

# *Let's Dance!*

THE MAGAZINE OF INTERNATIONAL FOLK DANCING    February, 2007



A forty-year tradition—Kathy and Marcel doing the midnight Jovano Jovanke at the Menlo Park Folk Dancer's New Year's Eve Party. Article on Page 7—*Photo by editor*

**Dance for health: See articles on pages 10, 12 and 18**

**OFFICIAL PUBLICATION OF THE FOLK DANCE FEDERATION OF CALIFORNIA, INC.**

# Let's Dance!

Volume 64, No. 2  
February, 2007

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You can now post your folkdance event flyers on  
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If you need assistance, contact Dick Rawson at  
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Material for the March issue must be received by February 1.  
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*Opinions expressed in Let's Dance! are not necessarily  
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Membership rate is \$22.50 per year (plus \$5.00 for foreign)  
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## Your advertising helps support Let's Dance! Ad rates:

	¼ page	½ page	full page
Member clubs	\$10.00	\$20.00	\$35.00
All others	15.00	35.00	50.00

## Editor

**Good tidings**—Sharen Nyberg has announced that the board of the Kolo Festival of California, recipient of a grant from the Federation Promotion Fund, has, because of the enormous success of the recent Kolo Festival, refunded the grant in full, with the wish that it may go to help some other folk dance promotion endeavor.

The Kolo Festival certainly was a smashing success and the Kolo board should be commended for their generosity and commitment to the promotion of folk dance.

**Bylaws go into effect**—The new bylaws of the Federation go into effect with the new year and we welcome the associate members to full membership. In the past, associate members didn't have the right to vote for Federation officers unless they were representatives of a member club or an officer. Now everyone who is a member is a voting member and can be heard and vote on issues at Assembly meetings (Now held once a year to elect officers and voice concerns.). All are welcome to attend any board meeting.

**Cued dances**—The Napa Valley and Petaluma Folk Dancers are doing something interesting at their Sweetheart Festival February 11. They cue some of the dances. I went last year and it was very nice to have everyone going in the right direction in Arnold's Circle and not having to rely on ancient memory in the Virginia Reel. It worked very well. Check it out at Napa College.

**Dancing with children**—Sanna Longden has a web site that lists books, CDs, cassettes and DVDs of dances for children. All you need to get started with a dance program for children. See it at [www.folkstyle.com](http://www.folkstyle.com).

## MESSAGE FRAMER

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## PRESIDENT'S MESSAGE

By Vick Vickland

February 2007—In this second month of 2007, have you been able to stop putting 2006 on your checks? I sometimes don't notice until several months later, that I had dated one or more checks in January with the previous year. Those new years keep coming. All we can do is enjoy them. There are several events for us to enjoy this month. The Festival of the Oaks will be held at Live Oak Park in Berkeley on February 24. The Sweetheart Festival will be at Napa Valley College on February 11.

Speaking of sweethearts, Fran Ajoian has informed me that we have not seen our last Fresno Harvest Festival. She has volunteered to chair the committee and expects that others will assist her in presenting another Harvest Festival in October. It will be a one-day affair this year, with institutes in the morning and dancing in the afternoon and evening. The local groups will also have a party on Friday evening at which we will all be welcome. Let's reward her and the committee by having a great attendance at the event. They are also holding their Scholarship Ball on February 10.

I may have tossed this idea out before, and you may have also tossed it out, but I think it could add some interest and spirit to our dancing fun and is worth consideration. How about a contest for the club that has the most members attending another club's function more than 40 miles distance from their own club, with a prize to each of the club's visitors? If you think this isn't a totally dumb idea, or if you have other interesting ideas for us to pursue, let me hear from you.

As I have for the past several years, I attended Al & Teddy Wolterbeek's New Year's Eve Party in Shingle Springs. What a great event, with a potluck dinner, a joke contest and dancing 'til 2:00 a.m., and a short break at midnight to put on silly hats and toot our horns! There were almost as many under-25's, Al & Teddy's graduates as well as current teen group members, as there were us older folks. We all had a blast! I still think we need to clone Al & Teddy, or get others to work with teenagers. There are lots of possibilities.

See you on the dance floor.

—Vick ([president@folkdance.com](mailto:president@folkdance.com))

### We welcome new members

By Sidney Messer, Membership Chairperson

New Group Members:

Tuesday Folk Dancers, Sacramento, CA

New Members:

Alexandra Schiller, Coquille, OR

Dolores Littier, Hayward, CA





# February, 2007 Calendar of Events

We reserve the right to edit all submissions and assume no responsibility for accuracy  
Send future events information to Gary Anderson, Editor, Let's Dance!,  
Box 548, Woodacre, CA 94973 e-mail: editor@letsdancemag.net  
The deadline for listings is one month prior to the magazine date.

## *Upcoming Events—*

- January 27** **Sacramento Council Scholarship Ball. "Dancing for Diamonds"** All are welcome! \$5.00 donation. Please bring finger food. 7:00 pm at the YLI Hall, 27th and N Streets, in Downtown Sacramento.
- February 10** **Fresno Folk Dance Council Scholarship Ball.** 8:00-10:00 pm. Cynthia Merrill Dance Studio, 4750 N. Blackstone near Gettysburg Street, Fresno.
- February 11** **Sweetheart Festival.** Napa Valley College Dance Studio, Building 1100, Room 1100, from 1:30 to 5:00 pm. For information contact David Thompson 707-255-7309.
- February 9-11** **Laguna Festival.** Hosted by Laguna Folkdancers and Veselo Selo. Institutes with Lee Otterholt and George Fogg, concert, dancing. At Ensign School, 2000 Clift Drive, Newport Beach. Info: Ted (714) 893-8888, info@lagunafolkdancers.org
- February 23** **Red and Black Ball.** Presented by Razzmatazz in Santa Rosa. Live music with Bulgarika, plus recorded favorites to start. Bring your favorite snacks to share. 8:00 to 11:00 pm, Santa Rosa Vets Building, 1351 Maple Ave. (across from the Sonoma County Fairgrounds) \$5.00 plus tips for the musicians. Info: 510-965-9655.
- February 24** **\*Festival of the Oaks.** Registration starting at 9:15 am. Suzanne Rocca-Butler will teach the workshop (note date change) beginning at 9:30 am and running until Noon. There will be a hot lunch for sale and the California Folk Dance Federation will hold an assembly meeting at noon. Two rooms of dancing, one for requests of favorite line dances and the other for International dances and a review of the dances that were taught. Exhibition demonstrations at 3:00 pm. Live Oak Park recreation center, 1301 Shattuck Ave (at Berryman St.). Admission will be \$12 for the full day and \$7 for either the morning or afternoon session alone.
- March 9, 10 & 11** **\*Camellia International Folk Dance Festival.** Featuring Lee Otterholt, Balkan; Hilde Otterholt, Hawaiian and Lee and Hilde, Norwegian. Chubritza will provide live music. Sunday dance concert. www.folkdance.com/sacramentocouncil
- March 31** **Balkan *Plus* Folk Dance Party.** The Balkan Dancers of Marin present their popular party at the Masonic Hall, 1010 Lootens in San Rafael. There will be slots for requests during the evening. Great dancing, plentiful parking, an excellent wood floor & fine finger food—all for just \$5.00. For more information see our ad in this issue or to receive a flyer, call Irene Croft, 415-456-0786 or Anne Arend, 415-892-9405.
- March 31** **Fresno Folk Dance Council Fifth Saturday Dance.** 8:00-10:00 pm. Cynthia Merrill Dance Studio, 4750 N. Blackstone near Gettysburg Street, Fresno.
- May 12** **Rose Festival.** 1:00 to 4:30 pm, at Wischermann Hall, 460 Eddie Lane, Sebastopol. Contact 707-546-8877.
- May 25-28,** **\*Strawberry Statewide.** The South is hosting this year's event on Memorial Day weekend in Oxnard at the Oxnard Performing Arts and Convention Center. Oxnard is renowned for its delicious STRAWBERRIES, and the world famous Strawberry Festival is held there the weekend before Memorial Day each year. We hope we can be as successful as the North was last year. Details about registration, hotels, parties, teachers and other information will be published as soon as they become available.
- October 22** **Harvest Festival.** The Annual Fresno Harvest Festival is on! There will be institutes in the morning and dancing in the afternoon and evening. Local clubs will host a party Friday night, October 21. Contact Fran Ajoian for more info: 559-255-4508

