

Let's Dance

DECEMBER 2001 • \$3.00

Season's Greetings

THE MAGAZINE OF INTERNATIONAL FOLK DANCING



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

Editor: Nadine Mitchell, ggm nadine@cs.com
Council Clips: Nadine Mitchell
Publications: Joel Bruxvoort, joel@folkdance.com
Address Change & Membership:
Sidney Messer, tspolaris1@aol.com
Calendar: Manuel Castaneda, CarmelitaWCarm@aol.com
Website: www.folkdance.com

DECEMBER CONTRIBUTORS

Nadine Mitchell	Greg Mitchell
Arden Pierce	Manuel Castaneda
Bill Wenzel	Carol Wenzel
Liesl Barnett	E. Elsocht

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On Our Cover:
Happy Holidays
to all from
Let's Dance



ARTICLES & INFORMATION FOR LET'S DANCE SUBMISSION DEADLINE:

Deadline for each issue is the 15th of 2 months previous (i.e., the March deadline is the 15th of January). Send to Nadine Mitchell, 1941 Danvers Way, Sacramento, CA 95832-1266, ggm nadine@cs.com



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SUBMISSIONS TO:

Sidney Messer
P.O. Box 561
Sausalito, CA 94966
tspolaris1@aol.com

President's Message

I don't know how many of you are aware of the time and effort involved in putting out the monthly Let's Dance Magazine. Some may not be aware that our Editor has to forecast events two months in advance. Problems arise in any publication so at this time I wish to apologize for the that appeared in November's issue. Somehow incorrect Calendar of Events and Council Clips pages were sent to our layout artist. (Oh, aren't computers great?) Regardless, I apologize for those errors.

Now I want to say, realizing that I'm late in doing so, how really upset I was about the recent terrorist attacks in New York and on the Pentagon. Just realizing that someone could gain entrance into our airports and planes to cause such terror is almost beyond belief. I know now that we really have to watch our backs in this regard. Being a veteran of the so-called Korean Conflict, I am truly disgusted with what has happened. I know many of you have done whatever you could to help with money, blood donations, or whatever else, to help in this effort. As Federation/North President, I would like to suggest that the Federation considers contributing some small financial help to aid in the process of getting people in New York back on their feet and I need your help in this matter. I believe that whatever we feel we are capable of doing, can and will, help those in need. If this seems like something folk dancers would like to do, please ask your club representative to make those wishes known to the Federation.

At this time I would like to thank those who attended the Federation's "Welcome to World Dance" that was held on October 7 in Sacramento. A special thanks goes to Drew Herzig, who was the Chairman of this event, and who taught many dances to the 84 people who came. Thanks also to Kolo Koalition, who provided the tasty goodies; to Irene Oxford for the decorations and her husband, Jim, for doing what was necessary in preparing coffee and setting up. Thanks goes to Toba Goddard for making up the flyers for this event, for contacting people, and her help at the front table welcoming people. Thank you to the Sacramento International Folk Dance and Arts Council for all the help they provided and for supporting this event. To all of you who helped by putting away chairs, tables, sweeping the floor and cleaning the kitchen I give you my heartfelt thanks and appreciation. I am grateful to you, the general public, who came, danced, and made this a memorable experience. Thank You. I hope to see you at one of our many dances. Come and join in the fun.

Greg Mitchell

INTERNATIONAL FOLK DANCE FESTIVAL

Honoring Our Scottish Heritage

Friday • January 11, 2002

7:45 to 11:30 pm:

Folk Dance Party

Saturday • January 12, 2002

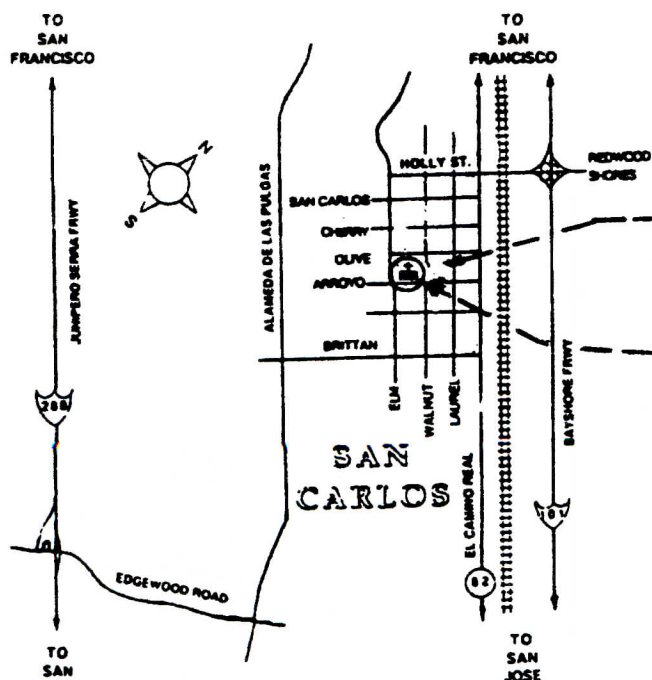
Registration 1:00 pm

1:30 to 4:30 pm:

Institute / Workshop

8:00 to 11:30 pm:

Folk Dance Party
and Exhibition



● \$6.00 donation for each event ●

San Carlos Community United Church

Elm at Arroyo Street, San Carlos, CA

(Parking behind the church by the supermarket)

(Enter from Laurel or Walnut)

CALLING ALL DANCERS!

