We hope to hear from you.

1995

This is the best
information available
as of 5/30/95.

GREEK FESTIVALS OF NORTHERN CALIFORNIA

Compiled by and Printed by
Ed Hugnot (415) 858-0495

1995

Events subject to change.
Call to confirm details.

9/1	Fri	12pm - 12pm	Annunciation 3022 F Street Sacramento, CA 95816-3895 (916) 443-2033	❖ Sacramento Community Center ❖ I-80 to 10th Street Exit ❖ 14th & J streets, downtown	❖ Dancing indoors on polished concrete ❖ Band: TBD ❖ Parking structure nearby, or park on street
9/2	Sat	11am - 12pm			
9/3	Sun	11am - 12pm			
9/1	Fri	6pm - 11pm	St. Basil 6430 Bose Lane San Jose, CA 95120 (408) 268-3214	❖ On the church grounds ❖ Hwy 17 to Camden Ave. Exit ❖ Off Camden at Almaden Expressway	❖ Dancing outdoors on uncovered asphalt ❖ Band: TBD ❖ Park on street
9/2	Sat	9am - 10pm			
9/3	Sun	11am - 6pm			
9/2	Sat	12pm - 10pm	Holy Cross 900 Alameda de las Pulgas Belmont, CA 94002 (415) 591-4447	❖ On the church grounds ❖ US-101 to Ralston Ave. Exit, West to Alameda ❖ Past Notre Dame, next to Safeway Market ❖ Also, I-280 to Hwy-92E, to Ralston, E to Alameda	❖ Outdoors ❖ Dancing on blacktop, uncovered area ❖ Band: TBD ❖ Free parking at church across Ralston Ave.
9/3	Sun	12pm - 10pm			
9/4	Mon	12pm - 10pm			
9/2	Sat	11am - 7pm	St. John the Baptist 326 Park Street Salinas, CA 93901 (408) 424-4434	❖ In Monterey ❖ At Fisherman's Wharf ❖ Custom House Plaza	❖ Dancing outdoors on uncovered concrete, ❖ Band: TBD, call church ❖ Public parking lot, pay daily rate
9/3	Sun	11am - 7pm			
9/4	Mon	11am - 4pm			
9/8	Fri		Napa Valley Expo 575 Third St. Napa, CA 94559 (707) 253-4900	❖ ❖ ❖ ❖	❖ call Nick Petas ❖ (707)255-4554 ❖
9/9	Sat				
9/10	Sun				

Read the DANCE LINE
monthly calendar of ethnic dancing, festivals, music and multicultural events

Fiesta de Sonoma

Valley of the Moon Folk Dance Festival

Sunday, September 10, 1995

Veterans Memorial Building
126 1st Street West, Sonoma

WELCOME - Come and enjoy an afternoon of Folk Dancing with us. It's time again for the Fiesta de Sonoma, on Sunday, September 10, 1995. There will be a Council President's Meeting at 11:00 a.m., followed by an Assembly Meeting at 11:45, and General Folk Dancing from 1:30 to 5:30 p.m. All events will take place at the Veterans Memorial Building, 126 First St. West, Sonoma. Donation is \$4.00. A light lunch is available for club delegates. This is a beautiful time of year in Sonoma County, so you ought to come and check it out. See you all there!

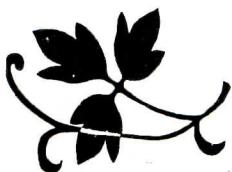
11:00 a.m. - Council President's Meeting

11:45 a.m. - Assembly Meeting

1:30 p.m. - General Folk Dancing

Sponsored by the Folk Dance Federation of California
Presented by the Redwood Council of Folk Dance Clubs

Donation - \$4.00



Fiesta de Sonoma

Folk Dance Program – 1:30 p.m.