*\*denotes Federation events*

*The Council, club and class listings are in the back of the magazine*

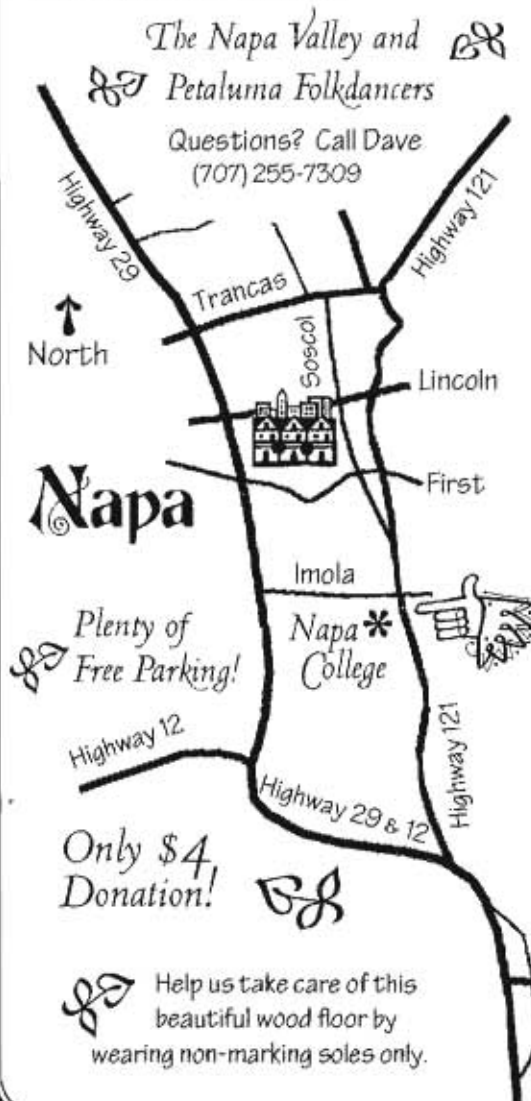
# 36th Annual Sweetheart Festival

Sunday, February 11th 2007 at Napa College from 1:30 to 5:00

Chase away the February gloom with a festive afternoon of dancing in the heart of the lovely Napa Valley.

We'll have a wide variety of favorites from clubs in Sacramento and the bay area. Posted dance hints & cues for less common gems will keep us all in step. Come join the fun!

It'll do your heart good!!



1. Never on Sunday
2. Frenchy Brown
3. Totur fra Vejle
4. Maple Leaf Rag
5. Alaboy for 3



6. Tino Mori
7. Grand Square
8. Three's a Crowd
9. Corrido
10. Arnold's Circle
11. Hora Fetalor
12. Double Sixsome
13. Bohemian National Polka
14. Swedish-Finn Mixer
15. Erev Ba
16. Postie's Jig
17. Japanese Soft Shoe
18. Oklahoma Mixer for 3
19. Piano Roll Waltz
20. Apat Apat
21. Karamfil
22. Milondita Tango
23. Italian Quadrille
24. Doudlebska Polka
25. Couple Hasapiko

26. Korobushka
27. Elizabeth Quadrille
28. Western Trio Mixer
29. Vrapcheto
30. Ada's Kujawiak #1
31. La Bastringue
32. Bapardess
33. St. Gilgen Figurentanz
34. Sauerlaender Quadrille
35. Rumelaj
36. Levi Jackson Rag
37. Shiri Li Kineret
38. Changier Quadrille
39. Ali Pasa
40. Die Lorelei
41. Tzadik Katamar
42. Joc Bâtrânesc
43. Tango Campaña
44. Eench Emanee
45. Sugar

46. Contra
47. Korobushka
48. Elizabeth Quadrille
49. Western Trio Mixer
50. Vrapcheto
51. Ada's Kujawiak #1
52. La Bastringue
53. Bapardess
54. St. Gilgen Figurentanz
55. Sauerlaender Quadrille
56. Rumelaj
57. Levi Jackson Rag
58. Shiri Li Kineret
59. Changier Quadrille
60. Ali Pasa
61. Die Lorelei
62. Tzadik Katamar
63. Joc Bâtrânesc
64. Tango Campaña
65. Eench Emanee
66. Sugar

67. Circle Hambo
68. Virginia Reel
69. Karamfil
70. Milondita Tango
71. Italian Quadrille
72. Doudlebska Polka
73. Couple Hasapiko

74. Never on Sunday
75. Frenchy Brown
76. Totur fra Vejle
77. Maple Leaf Rag
78. Alaboy for 3
79. Tino Mori
80. Grand Square
81. Three's a Crowd
82. Corrido
83. Arnold's Circle
84. Hora Fetalor
85. Double Sixsome
86. Bohemian National Polka
87. Swedish-Finn Mixer
88. Erev Ba
89. Postie's Jig
90. Japanese Soft Shoe
91. Oklahoma Mixer for 3
92. Piano Roll Waltz
93. Apat Apat
94. Karamfil
95. Milondita Tango
96. Italian Quadrille
97. Doudlebska Polka
98. Couple Hasapiko
99. Karamfil
100. Milondita Tango
101. Italian Quadrille
102. Doudlebska Polka
103. Couple Hasapiko

Final: Let Me Call You Sweetheart (free-style waltz)

☀ marks cued/called dances

Here's How to Find Us

\* Take the Napa College turn off highway 121 & follow the signs to the festival. We're at the northwest corner of the campus just west of the pool & south of the tennis courts.