Save Jan. 11 & 12, 2002

The Peninsula Folk Dance Council invites you to the annual Heritage Festival (the first festival of the new year). Come and enjoy a fast paced Friday night dance party, starting at 7:45 pm, with Marcel Vinokur as host! Come back on Saturday afternoon for an institute, starting at 1:30 pm, with Jennifer Kelly teaching Scottish dances and Suzanne Rocca-Butler teaching Bulgarian dances! Saturday night, starting at 8:00 pm, there will be another dance party featuring an exhibition by the Red Thistle Scottish Dancers. Refreshments will be available on both Friday and Saturday nights.

This year the theme is honoring our **Scottish** heritage. All events will take place at the Community United Church of Christ, Elm at Arroyo, in San Carlos. There is plenty of parking space behind the church. Plan to join us for a fun filled weekend! We, of the Peninsula Council, extend a warm welcome to you .



Arden Pierce, Peninsula Council President

**FOLKLORE TREASURES
OF
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For further information:
FTS

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17626 - 68th Avenue West
Edmonds, WA 98026
CSpasojevic@webtv.net

Happy Dancing at the
**Scottish Heritage
Festival**

WES TAKARA

Free Copy of

Folk Dance Scene

This (almost) monthly publication has folk dance events in California and elsewhere, folklore articles, recipes and lots of good reading. To get a free copy, just write to:

Gerda L. Ben-Zeev
2010 Parnell Avenue
Los Angeles, CA 90025

DECEMBER CALENDAR OF EVENTS

Send future upcoming events information to Manuel Castaneda, 3911 Winding Creek Road, Sacramento, California 95864, (916) 487-7759, email: CarmelitaWCarm@aol.com

Deadline for January 2002 issue is November 1, 2001

Plan ahead! Save these dates for upcoming events:

- December 2, 2001** **Treasurer's Ball.** Veterans Bldg., 126 St. West, Sonoma. Council Presidents Meeting; Assembly Meeting; General Folk Dancing. Contact Page Masson, 707-833-4181.
- January 11-12, 2002** **Heritage Festival.** Community United Church, 1336 Arroyo Ave., San Carlos. Friday Night Dancing: 7:45-11:00. Institute Saturday: 1:00-4:30. Saturday Evening Party: 8:00-11:00. Contact Arden Pierce at 650-494-1631.

COUNCIL CLUB PARTIES

Redwood Council

- 4th Saturday Party** **Napa Valley Folk Dancers Party.** Grandview Mobilehome Park Clubhouse, Napa; CA 94558 Telephone contact 707-258-0519. Classes Every Tues, 9:45-11:45 AM; Thursdays, 10:30-12:00 AM. Fri., 10:30-AM-1:00 PM.
- Petaluma Int'l. Folk Dancers -** Hermann & Sons Hall, 860 Western Ave. Petaluma, CA. 94952
2001 Schedule: Every *Wednesday*. Christmas Party December 15.
- Santa Rosa Folk Dancers Class -** *Wednesdays*, Willowside Hall, 5299 Hall Road, Santa Rosa, CA.
Class Nights: 2-4:00 PM., Dec. 5,12.
Party Date: December 19. Telephone contact 707-546-8877
- Novato Folk Dancers Class -** Lynwood School, 1320 Lynwood Drive, Novato, CA. Contact: 415-892-9405, 8:00-10:00 PM.

San Francisco Council

- Changs International Folk Dancers, Inc.**
Meets the first four Fridays of each month at the Social Hall.
7th Avenue Presbyterian Church, 1329 7th Avenue San Francisco, CA.
Contact **Sidney Messer** at 415-332-1020.
- December 7 & 14** **Changs International Folk Dancers**
Teaching Night: Stela McCoy & Craig Blackstone. 8:00-9:30 PM.
General Dancing: 9:30-10:30 PM.
- December 21** **Changs International Folk Dancers**
"Christmas Party." General Dancing and Refreshments: 8:00-11:00 PM.
Program Planners: Joel & Barbara Bruxvoort
- December 28** **Changs International Folk Dancers.** Will be closed for the holidays.

Mandala Folk Dance Center

Every Thursday at St. Paul's Church Hall, 43rd & Judah, San Francisco, 7:30-8:15 PM. Request dancing, 8:15-9:00 PM. Intermediate teaching from 9:00-9:45 PM. Request dancing from 9:45-11:00 PM. First and last Thursdays are always Party Nights. Contact Edith or Paul at 414-648-8489.