- | | |
|---------------------------------|---------------------------|
| 1. Tzadik Katamar | 27. Dundee Whaler |
| 2. Corrido | 28. Baztan Dantza |
| 3. Bal in da Straat (P) | 29. Zillertaler Ländler |
| 4. Alexandrovskia | 30. Square |
| 5. Caballito Blanco | |
| 6. Square | 31. Macedonka Kolo |
| | 32. Vrtielka |
| 7. Rumelaj | 33. Totur fra Vejle (P) |
| 8. Double Sixsome | 34. Dreisteyrer |
| 9. Bluebell Waltz (P) | 35. Let's Have a Ceilidh |
| 10. Japanese Soft Shoe | 36. Contra |
| 11. Bohemian National Polka | |
| 12. Contra | 37. Karamfil |
| | 38. Ada's Kujawiak #1 |
| 13. Erev Ba II | 39. Sauerlander Quadrille |
| 14. Hambo | 40. Alunelul |
| 15. Tango Poquito (P) | 41. St. Bernard Waltz |
| 16. Polharrow Burn | 42. Windmill Quadrille |
| 17. La Cachucha | |
| 18. Square | 43. Kvar Acharay Chatzot |
| | 44. Postie's Jig |
| 19. Belasičko | 45. La Bastringue (P) |
| 20. Elizabeth Quadrille | 46. Ranchera |
| 21. Skt. Gilgen Figurentanz (P) | 47. Salty Dog Rag |
| 22. La Encantada Tango | 48. Somewhere My Love |
| 23. Frenchy Brown | |
| 24. Contra | 49. Tino Mori |
| | 50. Milondita Tango |
| EXHIBITIONS - 3:00 pm. | 51. Trip To Bavaria |
| | 52. Lesnoto |
| 25. Bapardess | 53. Couple Hasapiko |
| 26. Maple Leaf Rag | 54. Blue Pacific Waltz |

President's Ball 1995 _____ *not that far away!*

If you've been remembering the Presidents' International Ball of two years ago and wishing the event could be repeated, take heart. In response to very favorable reports of most pleasant evenings of dancing and fellowship, plans are afoot for another such event on December 30, 1995.

Participants entering the auditorium, which was softly lighted, presented a nice approach and was indicative of a special evening. Then, being seated at small tables complete with tablecloth and candle light added to the festive mood. Hearing one of your favorite waltz tunes made your toes impatient and many availed themselves of some free style waltzing before the floor became crowded.

Another special party touch was being enthusiastically welcomed as you entered and being invited to join old friends or make new ones.

Special efforts are being made to offer a program varied enough to please everyone. The committee keeps in mind the fact that since formal or semi-formal dress is encouraged, what could be more appropriate than swaying with the rhythm of a melodic waltz in a long flowing gown? If you ladies have in the past purchased a dressy fashion that you rarely wear but often gaze at longingly, now is the time to bring it out and dazzle the multitude.

The most appropriate costume, of course, is an authentic folk dance costume. So many European and other countries feature a costume worn at State functions. Let us enjoy it with you as you join us Dec. 30, 1995.

Different countries have been featured in our theme of refreshments and are planned to emphasize these unusual treats.

Your response following previous balls has been very encouraging and it would be a real pleasure to have you back again. If you feel this way, surprise us and volunteer to serve with us on the Committee. We want this to become a periodic affair and we keep needing to add new help and new ideas.

For more information contact: Elmer & Milli Riba 209-296-4970; Frank & Elsa Bacher 707-546-8877; Page Masson 707-833-4181; or Teddy & Al Wolterbeek 916-677-1134.

GOLDEN GATE GALOP



We're rushin' to the Russian!

San Francisco's Russian Center, that is.
Newly renovated hall, Two excellent dance floors,
Lots of lively music, Spectacular concert,
Great dancing, Friends from around the state,
Convenient parking--in a beautiful city.