59<sup>th</sup> Annual

# Festival of the Oaks

Saturday, February 24, 2007  
Live Oak Park Recreation Center  
1301 Shattuck Avenue, Berkeley, CA

REGISTRATION..... 9:15 AM

INSTITUTE..... 9:30 AM – NOON \$7.00 Donation  
Dances from North to South and East to West taught by  
SUZANNE ROCCA-BUTLER

Suzanne has been teaching folk dance in the San Francisco Bay Area for over 30 years; she has been a guest teacher twice in Brazil at the Ethnic Music and Dance Symposium and, at the invitation of the Gifu Folk Dance League, taught at the 11<sup>th</sup> National Sports and Recreation Festival; she taught at the Stockton Folk Dance Camp from 1989 to 2003; she currently teaches non-partner folk dances on the Peninsula, south of San Francisco.

EXCELLENT HOT LUNCH ..... NOON \$4.00  
MEMBERSHIP MEETING..... NOON No Charge  
Folk Dance Federation of California

INTERNATIONAL FOLK DANCING.....1:30 PM – 5:00 PM \$7.00 Donation  
Dances from Macedonia, Israel, Hungary, Armenia and other far away places.  
REQUEST DANCING IN SEPARATE HALL.....1:30 PM – 5:00 PM

*VINTAGE FOLK DANCE COSTUMES ON SALE ALL DAY!*

**EXHIBITION AT 3:00 PM**

Suggested donation for full day is \$12.00

**Free refreshments will be served all day.**

**DANCE SHOES RECOMMENDED** (tape will be available to put on shoes)

## **DIRECTIONS TO LIVE OAK PARK BY PUBLIC TRANSPORTATION:**

Take the Richmond BART train and exit at the BERKELEY station (not NORTH BERKELEY). You can then walk north to 1301 Shattuck Avenue. Otherwise, on Shattuck Avenue near the BART station, you can catch a 7, 9 or 43 bus heading north; get off at Berryman and walk east (up a slight incline) two blocks to Shattuck Avenue.

## **DIRECTIONS TO LIVE OAK PARK BY CAR:**

**Coming from San Francisco or from points north on Highway 80,** take the University Avenue exit in Berkeley; drive east to the end of the street (the street ends at the UC campus); turn left, proceeding north; at the 5<sup>th</sup> stop light, turn left; travel two blocks; turn right onto Shattuck Avenue and park. Live Oak Park is in the middle of this block.

**Coming from anywhere south of Oakland,** take Highway 880 North to the Highway 24 exit (to Walnut Creek and Berkeley); take the Berkeley exit (Martin Luther King Jr. Way) and follow signs to Martin Luther King Jr. Way; proceed north for 3 ½ miles to Rose Street and turn right; pass one stop light and immediately turn left onto Shattuck Avenue at the stop sign and park.

## **SPONSORED BY:**

Folk Dance Federation of California, Inc. &  
Berkeley Folk Dancers

For more information, call Mel Mann (510) 527-2177, [meldancing@aol.com](mailto:meldancing@aol.com)

# Old and New Thoughts for New Year's Eve

By Kay James

Do any of you find yourselves in the same predicament I do year after year on New Year's Eve? What do I want to do and where do I want to go and how far am I willing, or courageous enough, to drive? And worst of all, what will my mood be on that very night at the last minute...will I want to change my mind even though I've made plans with others? Okay, maybe as a folk dancer there are too many choices for this oft-times overrated night of the year, but it never fails to present me with a dilemma. This year was no different than past ones, only there were yet more invitations and opportunities, some of which were non-dancing ones. Last year was real easy for me...a rainy night and a son home from college with no plans with his peers. So, I gladly stayed home with him, watching a movie and welcoming in the New Year quietly in the cozy comfort of our home.

But that was last year, so what about this year? An invitation from a Berkeley Folk Dancers couple to get together with other injured or disabled fellow former dancers for a non-dancing gathering was very appealing. But, wait a minute! I'm still dancing a lot and really enjoying it, so why am I even considering this? Well, I must admit to being drawn to small groups where intimate and interesting conversation is the focus. So while my introspective nature may have been drawn in this direction momentarily, I realized that I was definitely up for a dancing evening. But where to go?

In the past I've gone to Ashkenaz with its large crowds and loud music and where I am always amazed at the still somewhat intimate feeling of being among old friends with whom I have at least one thing in common...an obsessive craziness for dancing and live music! So this year, with an older son having his own party in San Francisco and a younger one all set with his group of peers heading for skiing in Tahoe, I felt free to choose wherever the mood inspired me to go.

I had always been curious about the parties that Marcel Vinokur had in Menlo Park, and in particular the one on New Year's Eve, a tradition started in 1966. Year after year Asha Goldberg used to make it his ritual to go down the Peninsula to the Vinokur party and then afterwards race back up to Ashkenaz, finishing off the long night in Berkeley. I remember wondering why anyone in his right mind would drive all that way for a party, and on that night in particular, especially with Ashkenaz being so much closer. Obviously, his answer to a dilemma was to not limit himself to one venue! Anyway, this year when several friends talked so positively about Marcel's party at year's end and there were two other friends willing to drive with me, I decided it was time to see for myself what the draw to the southlands was and off I went. To my amazement the driving was smooth sailing all the way there and back.

With two rooms of dancing going continuously, there was much to offer the ardent folk dancer to be sure. My only problem was that I felt somewhat frustrated by not knowing so many of the dances in the studio room, where the more complicated dances were played (not surprising since I didn't start folk dancing until 1995). This brings to mind a whole other topic for another article—that being the different repertoires of



Todd Wagner leading Bill Croft, Irene Croft and Carol Toffaletti in Često—Photos by Gary Anderson

each group and thus the comfort and familiarity of dancing with one's own group. But I digress. In any event, I was greatly impressed with the friendliness of all the people at the party and the opportunity for dancing as much as one wanted from 8:00 p.m. until well after midnight. A special sentimental moment of the evening was the announcement by Hiram Pierce that it was at Marcel's first New Year's Eve party that he connected with his wife Arden and they've been together ever since. Oh, and don't let me forget to say that the food was terrific. I know this for a fact since I spent a lot of time grazing at the food table. And someone brought hot, home-made coconut macaroons that were "to die for." I'm quite sure I added an additional five pounds that night to an already enlarging girth due to the usual seasonal, orgiastic excess.

So, another New Year's Eve passed and I tried another venue, this time with the Menlo Park Folk Dancers. I'm glad I went and saw the reason why so many people are drawn to attend a party so far away (for some of us) with recorded music. Oh, and that's another whole subject and another digression—live music vs. recorded music for dancing. Where I'll go next year will probably remain an unknown once again until the last minute. I doubt, though, that the decision will be any easier because we folk dancers in the Bay Area have an abundance of choices!



Let's Mezősegi!



