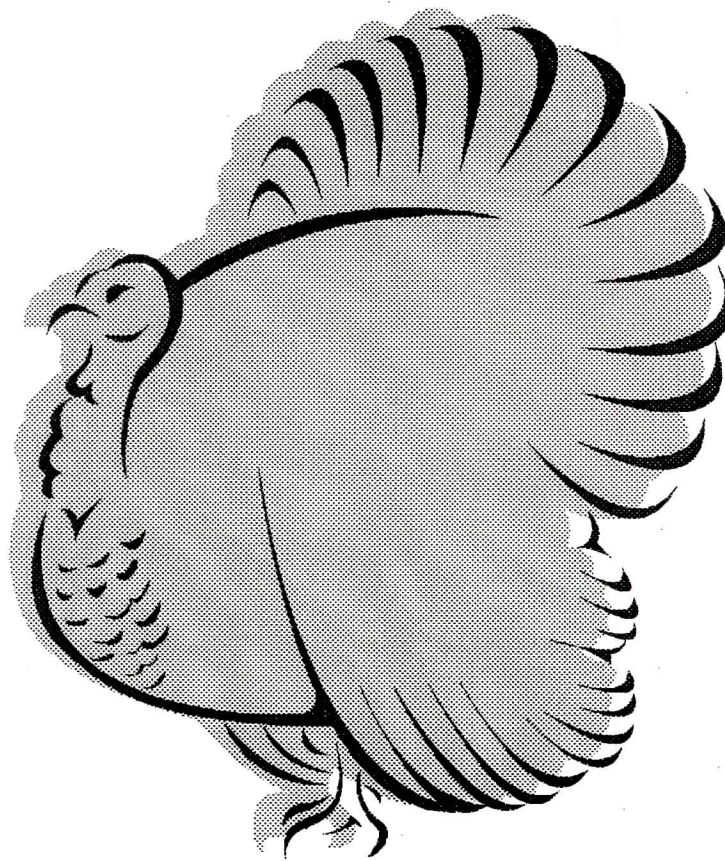


NOVEMBER 2002 \$3.00



Let's Dance

THE MAGAZINE OF INTERNATIONAL FOLK DANCING



LET US ALL BE THANKFUL!

OFFICIAL PUBLICATION OF THE FOLK DANCE FEDERATION OF CALIFORNIA, INC

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

OCTOBER CONTRIBUTORS

Greg Mitchell	Elsa Bacher
Nadine Mitchell	Page Masson
Manuel Castaneda	Judy Bush/NFO
Bianca Marcelik & Joanne Splivalo	

FEDERATION OFFICERS NORTH

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VICE PRESIDENT, Manuel Castaneda
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LET’S DANCE DEADLINES

Dec. 2002 magazine-due date October 5
Jan. 2003 magazine-due date November 5
February 2003 magazine-due date Dec. 5
March 2003 magazine-due date January 5
April 2003 magazine-due date February 5
May-June 2003 magazine-due date March 5
July-August 2003 magazine-due date May 5
September 2003 magazine-due date July 5
October 2003 magazine-due date August 5
November 2003 magazine-due date Sept. 5

ON OUR COVER

Thanksgiving reminds us all to be thankful.

ARTICLES & INFORMATION

FOR LET’S DANCE

SUBMISSION DEADLINE:

Deadline for each issue is the 5th of 2 months previous (ie: the Dec. deadline is the 5th of October). Send to Nadine Mitchell, 1941 Danvers Way, Sacramento, CA. 95832-1226.



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APPLICATIONS TO:

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

PRESIDENT'S MESSAGE

This month I would like to concentrate on the importance of Assembly Meetings. Perhaps most of you that have not been involved with the Federation offices are unaware of exactly why these meetings are held. Our last Assembly Meeting, which was held at the Fiesta de Sonoma, was poorly attended. Now, I don't know if it's the hour or the place that these meetings are held that causes such poor attendance or maybe it's the fact that dancers don't know what they're about or why we have them. So, I'm going to try to explain the reason for these meetings.