Save the dates: May 24, 25, 26, 1996

CALENDAR *of* EVENTS

Ed Kremers, 155 Turk Street, San Francisco, CA 94102, 415-775-3444

Sept 1	MARTINEZ	Final Friday eve Down on the Farm
Fri		Barbeque & dancing 510-228-8598
Sept 2	FRESNO	Call Peterson 209-225-5010
Sat		
Sept 2-3-4	SANTA BARBARA	Dance Symposium, UCSB
Sept 4	MARTINEZ	"Down on the Farm" picnic and dancing
Mon		Horn 510-228-8598 Labor Day
Sept 7	SAN FRANCISCO	Scottish open house at Noe Valley
Thurs		Ministry.
Sept 7	Berkeley	Open night for beginners at Live Oak
Thurs		Park, Shattuck & Perryman. 7:45 PM
		FREE 510-528-9168
Sept 9	MILL VALLEY	Scandia Party, Sweger, 415-388-6790
Sat		Park School
Sept 9	PETALUMA	Petaluma Folk Dancers party, Hermann
Sat		Sons Hall, Bacher 707-546-8877
Sept 10	SONOMA	FIESTA DE SONOMA. See details on
Sun		other pages of Let's Dance
Sept 14	BERKELEY	Berkeley Folk Dancers Beginners class
Thurs		Live Oak Park, 510-528-9168
Sept 15	SAN FRANCISCO	Changs Party. See Council Clips for
Sat		plans.
Sept 16	BERKELEY	Berkeley Fun Night 510-526-2643
Sat		Live Oak Park
Sept 16	SACRAMENTO	BBKM Balkan Party. 27th & N Sts
Sat		Bevan 916-923-1555
Sept 16	SACRAMENTO	Pairs & Spares, Babcock School
Sat		contact Mitchell 916-392-7357
Sept 16	SAN CARLOS	Peninsula FD Party. United Com Church
Sat		Elm at Arroyo St 408-252-8106
Sept 16	SUNNYVALE	Scandinavian Party, Kirton
Sat		415-323-2226
Sept 16	SANTA ROSA	Santa Rosa Folk Dancers, Piner School
Sat		Bacher 707-546-8877
Sept 23	MENLO PARK	Menlo Park Rec. Ctr. 700 Alma at
Sat		Mielke, Vinokus 415-327-0759
Sept 23	SAN CARLOS	Docey Doe FD, United Community Church
Sat		Elm at Arroyo, 415-368-7834
Sept 30	FIFTH SATURDAY	Redwood City FD, Wyckoff, 415-368-7834
Sat	Parties - Call	Fresno Council Party 209-255-1786
		Greater East Bay, Horn 510-228-8598
Oct 16-21		INTERNATIONAL FOLK DANCE WEEK
Oct 21&22	FRESNO	FRESNO AUTUMN HARVEST FESTIVAL
Sat & Sun		California State University
Nov 23-25	SAN FRANCISCO	KOLO FESTIVAL, Russian Center
Thurs, Fri, Sat		FFI call 510-652-7859
Dec 3	SONOMA	TREASURER'S BALL
Sun		Park. Emerson (707) 258-0519
Dec 30	SONOMA	GRAND BALL
Sat		
Dec 31		New Year's Party ??
Sun		Please contact Ed Kremers

COUNCIL CLIPS

GEBFDC

Berkeley Folk Dancers are hosting an Open-Night-for Beginners-in-Folk-Dancing Party on Thursday, Sept. 7 at Live Oak Park Gym, Shattuck at Berryman, Berkeley at 7:45-9:45 P.M..

Beginners classes start on Thurs., Sept. 14. \$20 for 8 weeks. Louise and Bill Lidicker 510-528-9168.

Other Berkeley Folk Dancers classes: Intermediate-Tuesdays, Advanced intermediate-Mondays, Advanced-Wednesdays. Fridays are Request Nights.

GEBFDC

On May 17 we lost a devoted contributor to Let's Dance-- NEIL WILLIAMS.

On Monday, Sept. 4 there will be a picnic and dancing on the Farm. 10:00 AM till dark. Coffee and cinnamon buns from 10:00 AM. Max Horn 228-8598

Sacramento

Pairs and Spares will continue to meet at the Babcock School in Sacramento. Contact: Greg Mitchell (916) 392-7357. Greg is the new President of the Sacramento International Folk Dance and Arts Council.

San Francisco Council

Changs International Folk Dancers

Something special is brewing for party night at Changs in September, under Stela McCoy's direction. Plans are being made around a Spanish/Hispanic theme with an exhibition group performing. During the summer, we will be reviewing some of the dances fitting this theme so that we will be prepared to participate fully on that occasion. What a perfect opportunity to wear your Spanish Central-South American costumes. Buffet treats of that cultural background would also add to the evening's fun. Lets make it a gala Autumn special.

ARGENTINE TANGO

Alberto Toledano and Loreen Arbus

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Cate Caplin, L.A. Theatres (5/95)

"Tango Masters Mesmerize, Eroticize at Luna Park"
Frank Sanello, West Hollywood Weekly(3/95)

"The Year of the Tango..."
Ritmo Tango cited as "Best of 1994"
Lewis Segal, Los Angeles Times (12/94)



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CLASSIFIED ADS

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.

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

DAY CLASSES - With Millie von Kinsky, Line-Country Western, 510-828-5976. Tuesdays, 1:30, 22325 N. 3rd Street, Hayward, \$25/10 weeks. Wednesdays, 11:30, 7437 Larkdale, Adult Education, Dublin, free. Thursdays, 10:00, 400 Hartz Avenue, Danville, \$2/session for drop-ins, \$16/full 10 sessions. Fridays, 2:00, 1375 Civic Drive, Civic Park Community Center, Walnut Creek, \$23/6 sessions. Performance rehearsals: The von Kinsky Dancers, Austrian/Bavarian, 8:00 p.m., Davis & Clark Streets, San Leandro.