*Jim Gold International Folk Tours*  
2007 Mad Shoe Travel Guide

**BULGARIA and MACEDONIA !**  
**GREECE and the GREEK ISLANDS !**  
**NORWAY !**  
**HUNGARY !**  
**POLAND !**  
**BUDAPEST and PRAGUE !**

Travel with international folklore and folk dance experts:  
Jim Gold, Lee Otterholt, Adam Molnar, Mel Mann,  
Sanna and Mars Longden, Richard Schmidt

- BUDAPEST and PRAGUE.** . . Spring Arts Festival Tour! March 16-25  
Led by Adam Molnar and Mel Mann. . . **Prague** extension: March 25-29.
- NORWAY.** . . Norwegian and International Dancing! May 14-24.  
Led by Lee Otterholt. Oslo, Bergen. Hovin, (Telemark), Voss, Aal
- HUNGARY.** . . Jaszbereny and Matyo Folk Festivals ! July 27-August 6.  
Led by Adam Molnar with Sanna and Mars Longden  
Eger, Jászberény Folk Festival, Budapest, Nyiregyhaza, Mezökövesd, Debrecen.
- BULGARIA and MACEDONIA.** . . Koprivshitsa and Dorkovo Festivals!  
July 31- August 12, 13-18. Led by Jim Gold  
Sofia, Bansko, Plovdiv, Veliko Turnovo, Skopje, Ohrid, Bitola, Sandanski
- POLAND.** . . Mazurka, Polonaise, Kujawiak, and more! September 1-15.  
Led by Richard Schmidt. Krakow, Zakopane, Torun, Gdansk, Olsztyn, Warsaw.
- GREECE and the GREEK ISLANDS.** . . Hasapico to Syrto  
October 21-November 2, 1-4 Led by Jim Gold and Lee Otterholt.  
Classical Tour to Athens, Olympia, Delphi, Meteora, Mycenae. Greek Island  
Cruise to Mykonos, Crete, Rhodes, Patmos, Ephesus, Santorini, Santo. Ext.

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*Sacramento  
International Folk  
Dance & Arts Council*



*And*

*California State University, Sacto*

## **Camellia International Dance Festival**

**CSUS Student Union Ballroom**

**Friday, March 9, 2007, 7:00-11:00PM**  
**Opening Party, Live Music, Chubritza**



Lee

**Saturday, March 10, 2007**  
**Three Workshops 1:00-5:00PM**  
**Evening Party, 7:00-11:00**  
**Live Music, Chubritza**

\$7.00 per event Special! All Five, Friday  
and Saturday events \$30.00



Hilde

**Sunday, March 11**

**Camellia International Dance Concert**  
**International Folk Dance Concert 1:00 PM**  
**followed by Easy General Dancing until 5:00 PM**

\$7.00 for both

All events free to children under 18 or with valid student body card.

**Saturday Dance Institutes**

**Presented by Lee & Hilde Otterholt**

**1:00-2:15 PM, Lee - Balkan**

**2:25-3:40 PM, Hilde - Hawaiian**

**3:50-5:00 PM, Lee & Hilde - Norwegian Couple & Swing**

**\$7.00 per Workshop**

For more information go to

<http://www.folkdance.com/sacramentocouncil/>

Or contact Barry at [balkanbarry@earthlink.net](mailto:balkanbarry@earthlink.net)

# SACRAMENTO STATE UNIVERSITY SACRAMENTO

## DRIVING DIRECTIONS

### **Hwy 50 from the West (South Campus Entrance)**

Take Hwy 50 east towards Placerville. Exit Howe Ave/Power Inn/CSUS. Get in right lane. Turn right at the CSUS exit. Turn left at College Town Dr. Turn right on State University Drive East. Turn left into Parking Lot #7 or #8.

### **Hwy 50 from the East (South Campus Entrance)**

Take Hwy 50 west towards San Francisco. Exit Howe Ave/Power Inn/CSUS and continue straight past Howe Ave. You are now on College Town Dr. Turn right on State University Drive East. Turn left into Parking Lot #7 or #8.

### **From Midtown (North Campus Entrance)**

Take J Street east or Fair Oaks Blvd. west to Carlson Dr. Turn into campus on Carlson, then left at the Bus Stop onto State University Dr. East. Continue past the footbridge. Turn right into Parking Lot #7 or #8.

### **From Folsom Blvd. (South Campus Entrance)**

Turn north onto State University Dr. East between 65th St. and Hornet Dr. Turn left into Parking Lot #7 or #8.

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## Dancing may benefit heart failure patients

*From Loui Tucker*

16 November 2006, American Heart Association Scientific Sessions 2006; Chicago, Illinois: 12-15 November

Results of an Italian study show that dancing, specifically waltzing, can have significant benefits for patients with heart failure.

Dr Romualdo Belardinelli, from Lancisi Heart Institute in Ancona, and colleagues have already found that slow and fast waltzing benefits patients with coronary heart disease or those recovering from a heart attack.

To see if the benefits of dancing extend to patients with heart failure, the researchers studied 110 such patients who were assigned to take part in either supervised aerobic exercise or waltzing sessions three times a week for 8 weeks.

At the end of the study period, the team found that the patients' heart rates were similar in each group, at 110 and 113

beats per minute in the exercise and dancing groups, respectively.

Peak exercise capacity, breathing rates and cardiovascular fitness all improved to a similar extent in each group.

However, the participants in the dancing group experienced significantly greater improvements in their quality of life than those in the aerobic exercise group, particularly in aspects relating to emotions such as happiness.

"Our research suggests that dancing is a new choice of exercise training for patients with heart failure," said Dr Belardinelli, speaking at the American Heart Association Scientific Sessions in Chicago, Illinois.

He added: "This is good news because if we want patients to take part in lifelong aerobic exercise at least three times a week, it should be something that's fun and makes them want to continue."

## Council and Club Clips

**BERKELEY FOLK DANCERS.** BFD is working hard to ready Live Oak Park Recreation Center for the 59<sup>th</sup> Annual Festival of the Oaks. We are very excited about this year's program. Lovely Suzanne Rocca-Butler will be the instructor for the workshop in the morning from 9:30 am to noon. Esther Mann is planning a hot lunch for sale. It was delicious last year. And, of course, Live Oak Park is in the center of Berkeley's famed Gourmet Ghetto. Another feature is a large costume sale. Fill out your costume wardrobe or start one.

At noon the California Folk Dance Federation will hold an assembly meeting. Everyone is more than welcome. Come and meet your Federation officers and hear what is going on in the Federation.

New to this Festival are two rooms of dancing. One will be line dances and the other International dances and a review of the dances that were taught. Exhibition demonstration will be at 3:00 PM. So come to 1301 Shattuck Ave. (at Berryman St.) in Berkeley for a wonderful day of dancing. Admission \$12 for the full day or \$7 for either the morning or afternoon session alone.

We hope to see you here. Those of you who came last year know where we are. And we thank you for finding us last year for the Festival.