ASSEMBLY MEETINGS: The reason for holding these meetings is to conduct the business end of running the organization, i.e., festivals, institutes, statewide festivals, scholarships, etc. By attending, you, the Associate Members of the Federation/North and Club Representatives, can find out exactly what is going on. The Club Representatives that you appoint have a voice in our voting procedures, will express your opinions and desires, all of which helps promote the folk dance movement. Although Associate Members are welcome to attend these meetings and be involved they cannot vote. That's why it is important to have the **Club Representative** that you appoint within your club attend.

I don't know what the problem is for small attendance but I would like to find out. Could it be the time or the location? As I have said in previous President's Messages, there are just a few of us making the recommendations that ALL of us have to follow. I, for one, don't feel that this is a democratic way to do business. DO YOU? Please talk to your club presidents and see if there is some way that we can get more representation at these meetings. I am not, repeat not, pointing fingers at all of those who are diligent in helpful ways by doing their part in supporting the Federation. There are a lot of you out there and I appreciate all of you.

Also, I know that many of you love to dance and attend these festivals but are not aware of all the work that goes into putting one of these on. All Federation festivals accompanied by flyers are listed in the monthly Let's Dance Magazine. The time of the Assembly Meetings is always on the flyer and may be listed in the Calendar of Events. Would it be possible to arrange to be there early enough to attend these meetings?

This is a personal comment. I am now beginning my last year serving as your president. I know I have concentrated heavily on certain subjects. I tend to be passionate about what I believe in and what I do. Hopefully I have not offended anyone by my comments. I want to make the Federation a better place for EVERYONE. I want people to have fun, enjoy themselves and feel that they count and belong to an organization that cares about them. I do care about the people.

I hope to see many of you at the Treasurer's Ball in December at Sonoma. There will be an Assembly Meeting preceding the dancing.

Greg Mitchell, President

Insurance Issues: 2003 Premium and Dancing Safety

In November our 61 dance clubs will pay insurance premiums for the year 2003. The premium rate has gone up to \$3.75 per dancer, an increase of 30 cents; for a club of 12 dancers or fewer the premium is \$45.00. This is the largest increase we have experienced in one year; previously there was none or 5 to 10 cents.

We all know our dance population is getting older. Our Insurance Coordinator explains that nationally there have been several broken hips this year, among other things. In the Federation program we have experienced several broken wrists from falls. Our accidental injuries are about half while dancing, half otherwise.

Medicine is continually advancing in techniques and skills, which is wonderful for us as patients. But the price tag is high and only going higher.

What can we do to help hold the lid on insurance costs? Something we can do is be conscious of dance safety. This includes the facility: it's entrance area (especially in rainy weather), its floor (is the surface too slippery or sticky with dirt, are there broken tiles or loose boards), its lighting, changes in level, chairs in good condition, parking lot lighting and surface potholes, restrooms. We can alert others in the group to hazards we recognize. Teachers need to keep an eye on skill levels of their dancers and not go beyond physical abilities.

As closely as safety rules are followed, accidents can and will happen. That's why we have insurance! Happy dancing.

Frank and Elsa Bacher, Insurance

TO ALL MY FOLK DANCE FRIENDS:

In a very short time we will be saying "Merry Christmas" to each other. I can't believe this year has come and almost gone so fast!

Now, it is again time for the Treasurer's Ball. This year the date is December 1st.

We will have the usual raffle drawing which will include many nice prizes as well as one (1) \$100.00 and two (2) \$50.00 cash prizes. Of course, we will have those great door prizes, too!

Not only will there be raffle prizes but also a great costume sale for those who need that extra dress, blouse or costume.

For those who want to rest between dances there will be nice homemade cookies and coffee to enjoy.

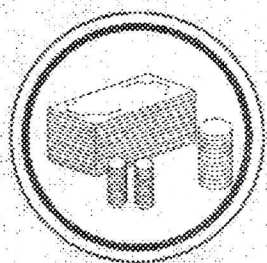
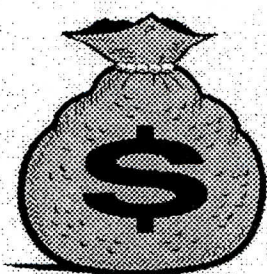
What more could you ask for?