WESTWOOD CO-OP FOLK DANCERS - meet Thursday nights, 8:00 to 10:45 p.m., Emerson Jr. High School, Selby near Santa Monica Bl., W.L.A. 310-839-6719 or 310-478-6600.

SEEKING TO EXPAND - Professional, touring, LA based Argentine Tango Dance Company with extensive media coverage. Need men and/or couples in 20s or 30s, 5 months training commitment. One to two classes/week, reduced rates. Call Alberto at 818-506-0780.

Calendar of Events South

- 9/1-4 20th Anniversary Santa Barbara Folk Dance Symposium, Tom Bozigian, Zeliko Jergan, Nina Kavardjikova, Jaap Leegwater. Live music, UCSB, Info: 310-941-0845.
- 9/2 Hungarian Tanchaz at Gypsy Camp, 3265 Motor Avenue, LA, Teaching 7:30-9:00. Info: 310-202-9024.
- 9/10 Oktoberfest at Alpine Village, Torrance, performance by Dunaj, 3:00 & 5:00. Info: 714-641-7450.

Welcome To The
FIESTA DE SONOMA

Wes Takara



Atzay Hatsaftsafot

(Israel)

Atzay Hatsaftsafot (aht-ZAY haht-SAHF-tsay-foht) can be translated as "The Poplar Trees" or, more briefly, as "The Poplars."

Ya'acov (better known as Yankele) Levi, an Israeli choreographer, is the creator of this dance. The song to which the music is danced is titled "Zer Shel Narkissim," composed by Tahar Lev. On the record noted below, it is sung by Ron Eliran. Stan Isaacs learned the dance while in Israel and introduced it to folk dance groups in San Luis Obispo in the middle 1970's.

- Record: Hed-arzi MN-544 4/4 meter
- Formation: Couples in a circle, facing CCW in Open Ballroom position: man on inside, arm around woman's waist, woman's left hand on man's right shoulder. M L, W R arms rest easily at the side.
- Steps: Pivot: A turn on the ball of one foot.
Rock: A step or weight shift onto indicated foot, leaving the other foot in place.
Closed Ballroom position: Partners facing, M R hand at center of W back above waist; his R elbow bent and held out. W L hand on M R shoulder. M holds W R hand in his L hand at about shoulder level, elbows slightly bent.
- Styling: Although Atzay Hatsaftsafot shows the influence of Northern European dance, especially in the pivot step, the dance is done in the Israeli style, very broadly and freely.

Measures	4/4 meter	PATTERN
4 meas	<u>INTRODUCTION</u> No action. Begin with vocal.	
	I. <u>WALK, PIVOT; WALK, ROCK</u>	
1	Walk fwd 4 steps in LOD, beg M L, W R.	
2	In Closed Ballroom pos, dance 4 Pivot steps, turning twice CW while moving fwd in LOD.	
3	Repeat meas 1.	
4	Rock fwd in LOD on M L, W R, then back on other foot.	
5-8	Repeat meas 1-4.	

II. TURN AWAY, CLAP; TURN TWICE IN RLOD

- 1 Beg M L, W R turn away from ptr with a three-step turn, M CCW twd ctr of circle, W CW away from ctr (cts 1-3); hold while clapping hands once (ct 4).
- 2 Repeat cts 1-3 of meas 1 using opp ftwk to move back to place in circle (cts 1-3); hold, end facing ptr (ct 4).
- 3 Step in LOD, M L, W R, bending knee and bringing both arms twd LOD, about chest level in anticipation of next step (ct 1); turn in RLOD with a three-step turn, beg with a leap onto M R to start CW turn, and onto W L to start CCW turn, ending facing ptr (cts 2-4).
- 4 Repeat meas 3, but end facing in LOD in Open Ballroom pos.

III. WALK, PIVOT; WALK, ROCK

- 1-4 Repeat Fig I, meas 1-4.

IV. TURN AWAY, CLAP; TURN FOUR TIMES IN RLOD

- 1-4 Repeat Fig II, meas 1-4, but end facing ptr.
- 5-6 Repeat Fig II, meas 3-4, to end facing in LOD in Open Ballroom pos.

SEQUENCE: Dance Figures I through IV three times in all. Last time—end facing ptr.
Dance Fig II, meas 3-4 twice.