Peninsula Council

- December 1** **Palomarians FD** - First Methodist Church, Broadway at Brewster Street, Redwood City. Contact Denise Heenan 408-249-6104.
- December 14** **Santa Clara Valley FD** - First Christian Church, 80 South 5th St., San Jose, CA. Contact Maxine Burnham 408-739-0500.
- December 15** **Menlo Park FD** - Menlo Park Recreation Center, 700 Alma at Mielke, Menlo Park. Contact Marcel Vinoku, 650-368-7834.
- December 31** **Council New Year's Eve Party.** Community United Church, Arroyo at Elm Streets, San Carlos. Contact Al Lisin, 408-252-8106.
- December 31** **Menlo Park FD** - New Year's Eve Party, Menlo Park Recreation Center, 700 Alma at Mielke, Menlo Park. Contact Marcel Vinokur, 650-368-7834.

Sacramento Council

- Selective Saturdays** **Balliamo!** Sierra Two Community Center, 24th St. and 4th Ave. Contact Doris Beckert, 916-482-8674.
- Most First Saturdays** **El Dorado Scandinavian Dancers.** 3100 Ponderosa Road, Shingle Springs, CA. 2:30-4:30 PM. Workshop; 7-11:00 PM. Party. (Live Music). Contact Marida Martin, 530-672-2926.
- First Saturdays** **Reno Folk Dancers:** Studio 214, 214 California Ave., Reno, Nevada. Contact Penney Ohnstad at 775-358-6762.
- First Saturdays** **Kolo Koalition Party Nights.** Contact Laura Leonelli at 915-739-6014. YLI Hall. **Regular Classes:** Wednesdays, YLI Hall, 7:30 PM.
- December 8** **Pairs & Spares.** Christmas Party Theme: **Reindeer Capers.** Dancing: 7:30-11:00. Class most Thursdays. 7:00-9:00 PM. Contact Chuck Paulsen at 916-428-6992.
- December 31** **First & Last Dancers.** New Year's Dinner Dance and all-night party. 7:30-??? Need reservations. Theme: **Mystic Ball.** Valley Oaks Grange, 5th D Sts., Galt. Contact Eda Scheuffele at 916-682-2638.
- Fall 2001** **BBKM.** YLI Hall, 27th & N Streets. Meets 3rd Saturday of the month. 8:00 PM - ????. Contact Barbara Bevan at 916-923-1555.
- Fall 2001** **Sacramento Cape Breton Step Dancers.** St. Francis School Lunchroom, 2500 K St. Class: first Sunday. of the month & third Saturday. Contact Gail Erwin, 209-745-9063.
- Fall 2001** **Royal Scottish Country Dance Society.** YLI Hall, 27th & N Streets. Contact Carol La Russa, 530-753-7567.
- Fall 2001** **Nevada Co. Folk Dancers.** 7:30 PM. Methodist Church, Nevada City. For information on dates Contact Dave Unterman, 530-272-2149.

Berkeley Folk Dancers All classes are held at Live Oak Park Recreation Center at 1301 Shattuck Ave., Berkeley, CA 7:45-10:00 PM. Contact Naomi Lidicker, 510-524-2871.

December 14 Evening of Live Music. International dance program featuring David Strong, fiddle. Live Oak Recreation Center. \$5 - BFD Members; \$7 - non-members. Contact Marianne Frey, 510-527-6488.

December 31 **Berkeley Folk Dancers New Year's Party.** Live Oak Park Recreation Center, 9:00 PM - Midnight. Refreshments. Contact Ed Malmstrom at 510-526-8413.

Club Weekly Class Schedules

Mondays	Beginners Level	Claire & Al George 510-841-1205
Tuesdays	Advanced	Lone Coleman & Mark Anderson
Wednesdays	Advanced/Int.	Louise & Bill Lidicker 510-528-9168
Thursdays	Intermediate	Norm Gelbart & Yaqi Zhang 510-525-0174
Fridays	Request Nights	7:45-10:30 PM

Fall 2001 **Napa Valley Folk Dancers.** Grandview Mobilehome Park Clubhouse, 4130 Byway East, Napa 94558. Contact Frank & Elsa Bacher, 707-546-8877.

Fall 2001 **Novato Class.** 1320 Lynwood Dr., Novato. Wednesdays, 8:00-10:00 PM. Contact Anne Arend, 415-892-9405.

Fall 2001 **Santa Rosa Folk Dancers.** Veterans Memorial Bldg., Maple Ave., Santa Rosa. North Room, 2:00-4:00 PM. Contact the Bachers.

Fall 2001 **Petaluma Folk Dancers.** Herman & Sons Hall, 860 Western Ave., Petaluma 94952. Contact the Bachers.

Fresno Folk Dance Council Activities 2001

December 31 **New Year's Party - Lafayette Social Hall.**

Where to Dance in Fresno

Tuesdays **Fresno Danish Dancers** Clovis Senior Center. 6:30-9:00 PM. Contact Wilma Anderson, 559-292-3176.

Central Valley-CAFY, Lafayette Center. Preston St., West of Blackstone. Contact Fran Ajoian, 559-255-4508.

Wednesdays **McTeggert Irish Dancers, Beginners. 5:30-6:30 PM.** Intermediate & Advanced. 7-8:00 PM. Contact Maureen Hall, 559-271-5200.

Saturdays **Fresno International Folk Dancers.** Pinedale Senior Center Contact Kent Peterson, 559-226-5010.