Please come! We need you! Remember, **December 1st**. Dancing from 1:30 PM to 5:30 PM at the Sonoma Veterans Building in Sonoma. Only \$6.00 per dancer!

There will be an Assembly Meeting at 11:30 AM. It would be so appreciated if you attended this meeting. It's one way to say "thank you" to all the Executive Board members for all their hard work for folk dancing. There will be a lunch after the meeting for all those who attend. The cost of the lunch will be \$2.50.

See you on December 1st!

Page Masson, Treasurer



TREASURER'S BALL

DRAWINGS FOR GREAT GIFTS,
RAFFLES, COSTUME SALES,
GOODIES & SNACKS

SUNDAY, DECEMBER 1, 2002

VETERANS MEMORIAL BUILDING

SONOMA

1:30 P.M-5:30 P.M

COUNCIL PRESIDENTS MEETING: 11:00 A.M
FEDERATION ASSEMBLY MEETING: 11:30 A.M

DONATION \$ 6.00

COSTUME DONATIONS WELCOME
AND APPRECIATED

Treasurer's Ball

PROGRAM OF DANCES

MC

1. Setnja
2. El Gaucho Tango
3. Skt. Gilgen Figurentanz (P)
4. Double Sixsome
5. Bohemian National Polka
6. Square

MC

7. Belasicko
8. Numero Cinco
9. Three's a Crowd (P)
10. Ciuleandra
11. Posties Jig
12. Contra

MC

13. Joc batranesc din Niculitel
14. Corrido
15. Western Trio Mixer (P)
16. Pinewoods Two Step (P)
17. Hambo
18. Square

MC

19. An Dro Retourne
20. St. Bernard Waltz
21. Polharrow Burn
22. Rumelaj
23. Bluebell Waltz (P)
24. Contra

MC

25. Dhivaratikos
26. La Encantada Tango
27. Swedish-Finn Mixer (P)
28. Dundee Whaler
29. Japanese Soft Shoe
30. Contra

MC

31. Bela Rada
32. Olssons' Familievals (P)
33. Let's Have a Ceilidh
34. Kvar Acharay Chatzot
35. Frenchy Brown
36. Fandango (English)

MC

37. Divcibarsko Kolo
38. Zillertaler Landler
39. La Bastringue (P)
40. Elizabeth Quadrille
41. Louisiana Saturday Night
42. Balmoral Strathspey

MC

43. Tino Mori
44. Ada's Kujawiak #1
45. Bal in da Straat (P)
46. Vrapcheto
47. Trip to Bavaria
48. Blue Pacific Waltz

November 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 December 2002 issue is October 5, 2002

Note: Information must be received before the above date or it will not be published.

Plan ahead! Save these dates for upcoming Federation and other events.

- Nov. 28, 29 & 30, 2002** **Kolo Festival.** San Francisco Russian Center, 2450 Sutter St. Contact 510-652-7859, 800-730-5615, or Kolo Festival, P.O. Box 20181, Piedmont, CA., or e-mail: asha@jps.net.
- December 1, 2002** ***Treasurer's Ball.** Veterans Bldg., 126 I St. West, Sonoma, CA. Council Presidents Meeting, 11:00 AM; Assembly Meeting, 11:30 AM. Contact Page Masson, 707-833-4181.
- January 10 & 11, 2003** ***Heritage Festival.** San Carlos, CA. Institute and Dance.
- February 20 - 23, 2003** **NFO (National Folk Organization) Annual Conference,** University of Utah, Salt Lake City, Utah. For details, see article in this issue.
- 2003** **Statewide.** Claremont, CA. Memorial Day Weekend, May 23rd through 26th.