Devochka Nadya

(Russia)

Devochka Nadya (DYEH-vohch-kah NAH-dyah) is an example of a typical city dance of the first half of the 20th century. The title translates as "A Girl Named Nadya." The dance is known in many parts of Central Russia. The melody is familiar to many American folk dancers. Olga Zolotova introduced the dance at the winter Dance Camp in Moscow in 1991. Henny Konings taught it at the 1994 University of the Pacific Folk Dance Camp at Stockton, CA.

Cassette: Russian Dances Stockton 1994 Side A/6. 4/4 meter

Formation: Couples in a circle facing LOD (CCW), W to R of ptr. Inside hands joined; outside hands free at sides.

Footwork is given for M; W use opp ftwk.

Measures	4/4 meter	PATTERN
----------	-----------	---------

4 meas INTRODUCTION No action.

I. WALK, BALANCE, TURN ALONE

- 1 Beg L, walk 3 steps fwd in LOD, turning back to back with ptr (cts 1,2,3); stamp R ft near L (no wt) (ct 4). Joined hands swing fwd at chest level as the free hand (ML, WR) moves at about chest level in an arc fwd and out to the side of the body.
- 2 Still moving in LOD, repeat meas 1 with opp ftwk and retracing hand movements. End facing ptr (M back to ctr) with both hands joined (R with L) and arms held out to sides at chest level.
- 3 Balance with ptr: Small leap sdwd in LOD onto L, tilting upper body sdwd in RLOD and raising joined fwd hands (ML,WR)(ct 1); step on R ft beside L (ct &); step on R in place (ct 2); repeat cts 1,&,2 sdwd in RLOD with opp ftwk and tilting body sdwd in LOD (cts 3,&,4).
- 4 Releasing hands, circle once CCW (W CW) with 4 steps beg L. Hands are free at sides. At end rejoin inside hands and face LOD.
- 5-8 Repeat meas 1-4. End facing LOD with inside hands joined at about chest level. M place L hand at small of back, palm out; W hold R arm a little out to side with elbow bent, hand bent back at wrist.

II. WALK IN LOD, TURN WITH PARTNER

- 1 Beg L, walk 3 steps fwd in LOD (cts 1,2,3); bending R knee, tap R toe on the floor in back (ct &); hop on L, lifting the R heel up (ct 4). Glance over R shldr at tapping ft.
- 2 Continuing in LOD, repeat meas 1 with opp ftwk. The glance at the tapping ft may be omitted.

3-4 Join R elbows with ptr and then extend R arm behind ptr to place back of hand on the small of ptr back. Hold L arm a little out to side with elbow bent, hand bent back at wrist. Beg L, turn once CW with 6 steps. Release elbows and with 2 more steps M dance in place facing LOD as W turns CW to face LOD.

5-8 Repeat meas 1-4.

SEQUENCE: Dance pattern as written until music ends. As dance progresses, the music becomes faster so the steps need to be adjusted.



WE'D LIKE TO SEE YOU AT

The Fiesta de Sonoma

SEPTEMBER 10TH

**Frank & Elsa Bacher
Charlie & Page Masson**



**WELCOME
FOLKDANCING
FRIENDS**

**to the
Fiesta de Sonoma**

**The Redwood
Council of
Folkdance Clubs**

KOLO FESTIVAL

The 44th Annual Kolo Festival will be held in San Francisco again this year. This wonderful event features teachers Dick Crum (Balkan kolos), Nina Kavardjikova (Bulgarian folkdance), Mihai David (Romanian folkdance), Ventsi Sotirov (Pirin folkdance) and Tatiana (Bulgarian singing).

Besides Balkan dance and singing classes, there will be parties with live music from several folkdance bands (last year there were more than ten bands) on Friday and Saturday evenings with a very special dance and music concert preceding the party on Saturday night. Thursday evening there will be an informal potluck with dancing to tapes and a chance to re-connect with old friends, fellow folk dancers, and possibly chat with former Kolo Festival teachers who are invited as guests. This is a great way to wind down after a big Thanksgiving meal and at the same time warm up for the two days to come.

The Kolo Festival offers something for everybody. There will be classes for beginning folkdancers and for families with children. Special demonstrations/discussions will be held on promoting folk dancers and for families with children. Special demonstrations/discussions will be held on promoting folkdance in the schools, promoting your folkdance group, costuming workshop, and exercises for preventing dance injuries. One example of this hugely successful celebration from last year was Bobi Ashley, who brought her inspirational students from San Jose to show us all what young people can learn in a short time.