For information on other Federation activities call 510-558-6862

Syrto Kofto

Greece (Thessaly, Epiros, Peloponisos)

Syrto Kofto (seer-TOH koff-TOH) is a variation of Syrto, the most common dance in Greece. It is very old, identified in the works of ancient writers like Homer. Syrto is characterized by variations in rhythm, pattern, and style, both individual and regional. The form described here is popular in Thessaly, Epiros and the Peloponisos. The Kalamatiano rhythm has a distinctive leaping (*pidikto*) style, in contrast with the more common Syrto (dragging) with a sedate gliding. The kofto (cut) form is characterized by a short pause in the musical phrase. Both dramatic and playful, it encourages variations. The dance, with many variations, was taught by Athan Karras at Stockton Folk Dance Camp 2001.

Music: CD: Athan Karras - The Spirit of Greek Dance, Band 1
Cassette: John Pappas - Elliniki Hori, Side A/5.

Rhythm: meter = $7/8 = 3/8 + 2/8 + 2/8 = \text{SQQ}$; counted here as 1, 2, 3.

Formation: Mixed open circle facing center, hands joined in W-pos. Leader is on the right end.

Styling: Lively.

Measures	7/8 meter	PATTERN
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INTRODUCTION. Begin dance at the choice of the leader

I. BASIC SYRTO STEP

- 1 Moving in LOD, step on R to R (ct 1); step on L behind R (ct 2); step on R to R (ct 3).
- 2 Turning to face LOD, step fwd on L (ct 1); step fwd on R (ct 2); step fwd on L (ct 3).
- 3 Facing ctr, step on R to R (ct 1); step on L across in front of R (ct 2); step on R in place (ct 3).
- 4 Step on L to L (ct 1); step on R across in front of L (ct 2); step on L in place (ct 3).

II. KOFTO STEP.

- 1 Repeat Fig. I, meas 1-3.
- 4 Jump in RLOD onto both ft (ct 1); hold (cts 2-3).
Dancers indicate 'kofto' by raising arms slightly; they may shout "Yassou."

III. GYRISMA (turn to left - CCW)

- 1-3 Repeat Fig. I, meas 1-3.
- 4 Release hand hold and turn once CCW in place (L,R,L) (cts 1,2,3).

IV. GYRISMA DEXIA (double turn to right - CW)

- 1 Repeat Fig. I, meas 1.
- 2-3 Release hand hold and turn twice CW while moving in LOD (L,R,L,R,L,R) (cts 1,2,3,1,2,3).
- 4 Resume handhold and repeat Fig. I, meas 4.

IV. KATO (squat down)

- 1 Repeat Fig. I, meas 1.
- 2 Facing LOD, bring L to R, sharing wt, and squat (ct 1); rise and step fwd R, L (cts 2-3).
- 3 Turning to face ctr, close R beside L and squat (ct 1); rise and step on L across in front of R (ct 2); step on R in place (ct 3).
- 4 Repeat Fig. I, meas 4.

V. PSALIDI (scissors step)

- 1-2 Repeat Fig. I, meas 1-2.
- 3 Step on R to R, kicking straight L leg fwd across in front of R (ct 1); repeat ct 1 with opp ftwk and direction (ct 2); repeat ct 1 (ct 3).
- 4 Repeat meas 3 with opp ftwk and direction.

VI. PSALIDI PIDIMA (scissors leap step)

- 1-2 Repeat Fig. I, meas 1-2.
- 3 Facing ctr, leap onto R to R, kicking L across in front of R (ct 1); leap onto L to L, raising R leg fwd with knee bent (ct 2); leap onto R in front of L (ct 3).
- 4 Leap bkwd onto L, raising R leg fwd (ct 1); hop twice on L, R still raised fwd (cts 2-3).

SEQUENCE: The music includes 14 eight measure phrases ending in kofto. Karras danced the Syrto twice during each phrase - the first was Fig. I or a variation (Figs. III-VI); the second was always Fig. II. (Kofto); each pair was danced twice. His overall sequence was:

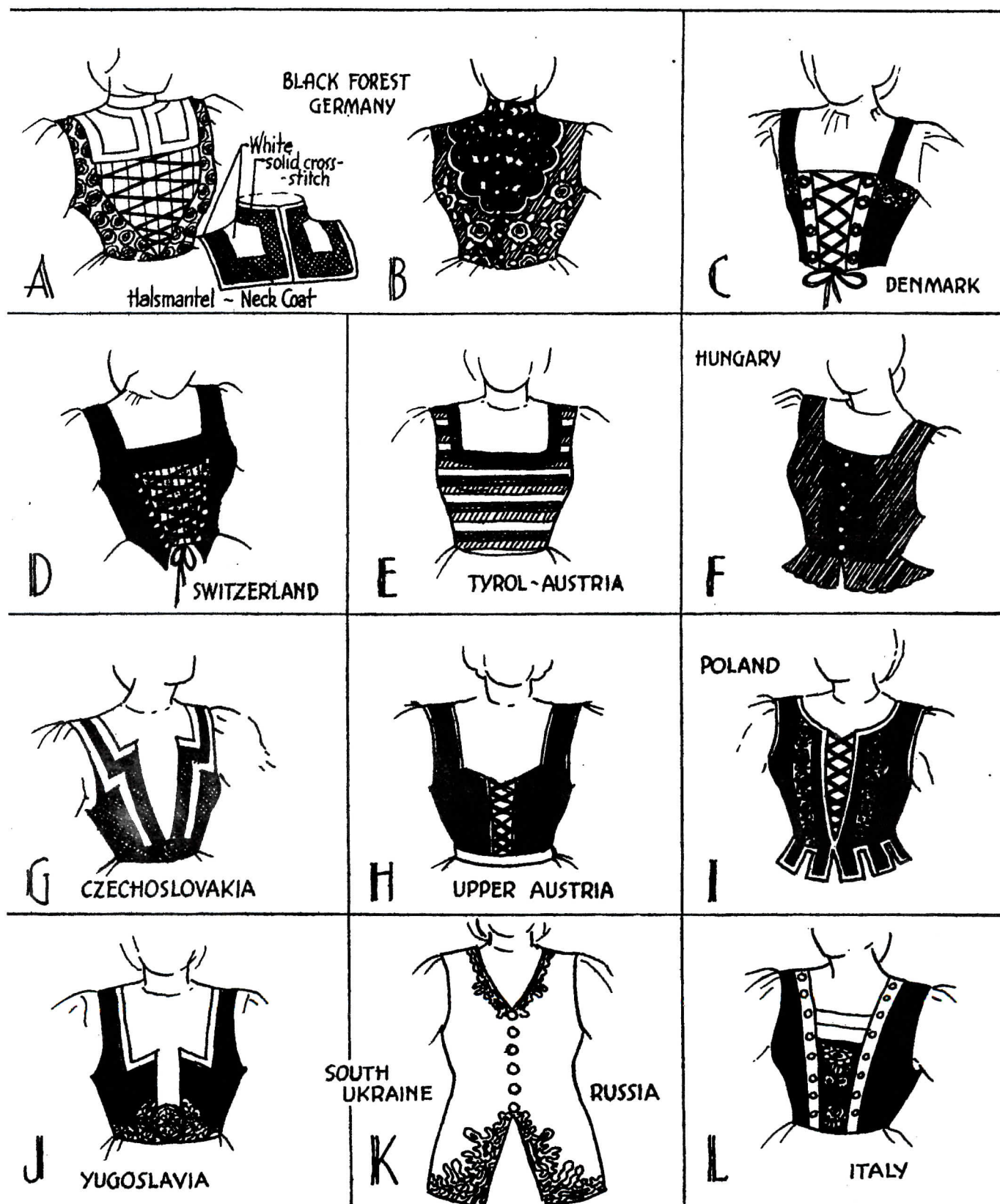
Fig. I, Fig. II, Fig. I, Fig. II, Fig. III, Fig. II, Fig. III, Fig. II, Fig. IV, Fig. II, Fig. IV, Fig. II, Fig. I, Fig. II, Fig. I, Fig. II, Fig. V, Fig. II, Fig. V, Fig. II, Fig. VI, Fig. II, Fig. VI, Fig. II, Fig. I, Fig. II, Fig. I, Fig. II. Finish CD music with Fig. I.

Women's European Bodices Men's Peasant Costumes

Irene Oxford, Sacramento, recently brought me a copy of the 1949 Yearbook Issue of Let's Dance and suggested that I might want to recycle some drawings of women's bodices and men's peasant costumes that ran in that issue. Liesl Barnett and E. Elsocht submitted the material. Hopefully, these pictures might help those who want to add to their folk dance costumes. Thanks, Irene, for bringing this material to our attention.

BODICES OF VARIOUS EUROPEAN COUNTRIES

MATERIAL SUBMITTED BY LIESL BARNETT

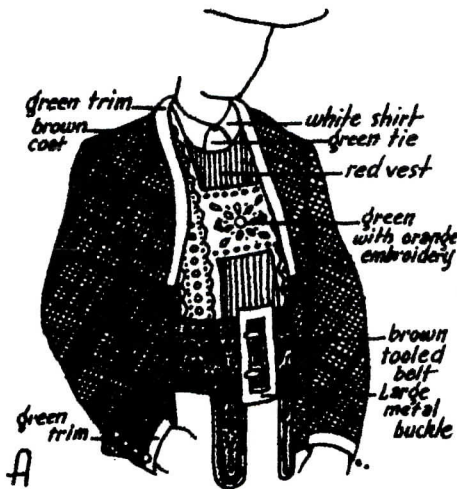


MEN'S PEASANT COSTUMES

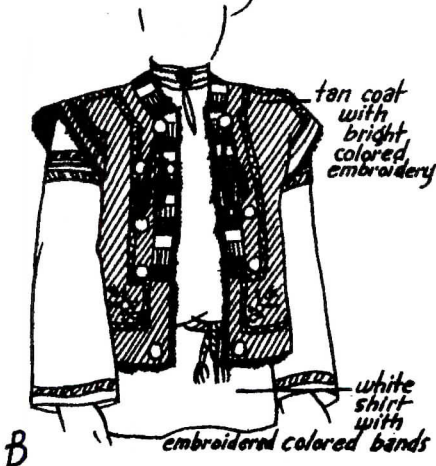
COATS - VESTS - BLOUSES - ETC. AND ACCESORIES

... E. Elsocht ...