—Naomi Lidicker

**MENLO PARK FOLK DANCERS.** Our regular monthly party February 24 will have Vecernica playing for us. Menlo Park Recreation Center, 700 Alma at Mielke in Menlo Park. Potluck 6:00 pm, call for location. 8:00 pm until midnight. Lots of dancing in two halls. Lots of free parking. Free refreshments provided. \$7.00. Call for information, Marcel Vinokur at 650-327-0759.

**Sacramento International Folk Dance and Arts Council—** We are all back in the swing after the holidays, with lots of club activities and our Scholarship Ball.

But mostly we are eagerly preparing for the Camellia Festival weekend, March 9-11, 2007.

Festivities will start on Friday evening with the legendary Chubritza band playing for the opening party at 7:00. Don't miss it! Energy will be high and the dancing will be great! There will be another party on Saturday, night, again at 7, after all the afternoon workshops.

It will be a family affair this year with all the Otterholts headlining. We will be having three workshops on Saturday. Lee will be teaching Balkan dances at 1:00 PM. Then at 2:25 Hilde will teach us some Hawaiian dances, and finally, Hilde will join Lee for Norwegian couple dances at 3:50. Choose your favorites or try them all! Meanwhile, baby Sebastian will provide entertainment and criticism.

The Sunday Concert at 1-5 PM will be especially good with lots of new and returning groups lining up. There will be general dancing after the concert especially for beginners. Check out our website [www.folkdance.com/sacramentocouncil](http://www.folkdance.com/sacramentocouncil) for the latest information and historic videos. Also check out the flier in this issue.

We are looking forward to seeing lots of friends from all over the state. The Festival just gets better and better every year!

—Barbara Malakoff, [barbikoff@mac.com](mailto:barbikoff@mac.com)

**BALKAN DANCERS OF MARIN.** We are working on our once a year *Balkan Plus* party. It will be March 31, 2007. Irene Croft has crafted a tentative dance program which is on the ad in this issue. Some of the dance groups like to have the program early so that they can review the dances. The programs have been part of the reason for the party's popularity in the past. We'll soon have a local restaurant list. Many of our guests come early and enjoy one of the restaurants within walking distance of the dance hall. Get ready for a great party, a wonderful wood floor, a good program and excellent snacks!

*Let the folk dance world know what your club is doing—contact Let's Dance! at [editor@letsdancemag.net](mailto:editor@letsdancemag.net)*

## Fresno Council will host the Harvest Festival October 20

The announcement made in the January Let's Dance! concerning the Harvest Festival was premature. Fran Ajoian has announced that the Fresno Council will continue the Annual Harvest Festival and it will be one day, October 20, with Institutes in the morning followed by dancing in the afternoon and evening. Fran will be the chairperson. There will be more information as the date comes closer.

Local clubs will sponsor a party on the Friday night preceding the Festival.

## BFD Dances 2006 Out And Welcomes 2007 In

By Naomi Lidicker

Live Oak Park Social Hall was festooned with banners in 30 languages shouting out "Happy New Year." Thus did the Berkeley Folk Dancers usher in the New Year. But first we danced for three hours of all request dances. It was a pleasure to end the old year dancing to our favorite dances. Judy Stonefield, the emcee for the evening, kept the jovial spirit going. She put on a great party.

The reporter was not aware that the "in" color was black. So many elegant dresses in black. Black was also a handsome color on the men.

Some 60 joyous people gathered to partake of the festivities. Just before midnight Dana Kemp with his golden horn took charge for the countdown. At midnight, Dana blew a mighty welcome to 2007. We all sang Auld Lang Syne, ending with hugs and kisses and very quickly cleared the hall and slipped into the night and into the New Year.





*Use It or Lose It:*

## Dancing Makes You Smarter

*Musings by Richard Powers*

For hundreds of years dance manuals and other writings have lauded the health benefits of dancing, usually as physical exercise. More recently we've seen research on further health benefits of dancing, such as stress reduction and increased serotonin level, with its sense of well-being.

Then most recently we've heard of another benefit: Frequent dancing apparently makes us smarter. A major study added to the growing evidence that stimulating one's mind can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit.

You've probably heard about the New England Journal of Medicine report on the effects of recreational activities on mental acuity in aging. Here it is in a nutshell.

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine. Their method for objectively measuring mental acuity in aging was to monitor rates of dementia, including Alzheimer's disease.

The study wanted to see if any physical or cognitive recreational activities influenced mental acuity. They discovered that some activities had a significant beneficial effect. Other activities had none.

They studied cognitive activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards and playing musical instruments. And they studied physical activities like playing tennis or golf, swimming, bicycling,

dancing, walking for exercise and doing housework.

One of the surprises of the study was that almost none of the physical activities appeared to offer any protection against dementia. There can be cardiovascular benefits of course, but the focus of this study was the mind. There was one important exception: the only physical activity to offer protection against dementia was frequent dancing.

Reading - 35% reduced risk of dementia

Bicycling and swimming - 0%

People who played the hardest gained the most: For example, seniors who did crossword puzzles four days a week had a 47% lower risk of dementia than those who did the puzzles once a week.

Playing golf - 0%

Dancing frequently - 76%.

That was the greatest risk reduction of any activity studied, cognitive or physical.

Quoting Dr. Joseph Coyle, a Harvard Medical School psychiatrist who wrote an accompanying commentary: "The cerebral cortex and hippocampus, which are critical to these activities, are remarkably plastic, and they rewire themselves based upon their use."

And from the study itself, Dr. Katzman proposed these persons are more resistant to the effects of dementia as a result of having greater cognitive reserve and increased complexity of neuronal synapses. Like education, participation in some leisure activities lowers the risk of dementia by improving cognitive reserve.

Our brain constantly rewires its neural pathways, as needed. If it doesn't need to, then it won't.

### Aging and memory

When brain cells die and synapses weaken with aging, our nouns go first, like names of people, because there's only one neural pathway connecting to that stored information. If the single neural connection to that name fades, we lose access to it. So as we age, we learn to parallel process, to come up with synonyms to go around these roadblocks. (Or maybe we don't learn to do this, and just become a dimmer bulb.)

The key here is Dr. Katzman's emphasis on the complexity of our neuronal synapses. More is better. Do whatever you can to create new neural paths. The opposite of this is taking the same old well-worn path over and over again, with habitual patterns of thinking and living our lives.

When I was studying the creative process as a grad student at Stanford, I came across the perfect analogy to this:

The more stepping stones there are across the creek, the easier it is to cross in your own style.

The focus of that aphorism was creative thinking, to find as many alternative paths as possible to a creative solution. But as we age, parallel processing becomes more critical. Now it's no longer a matter of style, it's a matter of survival — getting across the creek at all. Randomly dying brain cells are like stepping stones being removed one by one. Those who had only one well-worn path of stones are completely blocked when some are removed. But those who spent their lives trying different mental routes each time, creating a myriad of possible paths, still have several paths left.