***FEDERATION EVENTS**

COUNCIL CLUB PARTIES

- Redwood Council** **Napa Valley Folk Dancers Party.** Grandview Mobilehome Park Clubhouse, 4130 Byway East, Napa 94558. Classes every Tuesday, 10:30 AM-12:00 Noon. Advanced: Thursdays, 10:30 AM-12:00 Noon. Beginners Fridays, 10:30 AM - 12:30 PM. Women's Group.
- Every Wednesday** **Novato Folk Dancers.** Lynwood School, 1320 Lynwood Drive, Novato, CA 94947. 8:00 PM-10:00 PM. Contact 415-892-9405.
- November 9, 2002** **Petaluma International Folk Dancers Parties.** Hermann Sons Hall, 860 Western Ave., Petaluma, CA. Contact 707-546-8877.
- Every Wednesday** **Santa Rosa Folk Dancers.** 1:45 PM-3:45 PM, Willowside Hall, 5299 Hall Rd., Santa Rosa, CA. **Parties** Nov. 20, Dec. 18. Contact Frank and Elsa 707-546-8877.
- 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. Contact Sidney Messer, 415-332-1020
- First Two Fridays** of each month. Teaching 8:00 PM-9:30 PM. Teachers: Craig Blackstone and Stela McCoy. General Dancing from 9:30 PM to 10:30 PM.

Third Friday of each month. Party Night: 8:00 PM to 11:00 PM. Refreshments and general dancing.

Fourth Friday of each month. General dancing from 8:00 PM to 11:00 PM.

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 PM - 9:00 PM. Intermediate teaching from 9:00 PM - 9:45 PM. Request dancing from 9:45 PM to 11:00 PM. First and last Thursdays are always Party Nights. Contact Edith or Paul at 415-648-8489.

Peninsula Council

- November 2** **Council Party** at St Bede's Episcopal Church, 2650 Sand Hill Rd. at Monte Rosa, Menlo Park, CA. Contact Al Lisin, 408-252-8106.
- November 8** **Santa Clara Valley Folk Dancers.** First Christian Church, 80 South 5th St., San Jose, CA. Contact Maxine Burnham at 408-739-0500.
- November 16** **Menlo Park Folk Dancers.** Menlo Park Rec. Center, 700 Alma at Mielke St. Contact Marcel Vinokur at 650-327-0759.
- November 23** **Council Party.** St Bede's Episcopal Church, 2650 Sand Hill Rd. at Monte Rosa, Menlo Park, CA. Contact Al Lisin at 408-252-8106.

Sacramento Council

- Selective Saturdays** **Balliamo!** Sierra Two Community Center, 24th St. and 4th Ave. Contact Doris Beckert, 916-482-8674.
- Selective Saturdays** **El Dorado Scandinavian Dancers.** 3100 Ponderosa Road, Shingle Springs, CA. 2:30-4:30 PM. Workshop: 7 PM - 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.
- November 2** **Kolo Coalition.** Balkan Party. 8:00 PM - ? YLI Hall, 27th & N Sts. Contact Laura Leonelli at 916-739-6014.
- November 9** **Pairs & Spares Party.** 8:00 PM - 11:00 PM. D. W. Babcock School, 2400 Cormorant Way, Sac. CA. Classes: Thursdays, 7:30 PM - 9:30 PM. Contact Chuck Paulsen at (916) 428-6992.
- November 30** **First & Last Dancers.** Saturday, 8:00 PM - ?? Theme: **Ho! Ho! Ho, Santa!** Valley Oak Grange, 5th and D Sts., Galt, CA. Contact Eda Scheuffele at 916-682-2638.
- November 16** **BBKM.** YLI Hall, 27th & N Streets. Meets 3rd Saturday of the month, 8:00 PM - ?? Contact Barbara Bevan, 916-923-1555.
- Third Saturdays** **Sacramento Cape Breton Step Dancers.** St. Francis School Lunchroom, 2500 K St. Classes first Sunday of the month & third Saturday. Contact Bob Schuldheisz at 209-745-9063.
- 2002** **Royal Scottish Country Dance Society.** YLI Hall, 27th & N Sts. Contact Cheryl Lyn Larsen, 916-429-9170.

2002 Nevada County Folk Dancers. Methodist Church, 433 Broad St., Nevada City, CA. Selected Fridays. Call for dates. Contact David Unterman, 530-272-2149.