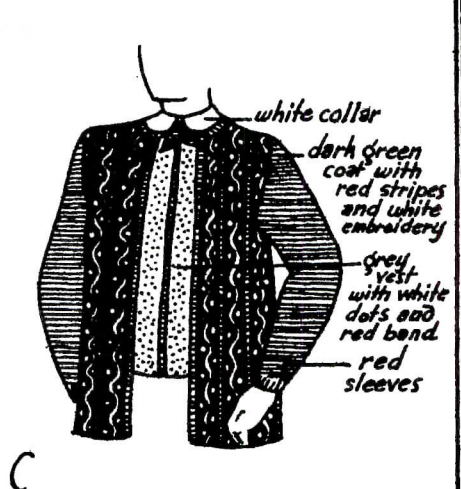
Pustertal - Austria



Eastern Slovakia
Hutzu Peasant



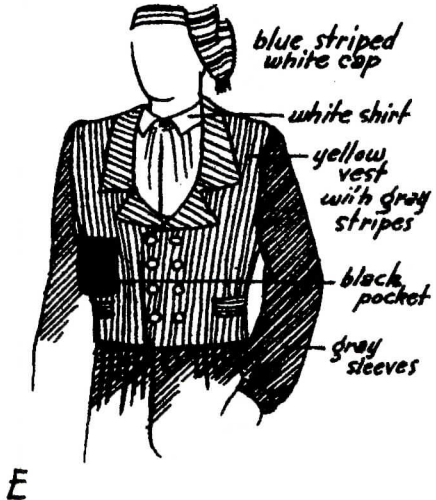
Denmark



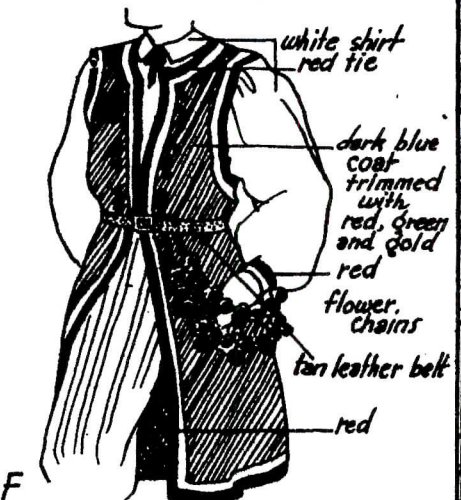
Pinszczyzna - Poland



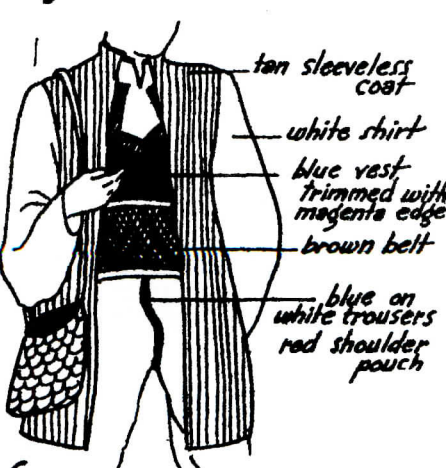
Franche-comté France



Cracow - Poland



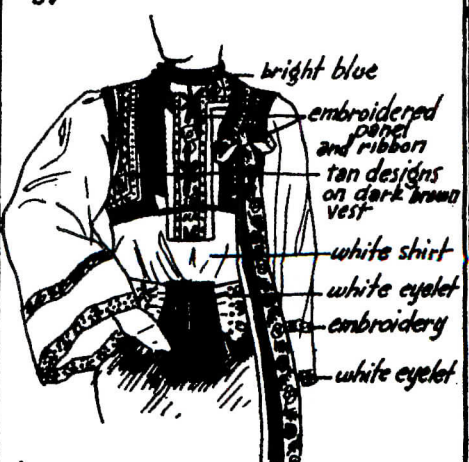
Yugoslavia



Atotonilco - Mexico
State of Guanajuato



Kyjova Dress - Czechoslovakia



COUNCIL CLIPS

Nadine Mitchell, 1941 Danvers Way, Sacramento, CA. 95832-1226

Ph./FAX: 916-665-1588, e-mail: ggm nadine@cs.com

Deadline for JANUARY 2002 issue: November 15, 2001

BERKELEY FOLK DANCERS

Naomi Lidicker reports the following: The first evenings of live music were such a success we are featuring the third one on Friday, December 14, at 7:30 PM, at Live Oak Park Recreation Center, Shattuck at Berryman. David Strong, fiddler, and Charlie Hancock, accordionist, will play international dance music for everyone's pleasure. Please join us. BFD members: \$5.00; non-members: \$7.00.