Of course, throughout the day and evening, vendors at the Kolo Festival offer ethnic foods, costumes, folkcraft, instruments and music for sale.

Wearing costumes of any nationality is encouraged.

This celebration of folkdance and music will be held at the San Francisco Russian Center, 2450 Sutter Street., November 23-25 (Thanksgiving evening through Saturday night). There is secured parking right across the street.

For those who pre-register, the full weekend package costs \$55, \$65 at the door. The Saturday evening concert and party is \$18 in advance, \$20 at the door. There are also separate prices for each event. The syllabus is \$5.

For more information, pre-registration, scholarships, or to help out, contact: Joanne Splivalo (510) 652-7859 or PO Box 20181, Piedmont, CA 94620.

Hope to see you there!

Caroline Kingsley (510) 526-2643

New Teacher in the Area

My name is Erik Bendix. I am an international folkdance teacher, just recently moved back to my home state of California after living in Europe and the East Coast for 26 years. I started folkdancing as a boy, and have been teaching folkdance since 1972. I helped start a now thriving international folkdance movement in Switzerland; I return every few years to teach there, as well as in major cities like London and Paris. I have also been a pivotal folkdance leader in the American Southeast, where I also perform as a member of the Green Grass Cloggers (the original precision clogging team from Appalachia). As far as I know, I'm unknown in California as a dance teacher.

Please take a moment to scan the list of dances I'm teaching these days. If any of it appeals to your dance group's needs, I would love to come teach, or choreograph for your performing group. I usually provide cassettes and my own dance descriptions.

A little explanation might help to make sense of my repertoire list. Many dances are ones I've picked up on the folkdance circuit in Europe, or by going to their sources. Much of my current Bulgarian repertoire comes from Ivan and Mitko Donkov in Veliko Tarnovo, a few I owe to Genio Geniev or Yves Moreau. My Albanian dances are either from Lisette Langeveldt (a researcher in Holland) or Steve Kotansky. My Klezmer (Yiddish dance) repertoire is from several recent years of working with Michael Alpert, and is complemented by a set of 19th century ballroom dances that also made their way into Yiddish culture - the Korobushka is an old one from mid-century, not the one you probably know! The Ukrainian dances (learned from Fr. Bohdan Hladio) and some of the Romanian ones also form part of the cultural context for Yiddish dancing. My Macedonian repertoire is from many many years of learning from Pece Atanasovski, as well as from Mile Kolarov, now no longer alive. The Swiss dances are from having lived in Switzerland. Etc., etc. . . . I list all my sources in my written dance descriptions, and am happy to share whatever I know. I often work with children. In recent years I have led Dances for Peace: evenings of dances from both sides of current ethnic conflicts, often as fundraisers for peace efforts.

I'm eager to get to know people out here. Let's meet and dance together.

Erik Bendix
folkdance teacher
3 Orchard Lane
Berkeley, CA 94704
tel. (510) 841-6621

from ALBANIA:

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Resheto BI-L

CODE: B...beginning L...line or circle
I...intermediate C...couple
A...advanced M...mixer
P...performance S...solo

Dancing for the JOY of It!

Looking down anxiously at your own feet, you can't help noticing the other dancers' shoes.

You see all kinds: Sturdy sneakers, Flimsy fabric Mary Janes, Cowboy boots, Birkenstocks, Wingtips with white socks. Even the occasional Opanci--soft, woven leather, Yugoslavian shoes considered ideal for folkdancing.

But my eyes were usually on a sure-footed pair of plaid Keds. They were worn by Mary Krenk, who, with her husband, Marv, leads the Wednesday night sessions of the Eugene Folk Dancers at Spencer Butte Middle School.

I was there for a crash refresher course before this weekend's Scandinavian Festival in my hometown. Like so many Junction City kids, I grew up dancing, graduating from the elementary "Clap, Clap, Bow" to the treacherous Kanafaska, a fast-paced Czech dance full of much swinging, lifting and near-missing.

But many of us moved away, settling in places or lifestyles where regular folkdancing was no longer an option. It became, at best, an annual nostalgia trip. Some of us timed our Junction City visits to coincide with the festival, so as to get our yearly "fix" at community dancing. It's a laid-back, open-stage affair that caps each evening of the festival.

You can count on seeing old friends there. Some have fancy titles now -- Sen. Rasmussen, Dr. Lemhouse, the Rev. Hall. Link arms with them for the circle dance Alunelu, though, and suddenly they're just Karsten and Brett and Leslie again.