Berkeley Folk Dancers All classes are held at Hillside Montessori School, 1581 Leroy Ave., Berkeley, CA. 7:45 PM-9:45 PM. Contact Naomi Lidicker, 510-524-2871.

November 16 Berkeley Folk Dancers Fun Night Hillside Montessori School, 7:30 PM-10:45 PM
Contact Naomi Lidicker, 510-524-2871.

November 28 No dancing. Happy Thanksgiving!

November 30 No dancing. BFD Will be at the Kolo Festival.

Club Weekly Class Schedules

Mondays	2 nd year	Claire & Al George 510-841-1205
Tuesdays	Beginners	Lone Coleman & Mark Anderson
Wednesdays	4 th year	Louise & Bill Lidicker 510-528-9168
Thursdays	3 rd year	Yaqi Zhang, 510-525-1865
Saturday	Requests	7:45-10:30 PM Contact Ed Malmstrom 510-525-3030

Fresno Folk Dance Council

November 30 5th Saturday Party. Lafayette Social Hall. Corner of Princeton and Glenn Streets, Fresno, CA.

December 31 New Years Eve Party. Lafayette Social Hall, Fresno, CA. Contact Fran Ajoian at 559-255-4508.

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 Street, West of Blackstone. Contact Fran Ajoian, 559-255-4508.
Wednesdays	McTeggert Irish Dancers. Beginners 5:30-6:30 PM. Intermediate & Advanced, 7:00-8:00 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.

COUNCIL CLIPS

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

Phone/FAX: 916-665-1588, e-mail: ggnadine@cs.com

Deadline for December 2002 issue: October 5, 2002

BERKELEY FOLK DANCERS

We are celebrating this invigorating autumn by having our second Fun Night at our new dancing site of Hillside Montessori School at 1581 Leroy Avenue in Berkeley. Come dance with us on Saturday, November 16. We promise lots of fun, great dancing and goodies galore. Haven't been able to find us? Look us up on our web address: www.berkeleyfolkdancers.org or call Naomi Lidicker at 510-524-2871.

Don't forget that BFD does not dance on Thanksgiving Day or weekend. Join us at the Kolo Festival.

Naomi Lidicker

PENINSULA FOLK DANCE COUNCIL

The Peninsula Folk Dance Council will hold its annual Heritage Festival on January 10 and 11, 2003. The format will be the same as in recent years, namely, Warm-up Party on Friday evening, January 10; Institute on Saturday afternoon, January 11; and general dancing on Saturday evening, January 11.

Al Lisin, President

NOTE: Please note that the deadline for **ALL** material for Let's Dance is the 5th of the month two months prior. A notice to this effect was printed in the October issue. Thanks for your compliance.

NADINE MITCHELL, Editor

PRESS RELEASE

**NFO CONFERENCE TO MEET IN
SALT LAKE CITY, UTAH**

FEBRUARY 20-23, 2003

The National Folk Organization of the USA will hold its annual conference February 20-23 at the University of Utah in Salt Lake City, Utah. Our on-site NFO coordinator will be Katherine St. John.

The conference begins Thursday afternoon with registration and a board meeting, followed by a get-acquainted social hour. On Friday and Saturday, the conference will focus on: (1) official business; (2) presentations/discussions relative to recreational, educational and performing folk dance, festivals (CIOFF and IOV), and other folk-related topics; (3) dance workshops; (4) a festive banquet, and (5) folk dance concerts from regional local groups. On Sunday, the conference concludes with an early morning general membership meeting. Sandwiched between all these activities will be the usual networking and camaraderie.

Flights should be booked into Salt Lake City Airport. A free shuttle will be available to the hotel. Registration materials will be mailed or e-mailed to all NFO members and other interested individuals in November. For further information and registration, contact Judy Bush, NFO Vice President and Conference Chair, 4407 Washington Avenue, Caldwell, ID 83605. Telephone/FAX: 208-459-1810; e-mail: bushfam@hotmail.com.