The Albert Einstein College of Medicine study shows that we need to keep as many of those paths active as we can, while also generating new paths, to maintain the complexity of our neuronal synapses.



## Why dancing?

We immediately ask two questions:

*Why is dancing better than other activities for improving mental capabilities?*

And does this mean *all* kinds of dancing, or is one kind of dancing better than another?

And that's where this particular study falls short. It doesn't answer these questions as a stand-alone study. Fortunately, it isn't a stand-alone study. It's one of many studies, over decades, which have shown that we increase our mental capacity by exercising our cognitive processes. Intelligence: Use it or lose it. And it's the other studies which fill in the gaps in this one. Looking at all of these studies together lets us understand the bigger picture.

The essence of intelligence is making decisions. And the concluding advice, when it comes to improving your mental acuity, is to involve yourself in activities which require split-second rapid-fire decision making, as opposed to rote memory (retracing the same well-worn paths), or just working on your physical style.

One way to do that is to learn something new. Not just dancing, but anything new. Don't worry about the probability that you'll never use it in the future. Take a class to challenge your mind. It will stimulate the connectivity of your brain by generating the need for new pathways. Difficult and even frustrating classes are better for you, as they will create a greater need for new neural pathways.

Then take a dance class, which can be even better. Dancing integrates several brain functions at once, increasing connectivity. Dancing simultaneously involves kinesthetic, rational, musical and emotional processes.

## What kind of dancing?

Let's go back to the study:

Bicycling, swimming or playing golf - 0% reduced risk of dementia

But doesn't golf require rapid-fire decision-making? No, not if you're a long-time player. You made most of the decisions when you first started playing, years ago. Now the game is mostly refining your technique. It can be good physical exercise, but the study showed it led to no improvement in mental acuity.

So take the kinds of dance classes where you must make as many split-second decisions as possible. That's key to maintaining true intelligence.

Does any kind of dancing lead to increased mental acuity? No, not all forms of dancing will produce this benefit. Not dancing which, like golf or swimming, mostly works on style or retracing the same memorized paths. The key is the decision-making. Remember, Jean Piaget suggested that intelligence is what we use when we don't already *know* what to do.

We wish that 25 years ago the Albert Einstein College of Medicine thought of doing side-by-side comparisons of different kinds of dancing, to find out which was better. But we can figure it out by looking at *who* they studied: senior citizens 75 and older, beginning in 1980. Those who danced in that particular population were former Roaring Twenties dancers (back in 1980) and former Swing Era dancers (today), so the kind of dancing most of them continued to do in retirement was what they began when they were young: freestyle social dancing -- basic foxtrot, swing, waltz and maybe some Latin.

I've been watching senior citizens dance all of my life,

from my parents (who met at a Tommy Dorsey dance), to retirement communities, to the Roseland Ballroom in New York. I almost never see memorized sequences or patterns on the dance floor. I mostly see easygoing, fairly simple social dancing -- freestyle lead and follow. But freestyle social dancing isn't that simple! It requires a lot of split-second decision-making, in both the lead and follow roles.

I need to digress here:

I want to point out that I'm not demonizing memorized sequence dancing or style-focused pattern-based ballroom dancing. I sometimes enjoy sequence dances for several good reasons. Plus there are stress-reduction benefits of any kind of dancing, cardiovascular benefits of physical exercise, and even further benefits of feeling connected to a community of dancers. So all dancing is good.

But when it comes to preserving mental acuity, then some forms are apparently better than others. When we talk of intelligence (use it or lose it) then the more decision-making we can bring into our dancing, the better.

## Who benefits more, women or men?

In social dancing, the follow role automatically gains a benefit, by making hundreds of split-second decisions as to what to do next. Women don't "follow", they *interpret* the signals their partners are giving them, and this requires intelligence and decision-making, which is active, not passive. This benefit is greatly enhanced by dancing with different partners, not always with the same leader. With different dance partners, you have to adjust much more and be aware of more variables. This is great for staying smarter longer.

But men, you can also match her degree of decision-making *if* you choose to do so. (1) Really notice your partner and what works best for her. Notice what is comfortable for her, where she is already going, which moves are successful with her and what aren't, and constantly adapt your dancing to these observations. That's rapid-fire split-second decision making. (2) Don't lead the same old patterns the same way each time. Challenge yourself to try new things. Make more decisions more often. Intelligence: use it or lose it.

And gentlemen, the huge side-benefit is that your partners will have much more *fun* dancing with you when you are attentive to their dancing and constantly adjusting for their comfort and continuity of motion.

## Dance often

Finally, remember that this study made another suggestion: do it often. Recall that seniors who did crossword puzzles four days a week had a significantly lower risk of dementia than those who did the puzzles once a week. If you can't take classes or go out dancing four times a week, dance as much as you can. More is better.

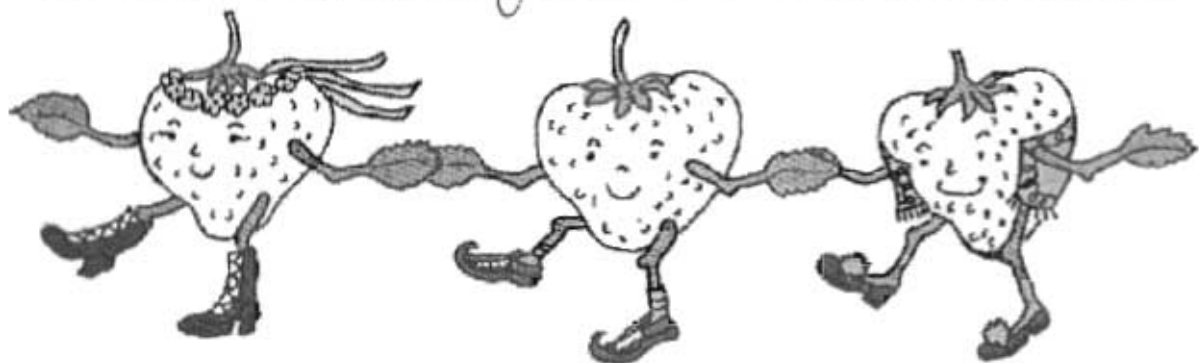
And do it now, the sooner the better. It's essential to start building your cognitive reserve now. Some day you'll need as many of those stepping stones across the creek as possible. Don't wait -- start building them now.



FOLLOW THE DANCING STRAWBERRIES  
TO  
Strawberry StateWide

May 25 thru 27 2007  
Memorial Day Weekend

Oxnard Performing Arts & Convention Center



***Institute teachers:***

***Zeljko Jergan***

***Sonia Dion***

***Cristian Florescu***

*Presented by  
Folk Dance Federation of California, South*



## **The Balkan Dancers of Marin**

invite you to a

# ***Balkan Plus Folk Dance Party***

**Saturday, March 31, 2007**

**Balkan dance program**

***plus***

**you can request your favorite international folk dances!**

(Bring your own tapes or choose from our selection of Balkan *Plus* dances!)