The annual New Year's Eve Party will, of course, be Monday, December 31. It's a wonderful, warm way to see the old year out and welcome the new year in with friends, family and dance. Join us from 9:00 PM to midnight at the Live Oak Park Recreation Center, Shattuck at Berryman. The donation for BFD members is \$5.00. For non-members the donation is \$7.00.

Coming in January 2002, will be BFD's Inaugural Ball. Save the date. The time is 7:30 PM. Advanced reservations are required. Watch for further information in the January 2002 *Let's Dance Magazine*.

PENINSULA COUNCIL

Arleen Marshall reports the following: The 60th anniversary of the Docey Doe Folkdance Club was celebrated on October 27, 2001. The theme of the party, beside the anniversary, was OCTOBERFEST. As usual, everyone who had German costumes wore them.

Docey Doe Folkdancers recently lost a long-time member and good friend, Bob Edwards. He is survived by his lovely wife, Marthe Edwards. They were married 62 years.

SACRAMENTO INTERNATIONAL FOLK DANCE & ARTS COUNCIL

Sacramento continues to be very active. The Federation held a beginners festival, **Welcome to World Dance**, in Sacramento this past October which was very well attended. Thank you, Sacramento Council, for your support as well as to everyone who attended and enjoyed the "world-wide dances" taught by our very capable Drew Herzig. Thanks to Federation President Greg Mitchell for laying the groundwork needed for this event.

Plans are going strong for our annual New Year's Potluck and Dance to be held on January 6, 2002. Watch for further details.

Bruce Mitchell, Statewide 2002 Chairman, continues plans for **Statewide 2002 – Gold Country Festival**, which will be held in Rocklin, on May 17, 18 & 19, 2002. All indications are that this will be a very special Statewide and we hope all of you will attend. Watch for further information in future *Let's Dance Magazine* issues.

Happy Holidays from Sacramento!

NADINE MITCHELL

Advertise in *Let's Dance*:



Let's Dance Magazine

Nadine Mitchell, Editor
1941 Danvers Way
Sacramento, CA 95832-1226

FOLK DANCE FEDERATION ADVERTISING RATES

ADVERTISING RATES MONTHLY: (per year = x10 less 10% for cash)

Full page	7-1/2 by 9-1/2	\$80
Half page	7-1/2 by 4-3/4	\$45
Quarter page	3-1/2 by 4-3/4	\$25
Eighth page	3-1/2 by 2-1/4	\$15
Spot ad	1-7/8 by 2-1/4	\$10

CLASSIFIED: \$2 per line per time, \$4 minimum.

All ads must be camera-ready, on white paper with black ink, in exactly one of the sizes above and accompanied by a check or money order made out to Folk Dance Federation of CA/No. Mail to Nadine Mitchell at the address above.

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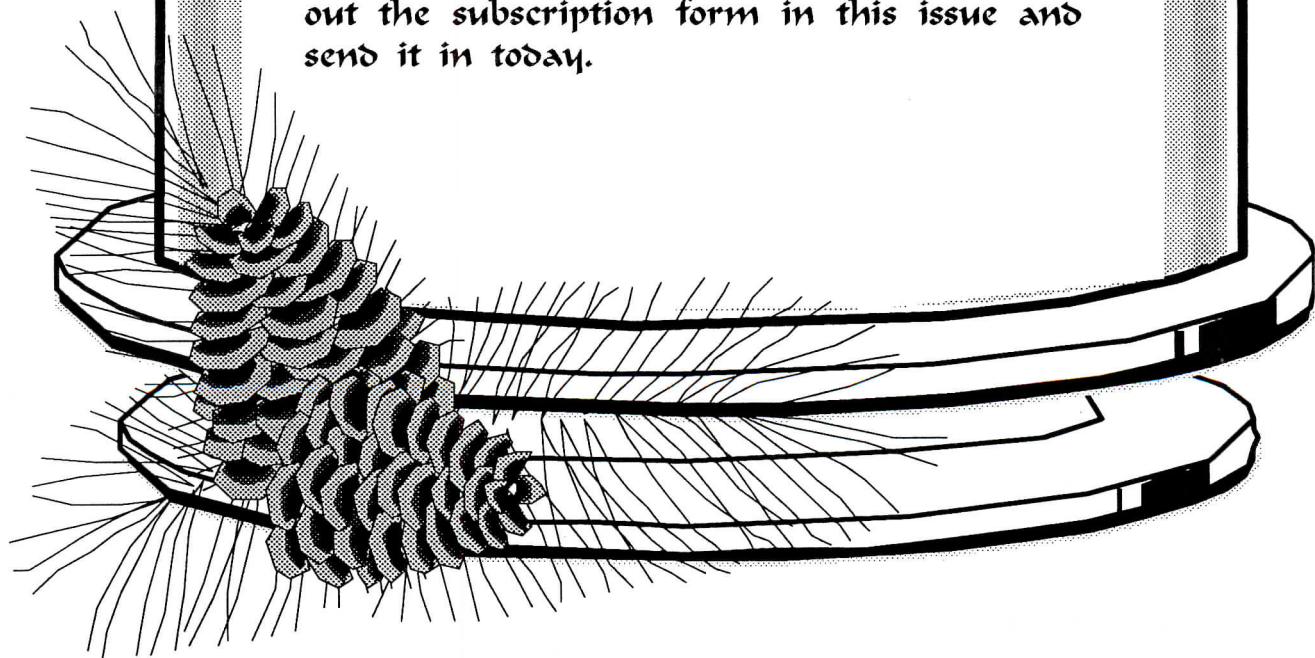
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Folk Dance Federation Subscriptions
Sidney Messer, Membership Chairperson
P.O. Box 561, Sausalito, CA 94966



Let's Dance For the Holidays!