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

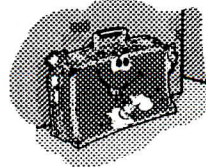
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Monthly (per year, 10 issues, less 10% for cash)

Full page	7 ½ by 9 ½	\$80.00
Half page	7 ½ by 4 ¾	\$45.00
Quarter page	3 ½ by 4 ¾	\$25.00
Eighth page	3 ½ by 2 ¼	\$15.00
Spot ad (bus. card)	1 7/8 by 2 ¼	\$10.00

Classified - \$2.00 per line, \$4.00 minimum.

WELCOME TO THE
TREASURER'S
BALL
WES TAKARA



SAVE HUNDREDS OF DOLLARS ON AIRFARE TO THE BALKANS!

Calling all lovers of Balkan music and dance! Enjoy the compelling and complex rhythms of the Balkans without the expensive airfare. Come to the 51st Annual Kolo Festival, Thanksgiving weekend, November 28, 29 and 30 at the San Francisco Russian Center, 2450 Sutter Street, near Divisadero.

Come and take classes from renowned teachers. We are glad that **Bora Ozkok (Turkish)**, will be joining us again this year. Bora has taught Turkish dancers in all 50 states and in 20 other countries. He was the first master teacher to introduce Turkish folk dance and music to North America. We are particularly proud that his first major teaching job was at the 1970 Kolo Festival.

In addition, we are tickled pink to have four newcomers to the Kolo Festival: **Kathy Hindman (Serbian)**, and **"Kete" Ilievski (Macedonian)**, **Sani Rifati (ROM)**, and **Mary Sherhart (Singing)**.

Cathy has made a number of research trips to the former Yugoslavia. She has taught the material that she has collected to all folk dancers all around California. Also, she helped form and continues to work with two Serbian dance groups.

"Kete" began dancing in elementary school. He worked for many years as a dance leader, artistic director, and award-winning performer and choreographer with the dance ensemble "Koco Racin". He has given lectures, seminars and workshops in Europe and North America.

Sani grew up in the Rom culture of Kosovo, where as a teenager he performed in two dance groups. He has given a myriad of dance workshops in Northern California and on the East Coast and is a resource for traditional Romani dance and music.

Mary has done extensive research in Bulgaria: while there she also sang with the professional ensemble "Varna". She has taught throughout the U.S. and Canada and currently performs, directs and teaches in the Pacific Northwest.

The Kolo Festival starts on Thursday night with a turkey dinner and all-request dancing to recorded music. Dance and singing classes will be taught during the day on Friday and Saturday. You are welcome to catch your breath, eat a meal, and enjoy the culture corners at lunch and dinner in the Kafana.

There will be evening dance parties in two rooms to outstanding live Balkan bands from 8:00 PM to 1:30 AM on Friday and Saturday. When you have danced yourself to exhaustion or just want to relax, there will be music for listening on both evenings in the Kafna. Come in and rest your twinkle toes. There will be a music and dance concert from 6:30 PM to 8:00 PM on Saturday night. Lunch and dinner in the Kafna will be available by pre-registration only. Those with a penchant for folk music, folk crafts, books, costumes and accessories will love to pursue the on-site vendors wares.

Both beginning and seasoned dancers are invited to come and enjoy the evocative music, dancing, singing, foods, and art work of the Balkan regions. Partners and previous dance experience are not required. Tickets are available in advance at a discount or at the regular price at the door. Youths 11 through 18 years of age are half price and children 10 and under are free.

For further information, work scholarships or to volunteer: contact us at asha@kolofestival.org, or Joanne at 800-730-5615, 9:00 AM to 9:00 PM (PST) or write to Kolo Festival, c/o P.O. Box 20181, Piedmont, CA. 94620-0181.


SCHOLARSHIP COMMITTEE

The Folk Dance Federation Scholarship Committee has completed its first year of existence after being reactivated and I must say it was very exciting.

The committee received five applications for scholarships to Stockton Folk Dance Camp. Since we only had enough money for two partial scholarships the committee had to make difficult decisions. After the dust settled we selected Diane Wilbur and Sara King of the Tance Teen Group directed by Al and Teddy Wolterbeek of El Dorado County. There were several articles about this group in the September 2002 issue of Let's Dance Magazine.