**Come and join in the fun**

8:00-11:00 pm ~ Donation \$5.00

**Plentiful parking, an excellent wood floor, drinks & finger food!**

## **Masonic Lodge Hall**

1010 Loutens, San Rafael  
(between Fourth and Fifth)

For more information please call: Irene Croft 415-456-0786 or Anne Arend 415-892-9405

*(Dance program and directions are on the back)*

# The Balkan Dancers of Marin *Balkan Plus Folk Dance Party*

## Directions:

### **From North of San Rafael:**

Take 101 Highway to CENTRAL SAN RAFAEL exit (Hetherton), turn right on Fifth Avenue, at Lootens turn right into city parking lot. If the lot is full, go down Lootens Street to the city lots at Third and Lootens. The double deck lot on the right has entries on Lootens and on Third Street. Street parking is okay after 6:00 pm. Masonic Hall is on Lootens between Fourth and Fifth.



### **From South of San Rafael:**

Take Highways 580 or 101 to CENTRAL SAN RAFAEL exit (Irwin Street). Turn left on Third Street. Turn into the parking lot just past the Walgreen's Drugstore. If it is full, use the large double deck lot at Third and Lootens.

Entries on Lootens and on Third Street. Street parking is okay after 6:00 pm. Masonic Hall is on Lootens between Fourth and Fifth.

## TENTATIVE DANCE PROGRAM—2007

Ivanica	Vulpița
Jacob's Ladder	Belasičko
Opšaj Diri	Ovčepolsko
Tino Mori	Tsamikos
Jove Malaj Mome	Dobrudžanska Rêka
Request	Request
Request	Request
Horehronsky Czardas	Hambo
Chiotikos	Četvorka
Haro'ah Haktana	Ajde Jano
Ciuleandra	Orient
Četvorno	Sitna Zborenka
Request	Request
Request	Request
Misirlou	Šetnja
Ravno	Šopsko Horo
Pajduško	Rumelaj
Lugovonka	Doudlebska Polka
Čamčeto	(couples)
Request	Sukačko Kolo
Request	Request
Request	Request
Swedish-Finn Mixer	Mîndrele
(Couples)	Gerakina
Gjuševska Râčenica	Arcanul Bătrînesc
Never on Sunday	Joc Bătrînesc din
Sandy's Čačak	Niculițel
Pravo	Arap/Zajke Korkorajke
Request	U Šest (Čujas Malo)
Request	
Intermission	Waltz

## REQUESTS

You are invited to request your favorite international folk dances. You may bring your own tapes or choose from our large Balkan selection. *Requests should be of commonly taught dances of any difficulty.*



## Na Yegorya

(Russia)

Na Yegorya (Nah yeh-GOH-ree-yah) is a progressive couple dance, and is an example of the Russian School of folk dance. It was choreographed by Hennie Konings based on traditional dances of the Vladimir region. The music for the dance is an old dance tune of the shepherds from that region. Hennie first introduced the dance in Germany at the Russian Summer Dance Camp in 1998. Yegori is a boy's name and the title could be translated as "at Yegori's" [birthday or saint's day]. Hennie taught this dance at the 2006 Stockton Folk Dance Camp.

CD: Russian Dances Selected by Hennie Konings, Band 5 2/4 meter

Formation: Couples (M on L) in closed circle, hands joined in V-pos.

Steps: Drobnyj khod: Step fwd on R (ct 1); scuff L heel next to R, no wt (ct &); step fwd on L (ct 2); scuff R heel next to L, no wt (ct &).

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Measure	2/4 meter	PATTERN
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8 meas INTRODUCTION No action.

I. TWO-STEPS AND SCUFFS

1-8 Dance 8 two-steps fwd in LOD, beg R.

9-12 Continue in LOD with 4 Drobnyj khod steps, beginning with R ft.

II. TO CENTER AND BACK

1-2 Facing ctr, walk 3 steps fwd R,L,R (cts 1,2,1); stamp L next to R, no wt (ct 2).

3-4 Repeat meas 1-2 with opp ftwk and direction (bkwd).

### III. MEN TO CENTER, WOMEN STAMP

- 1-2      M: Walk 3 steps (R,L,R) twd ctr and in front of ptr (cts 1,2,1); turn abruptly to L (CCW) on L ft (meas 2, ct 2) to face ptr with slight bow (nod) on ct &.  
            W: In place, lift up slightly on L toe, come down on to whole L ft while stamping with R (ct 1), hold (ct 2); repeat for meas 2.
- 3-4      M: Back away from ptr with 3 steps (R,L,R); step on L with emphasis and nod to ptr on meas 4, ct 2. W: Repeat meas 1-2.

### IV. DO-SI-DO'S

- 1-4      Do-si-do with ptr in 8 steps: walk fwd (starting with R ft) passing R shldr, and then walk bkwd passing L shldr. Arms are held gracefully fwd and move slowly to L on meas 1-2, and to R on meas 3-4.
- 5-8      Repeat meas 1-2 with new ptr who is person standing L of orig ptr (meas 5-6). With 4 more steps (meas 7-8), M start to back around new ptr, but then turn one half L (CCW) to end facing ctr and to L side of new ptr. W repeat meas 3-4.

### V. TO CENTER AND BACK

- 1-4      Repeat Fig. II.

Repeat dance 3 more times with new ptrs. Then on fifth time through, dance ends after Fig. II.

## Where to dance

### *Federation clubs—*

#### **SAN FRANCISCO COUNCIL**

**Changs International Folk Dancers, Inc.** Meets the first four Fridays of each month at the Lincoln Park Presbyterian Church at the corner of 31st Avenue and Clement Street, San Francisco. Teaching on the first two Fridays followed by general dancing, 8:00-10:30 pm. Third Friday is party night, 8:00-11:00 PM. Fourth Friday is **Family Folk Dance Night** at 7:00 pm, followed by general dancing, 8:30-10:30 pm. Contact Sidney Messer, 415-332-1020.

**Greek Folk Dancing.** Meets every Monday at the Presidio Dance Academy, 1158 Gorgas Rd. at Marshall. Adjacent to Crissy Field, San Francisco. 8:00-10:00 pm. First hour is teaching and second hour is practice. Contact Mary Ann Karonis, 510-530-5140 makaronis@earthlink.net or www.greekfcet.com

**Mandala Folk Dance Center.** Meets 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 415-648-8489.

**San Francisco Dance Circle.** Meets every Wednesday 10:00 — 11:30 a.m. at The Polish Club, 2040 22nd Street at Shotwell. Lines, sets, partners, trios—we do it all. Beginners welcome! Contact: Ann Colichidas at 415-902-7690. Free parking, public transportation.