The Holiday Season is upon us once again, and what better gift to give your favorite folk dancers than a subscription to *Let's Dance*? Keep your friends and family on top of all the ins and outs in the Folk Dance Movement. *Let's Dance* tells you which dances people are doing, and where they're doing them. We offer news and views, monthly dance descriptions, interesting articles, fascinating travelogues and even dance information on the internet! Don't let the folk dancers in your life miss out on another issue. Fill out the subscription form in this issue and send it in today.



SCHOLARSHIP COMMITTEE

Now that the Folk Dance Federation has activated the Scholarship Committee we must move on to the next phase which is funding.

At a recent meeting of the Folk Dance Federation the Executive Board, a scholarship fund was established.

The interest earned from some of the Folk Dance Federation savings accounts will go to the scholarship fund along with any donation up to one hundred dollars. With the decline in interest rates, the interest income will fall short of our goal to award two one-half scholarships to the Stockton Folk Dance Camp. If this is a program that you have been waiting for you might consider a donation to the scholarship fund.

Make checks payable to the Folk Dance Federation and mail them to: P. O. Box 789, Kenwood, California 95452.

For scholarship information contact Morris Jerome, 4056 Esperanza Drive, Sacramento, California 95864, telephone: (916) 482-2491.



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FROM THE EDITOR:

I wish to apologize to all the associate members and subscribers of Let's Dance Magazine for the errors that appeared in the November 2001 issue. The October Calendar of Events appeared again instead of the correct November entry. Even more embarrassing and confusing was the Council Clips segment, which was a year old. I can understand how the Calendar was missent but can't offer any explanation for a repeated article from 13 months ago. I can't even find it in my file listings. Regardless of all that, it is my mistake as it happened on my watch and I take full responsibility for it. I will do my best to see this doesn't happen again.

NADINE MITCHELL

Statement of Ownership, Management, and Circulation

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Publisher (Name and complete mailing address)

Let's Dance Federation of CA, Inc., North
P.O. Box 789
Kenwood, CA 95452

Editor (Name and complete mailing address)

Adeline H. Mitchell
1941 Danvers Way
Sacramento, CA 95832-1226

Managing Editor (Name and complete mailing address)

Adeline H. Mitchell
1941 Danvers Way
Sacramento, CA 95832-1226

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Holiday Recipes

In honor of the upcoming holidays, here are a few favorite recipes for entertaining from the cookbook "Cooking With An International Flavor" published by the Folk Dance Federation. Enjoy!

Champagne Punch

6 oz fresh lemon juice
6 oz fresh orange juice
6 oz frozen lemonade
1 fifth Southern Comfort
1 qt 7-Up
2 qt champagne
1 qt club soda
Red food coloring

Mix all together in a large punch bowl with ice.

Dump Cake

In a 9" x 13" pan, dump one large can crushed pineapple. Over this, dump one can cherry pie filling - spread evenly. Over this, dump one package yellow cake mix - dry. Melt 1/2 cup butter or margarine and drizzle over the cake mix. Top with chopped nuts of any sort and bake until fruit bubbles up through cake mix, and top is nice and brown. Very rich! Serve in 2 inch squares.

Pumpkin Pie

1 cup pumpkin
2 eggs, slightly beaten
1 cup canned milk
1 or 2 tablespoon melted butter
1/2 cup white sugar
1/2 cup brown sugar
1 tablespoon flour
dash salt
1/4 teaspoon nutmeg
1/4 teaspoon ginger
1 teaspoon cinnamon

Mix all together and pour into 9-inch unbaked pie shell. Bake 1 hour in a slow oven until done in center.

Crab or Shrimp Mold

2 3-oz packages cream cheese
1 7-oz can crab or shrimp
1 can cream of mushroom soup
1 Knox gelatine, dissolved in 3 tablespoon water
1 cup chopped onion
1 cup chopped celery
1 cup mayonnaise
3/4 teaspoon Lawry's salt
Dash of garlic salt

Heat soup, add dissolved gelatine. Add cream cheese, stirring until melted. Cool slightly. Add remaining ingredients. Put into mold and refrigerate. Serve with crackers or raw veggies.

Banana Nut Bread

1-1/2 cups mashed bananas
1 heaping teaspoon honey
1/4 cup oil
1 egg, beaten
1 teaspoon almond extract
1 cup wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 cup chopped walnuts

Place bananas in a mixing bowl. Stir in honey. Add oil, egg and extract. Stir. Sift dry ingredients together and stir into banana mixture. Add nuts. Pour into a greased, floured pan and bake at 350 for about 40 minutes or until toothpick comes out clean.

Happy Holiday Cooking!



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