Since Leona and I attended Stockton Folk Dance Camp, we had a chance to spend a week observing these young people and I must say we were quite impressed with their dancing ability. They both expressed their desire to continue folk dancing after high school and into college. Future issues of Let's Dance Magazine will carry applications for the 2003 Stockton Folk Dance Camp.

Oscar Faoro

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

VIEWPOINTS.....

Recently Dave Thomson, one of our hard-working and devoted folk dancers from the Napa Valley Folk Dancers Club, suggested we revive a section that was a part of the *Let's Dance Magazine* from many years back. He said he has been reading some material that was printed under the title *Letters to the Editor* and wondered if this might be an interesting feature to revive in our current issues.

I think this may be an interesting addition, where space permits, in *Let's Dance*. I wish to stress that the articles and viewpoints submitted by the writers in no way will reflect the Federation's viewpoints and operating procedures. This section will reflect the writer's opinions and comments only.

As editor I reserve the right to choose and edit content and I would like to stress that personal, offensive and unkind material will not be acceptable. I would like people to feel they could honestly express their opinions in a civil manner.

Please consult the deadline information which is published on the inside cover of every *Let's Dance Magazine*.

Again, I stress this section will appear when available space permits. It should be understood that the submitted article MAY NOT appear in the very next issue. I feel it is an important feature but other material, such as festivals, etc., will take precedent.

Nadine Mitchell, Editor

Izručàna Bulgaria

Izručàna (eez-roo-CHA-nah), a men's dance from the village of Manastirište, is one of the most beautiful and most difficult in Northern Bulgaria. The fact that the musical phrase has four or eight measures, while the dance figures are seven measures long, makes Izručàna an interesting example of periodic synchrony between music and dance. Not only the dance figures and the music cross phrased, but in Figure II, and again Figure III, a single pattern 2 ½ measures long is danced twice during measures 3 – 7, so that the repeated dance pattern is shifted by one count with respect to the musical accents.

Music: CD:ILBD#8 (Bulgarian Folk Dances – Summer 2001,) Band 4. 2/4 meter

Cassette: ILBD#8 "Home is Where the Heart is," Side A/3.

Formation: Dancers mixed in an open circle led from the right, hands joined down in V-pos.

Styling: Lively and energetic with crisp and well-defined movements.

Meas	2/4 meter	Pattern
------	-----------	---------

INTRODUCTION, No action during slow melody, Begin after four bells.

I. TO THE RIGHT, FORWARD AND BACK

- 1 Facing ctr., step squarely on R to R as straight arms move forward sharply to about 45 degrees (ct 1); hop on R (ct 2); step onto L beside R as arms move down (ct &).
2. Repeat meas. 1, but extend straight arms fwd. to about 90 degrees on ct. 2.
3. With straight arms fwd., leap fwd. again onto R, L (cts. 1-2).
4. H on L, touching ball of R ft. diag. R fwd. (ct. 1); hop on L raising R sole sharply across in front of L ft. (ct. 2).
5. L bkwd. onto R, L, R, while lowering arms in an arc (in, up, fwd., down) (cts. 1 & 2).
6. Leaning slightly fwd., leap fwd. onto L, pushing straight arms back and bending R knee to raise ft. behind thigh (ct. 1); Scuff R heel fwd. beside L, while straightening body and beginning to raise straight arms fwd. (ct. 2).
7. Raising straight arms fwd. to 90 degrees, hop bkwd. on L (ct. 1); stamp R heel beside L, no wt., and begin lowering arms (ct. &); leap bkwd. onto R, L as arms are lowered to sides (cts. 2 &).

II. TO THE RIGHT AND CIRCLE CCW TWICE

- 1-2 Repeat figure 1, meas. 1-2.
3. F ctr. with straight arms extended fwd. at 90 degrees, leap diag. fwd. R onto R (ct. 1); Leap fwd. twd. ctr. onto L (ct. 2).