Much as I've enjoyed the annual community dancing ritual, I'd hoped for more frequent folkdancing fixes now that I'm back in the area. Once a year didn't quite cut it. Increasingly, I found myself on the sidelines during the more complicated dances. This is not like riding a bicycle. You do forget how. Particularly some of the fancier footwork.

So I'd half-hoped to join Junction City's adult dance group now that I'm back home. But in a two-job, two-kid household, I was kidding myself. Besides, that troupe is composed mostly of couples. I'm married to a man who--though willing to indulge my annual community dancing habit--does not share my passion for the pastime. (A common problem I've noticed. It seems to be some kind of cosmic joke: Women who love to dance are magically attracted to men who do not, and vice-versa)

Happily, this is not a problem with the Eugene Folk Dancers.

As I studied all those feet, learning dance steps Wednesday night, I noticed they were rarely matched in male-female pairs. The group does lots of line dances, which require no partner whatsoever. When couples are called for, women frequently pair up

"No, no--you don't need a regular partner," said Ginny Freeman, a retiree who still sports sleek, 30-something legs beneath her biker shorts. This may be because she folkdances several times a week. The Krenks lead groups Mondays at 2:30 p.m. at Eugene's Celeste Campbell Senior Center, Wednesdays at 1:30 p.m. at the Willamlane Senior Center in Springfield. In addition, the Veselo Community Folk Dancers meet Sundays at 7 p.m. at Westmoreland Community Center.

"There's probably only two couples in the whole damn group," Freeman said during a recent session at Willamalane. "My husband had two bad knees and probably wouldn't dance even if he didn't. I come alone and I love it."

Ron Friedland, a longtime member of the Eugene Folk Dancers, agreed. He said he has an Israeli friend who says nightclub dancing is for conquests, but folk dancing is communal. That's a great word for it.

As I finally found the confidence to look up from my own feet Wednesday night, I looked around at the circle of dancers. They were as diverse in age and appearance as the vastly different shoes they wore. They had one thing in common, though: On every face was a look of pure joy.

Karen McCowan, Register Guard, Eugene, OR

TUNISIA IS TERRIFIC!

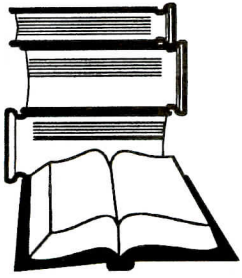
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REVIEW OF BOOKS

It would be a shame if author Ellen Levine's new biography, Anna Pavlova: Genius of the Dance (Scholastic Hardcover, April 1995, \$14.95) were just read, predictably, by young dance aficionados, and not by readers of -- say, both sexes whose interests tended towards areas of sports, computers, or prime time television.

For Anna Pavlova was not merely a ballerina, albeit a brilliant and celebrated one--she was a pioneer woman of her day who broke cultural, racial and sexual barriers, a social activist, a style setter, a world traveler, a contemporary of Duncan, Chaplin and Fairbanks -- a modern woman well ahead of her time.

At the start of the 20th century, scarcely anyone beyond the boundaries of Russia knew anything about classical ballet, nor had they ever seen a performance. One could venture a guess that now, as we embark on the 21st century, there are scores of people--especially young people --across the country who could say the same thing.

Ellen Levine's Pavlova could really open their eyes: it is a portrait of not just a performer, but of a period in history -- an explosive era. Anna Pavlova does not just "jete" and "arabesque" from studio to stage--she does so across continents. This book is as much about the world of Bolshevik Russia and World War I as it is about Pavlova's physical grace, beauty and discipline.

RHYTHMIC ACTIVITIES AND DANCE
by John Price Bennett, EdD, &
Pamela Coughenour Riemer, BS

Published by Human Kinetics and drawing from the authors' more than 60 years of experience, this book offers a blueprint for teachers to build their own developmentally appropriate rhythms and dance program. More than 95 illustrations and a user-friendly format make all the activities in the book easy to teach. Teachers will have the flexibility to introduce dance at a level appropriate to the individual skill levels (beginner, intermediate, and advanced) of their students.

In chapter 1 the authors provide guidelines for developing K-8 rhythmic activities and dance programs, planning units and lessons, managing classes, and evaluating students. This introductory chapter lists cognitive, affective, and psychomotor characteristics as well as the needs and expectations of children in grades K-2, 3-5, and 6-8. Teachers will also find sample 15-day unit and lesson plans for each grade level.