Izručana—pg. 2

4. Leap onto R across in front of L (ct. 1); leap bkwd. onto L (ct. 2); stamp R heel beside L, no wt. (ct. &).
5. Lowering straight arms smoothly, leap bkwd. to R onto R, L (cts. 1 &); raising straight arms fwd. to 90 degrees, leap diag. fwd. R onto R (ct. 2).
6. Leap fwd. twd. ctr. onto L (ct. 1); leap onto R across in front of L (ct. 2).
7. Leap bkwd. onto L (ct. 1); stamp R heel next to L, no wt. (ct. &); lowering straight arms smoothly, leap bkwd. to R onto R, L (cts. 2, &).

III. LEAPS, CLICKS AND HOPS IN PLACE

- 1-2. Facing ctr., repeat fig. I, meas. 1-2 but in place with arms down.
3. Step on R in place, while moving flat L ft. slightly to L (ct. 1); click inside L sole to R ankle (ct. &); hop or lift on R in place (ct. 2); step on L beside R (ct. &).
4. Step on R in place (ct. 1); step on L in place (ct. &); hop or lift on L in place (ct. 2); stamp R heel beside L ft., no wt. (ct. &).
5. Step on R in place (ct. 1); step on L in place (ct. &); step on R in place, while moving flat L ft. slightly to L (ct. 2); click inside of L sole to R ankle (ct. &).
6. Hop or lift on R in place (ct. 1); step on L beside R (ct. &); step on R in place (ct. 2); step on L in place (ct. &).
7. Hop or lift on L in place (ct. 1); stamp R heel beside L ft. no wt. (ct. &); step on R in place (ct. 2); step on L in place (ct. &).

SEQUENCE: Figure changes are called by the leader, Iliana danced these in the following order:
Fig. I, thrice; fig. II, thrice; fig. III, thrice; these were repeated;
then fig. I, thrice; fig. II, thrice; fig. I, five times as the music speeds up to the end of the dance.

The music then returns to the slow melody of the INTRODUCTION.

.....*from the kitchen.* the Federation has published many books filled with information. These are available from our Publications Chairperson, Joel Bruxvoort. In this issue, I thought it might be appropriate to excerpt from **Cooking with an International Flair** and include a couple of recipes from our Native American friends whose ancestors joined with ours in the first Thanksgiving feast. Thanks to all the folk dancers who submitted the recipes and produced this wonderful book. *Editor*

BAKED GLAZED SQUASH

2 ½ lbs. butternut squash
1/3 cup packed brown sugar.
2 tbs. butter
¼ tsp. paprika

Slice squash in one-inch thick pieces; remove seeds, arrange squash rings in a 13 x 9 x 2 inch baking pan. Cover with foil.

Bake at 350 degrees until almost tender, 45 to 60 minutes. Meanwhile, in a saucepan, combine brown sugar, butter, paprika, ½ tsp. salt and a dash of pepper. Cook and stir until bubbly. Continue baking, uncovered, until squash is tender, Serves 8.

INDIAN CORN STICKS

1 cup corn meal
½ cup all-purpose flour
¾ tsp. salt
1 cup milk
1 egg
2 tbsp. shortening (melted)

Mix corn meal, flour and salt. Add milk, egg and shortening. Beat until smooth.

Fill well-greased corn stick pans almost to the top. (If corn stick pan is not available, pour into greased 8 x 8 x 2 inch baking pan). Bake at 425 degrees for 12 to 15 minutes. Serve hot corn sticks with maple syrup, if desired. Makes 10 to 12 corn sticks.

AMERICAN INDIAN STYLE

Indians made use of most everything they could find on the land as a source of food. The tribes who roamed the plains lived mostly on meat. The farming groups lived mainly on corn, beans and squash. Potatoes were important in some areas. Almost all Indian groups ate wild plants, roots, berries and nuts. Whenever they could, they collected maple sap.

Plants, such as sassafras and wintergreen were used to make a kind of tea. A type of beer, made from casaba, corn, peanuts, or potatoes, was enjoyed.

The American Indians harvested corn or maize many years before Columbus discovered America. They found the cranberry, which they called "bitter berry." They used the cranberries to make pemmican, mixing them with dried venison and fat.



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