Contents: Chapter 1. Starting Your Rhythmic Activities Program. Chapter 2. Rhythmic Games and Activities. Chapter 3. Rhythmic Aerobics and Dance. Chapter 4. Line Dances Chapter 5. Mixers. Chapter 6. Square Dance and Clogging. Chapter 7. Folk Dance. Also: SUGGESTED RESOURCES.

Contact: Jolene Rupe
ISBN: 0-87322-718-2
US Price: \$19.00 (Paper)
Canadian Price: \$26.50
Pages: 184
Pub Date: March 1995

FOLK DANCE NEWS

FAMILY PICNIC - Down on the Farm. Bring the whole family. There's something for everyone at Max and June Horns' farm. Pot luck BBQ supper every Friday evening July 7 through September 1, 6-10. All request dancing, or bring a tape. 6200 Alhambra Avenue, Martinez, 510-228-8598. Labor Day, Monday 10 a.m. to dark. Call for more information or directions.

CONTRADANCE TRIP - to Czech Republic, October 12-24 1995. The low cost of \$1900 includes round-trip transportation from New York, all hotel accommodations, two meals daily, sight-seeing, festival registration, and all activities. For more information, call S & S Folk Dance Tours at 703-527-8998.

GERMAN FEST 1995 - Featuring the Bavaria Neunkirchen Band. Sunday, September 17, noon to 8 p.m., at Centennial Hall, 22292 Foothill Blvd., Hayward. Admission: Adults \$8 in advance, \$10 at the door; Children 6-16, \$5; under 6 free. For more information call 510-671-0405, 510-530-5229 or 510-372-6665.

CAMP HESS KRAMER - Weekend in Malibu, October 20-22. The weekend is a "Camps Review" workshop with lots of excellent teaching, great parties, wonderful food, hiking, walking, reading, visiting with old friends and meeting new ones. For more information, call Beverly 310-202-6166 or 310-478-4659 or the Folk Dance Federation at 310-478-6600. A flyer can be mailed to you.

BRANSON AND THE OZARKS - With Beverly and Irwin Barr, November 9-16. This trip includes lots of extras. For more information, call 310-202-6166 or 310-478-4659.

SENIOR STRUTTERS - Affordable entertainment, under the direction of Audrey Silva. This group has performed at a variety of functions from Santa Barbara to Morro Bay. Info: 805-925-3981.

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MEXICAN STYLE

EMPAÑADAS (Mexican Turnovers)

1 tablespoon cooking oil
2 cloves garlic, crushed
1 medium onion, chopped
1 pound ground round steak
2 teaspoons salt
1/2 teaspoon pepper
2-1/2 tablespoons chili powder
1 small can tomato paste
1 can (bottle) Taco Sauce
3 packages Piecrust Mix

Heat oil in large iron skillet. Simmer the garlic until it starts to darken. Then add everything else but piecrust mix. Cover the pan and simmer slowly for 1 hour. Stir often at the beginning.

When ready to serve, make up the piecrust mix according to directions and roll out 1/8" thick. Cut in rounds with a demi-tasse cup or small biscuit cutter. In middle of each round put a heaping teaspoon of sauce. Fold over and press edges together. Prick with a fork.

Place on cookie sheet and bake in a 400° oven for 15 minutes.

Shirley Wiser, San Leandro, CA.

TORTILLAS

2 eggs
2 tablespoons white cornmeal
2 tablespoons melted butter
1 cup cornstarch
1/2 teaspoon salt
1/2 cup milk

Beat eggs until light; add cornmeal and melted butter. Sift cornstarch and salt. Mix with milk until smooth and add the egg mixture.

Bake like pancakes on a hot greased skillet or griddle. They should be very thin.

This recipe makes 12 8-inch tortillas.

(Let's Dance - 1947)

CHEESE ENCHILADAS

8 tortillas
1/3 pound mild Cheddar cheese
1 medium onion
2-1/2 cups water
2 tablespoons flour
1/2 teaspoon salt
2 tablespoons chili powder

Grate cheese and onion together in a bowl. Heat water almost to boiling point in skillet. Blend water, flour, salt and chili powder into a smooth paste, and add to hot water to make a chili gravy.

Soften tortillas by placing in hot gravy for a very short time. Remove to large flat pan and spread cheese and onion mixture on tortillas. Roll and sprinkle with remaining cheese and onion. Cover with hot chili gravy. Serve immediately.

John Day, Fremont, CA.

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