#### **MODESTO**

**NEW TIME! Every Wed. night—Modesto Folk Dancers** meet at Raube Hall in Ceres. 7:00 to 10:00 pm. Cost \$3.00 per person. Contacts: Floyd Davis and Barbara Summers (209-578-5551 for directions)

**NEW TIME! Every Friday night—Village Dancers of Modesto** meet at Sylvan Elementary School auditorium, 2908 Coffee Road, Modesto. 7:00 to 9:30 pm. Cost \$5.00 per night per person (students \$1.00). Contacts Don and Judy Kropp (209) 847-4439 and Floyd Davis and Barbara Summers.

**Every Saturday—Modesto Tango** (Argentine) meets at Modesto Fitness & Racquet Club, 200 Norwegian Ave. (off McHenry), Modesto. Cost \$12 per person. Beginning lesson at 12:30 pm. Contact Mary Menz 209-522-1571.

**Every Monday—Modesto Tango** meets at Jacob's Restaurant, 2501 McHenry Ave, Modesto, for a practice and social dancing. 8 to 10 pm. No fee, but participants are encouraged to order food and/or drinks. Contact Mary Menz 209-522-1571.

**BERKELEY FOLK DANCERS.** All classes are held at Live Oak Park Recreation Center, 1301 Shattuck Avenue, Berkeley, CA. 7:45 — 9:45 pm. Contact Naomi Lidicker at 510-524-2871.

**February 24—59<sup>th</sup> Annual Festival of the Oaks.** Workshop 9:30 am until Noon. 1:30 — 5 pm. Folkdancing and exhibitions. Hot lunch available and big costume sale featured, all at the above address. Admission will be \$12 for the full day and \$7 for either morning or afternoon session alone. Contact Mel Mann, 510-527-2177.

*Weekly class schedules:*

**Mondays—**Fourth Year, Lone Coleman 510-526-5886 and Tom Sha, 510-614-5522

**Tuesdays—**Second Year, Louise and Bill Lidicker 510-528-9168

**Wednesdays—**Third Year, Judy Stonefield 510-655-3074 and Yaqi Zhang 510-525-1865

**Thursdays—**Beginners, Claire and Al George 510-841-1205

**Fridays—**Requests. Contact Ed Malmstrom, 510-525-3030

#### **OAKLAND**

**Scandiadans—**Thursdays. 7-10 pm at the Nature Friends, 3115 Butters Drive, Oakland, Ca. From Highway 13 take the Joaquin Miller exit. Drive East (up the hill) on Joaquin Miller about a mile. Take the second Right onto Butters Drive. Follow Butters 0.4 mile. On the Right is a sign reading SCANDIADANS. Turn into the driveway and go down into a large parking area. The clubhouse is ahead on the Right. Contact: Frank and Jane Tripi 510 654-3636 or ftripi@juno.com

#### **PENINSULA COUNCIL**

**February 17, March 17, April 28 and June 23—Peninsula FD Council Parties.** 8 pm. \$6.00, free refreshments. Bring a little finger food to share. St. Bede's Church, Sand Hill Rd. at Monte Rosa, Menlo Park. Info: Al (408) 252-8106.

**Mostly Balkan.** Thursdays, teaching 7:45 to 8:45, request dancing 8:45 to 10:45. \$5.00. Menlo Park Recreation Center. Information: Sue 408-247-2420 or Derck 415-851-8498.

**February 3, April 7—Palomaniacs FD Party** at First Methodist Church, Broadway at Brewster, Redwood City. Starts at 8:00 pm. Free refreshments and only \$6.00. Info Al 408-252-8106, Bruce 650-368-7834.

**Menlo Park Folk Dancers Parties—**January 27, February 24, March 24. Burgess Recreation Center, 700 Alma at Mielke in Menlo Park. Potluck 6:00 pm, call for location. 8:00 pm until midnight. Lots of dancing in two halls. Free refreshments provided. \$7.00. Call for information, Marcel Vinokur at 650-327-0759.

**March 3, May 12—Santa Clara Valley FD Party—**Free refreshments, Only \$6.00 St. Bede's Church, 2650 Sand Hill Road at Monte Rosa, Menlo Park. 8:00 pm. Contact is Maxine or Don at 408-739-0500.

**Tuesdays—Menlo Park Folk Dancers.** Classes, International, Beg., 7:00, Inter. 7:30, requests 8:30 pm. Menlo Park Recreation Center, 700 Alma at Mielke, Menlo Park. Marcel Vinokur 650-327-0759.

**Palomaniacs IFD—**Class on Tuesdays at Menlo Park Rec. Center, 700 Alma St near Ravenswood, Menlo Park. Intermediate and advanced partner and non-partner dances. Denise Heenan, instructor. Info 408 252-8106.

**Carriage House FD—**class on Wednesdays at Holbrook Palmer Park, 150 Walkins Ave. in Atherton. Teaching 7:45 - 9:00. Requests 9:00 to 10:00 or so. Suzanne Rocca-Butler, instructor (650) 854-3184.

**Docey Doe FD—**class on Wednesdays at Community United Church, Arroyo at Elm Sts, San Carlos. Bruce Wyckoff, instructor 650-368-7834.

#### **FRESNO FOLK DANCE COUNCIL**

**Scholarship Dance, February 10.** 8 to 10 pm, Cynthia Merrill Dance Studio, 4750 N. Blackstone near Gettysburg Street, Fresno.

**Tuesdays—Fresno Danish Dancers.** Clovis Senior Center. 6:30-9:00 pm. Contact Wilma Andersen, 559-291-3176.

**Tuesdays—Central Valley-CAFY,** Lafayette Center, Princeton Street, West of Blackstone. Contact Fran Ajoian, 559-255-4508.

**Wednesdays—McTegert Irish Dancers.** Beginners: 5:30-6:30 pm. Intermediate and Advanced: 7:00-8:00 pm. Contact Maureen Hall, 559-271-5200.

**First and Third Saturdays—International Dancers.** 8:00 to 10:00 pm at Cynthia Merrill's Dance Studio, 4750 N. Blackstone near Gettysburg Street, Fresno.

**Fifth Saturday Party** at Cynthia's Merrill Dance Studio, 4750 N. Blackstone near Gettysburg St., Fresno. Fran Ajoian 559-255-4508.

#### **REDWOOD COUNCIL**

**Napa Valley Folk Dancers.** Telephone contact: 707-255-6815. Napa Valley College, 2277 Napa-Vallejo Highway, Napa, 94558. Party Every 4th Saturday, 1:00 - 4:00 p.m.

## Mamunyushka branila

(Russia)

Mamunyushka branila (mah-MOON-yoosh-kah brah-NEE-lah) is a couple progressive dance based on traditional dances, and was choreographed by Hennie Konings who introduced it in Berlin in 2006. The dance song comes from the Volgograd region and is used for several, mostly improvised, dances. The name translates as "mummy scolded me." Hennie taught this dance at the 2006 Stockton Folk Dance Camp.

CD: Russian Dances Selected by Hennie Konings, Stockton 2006 (band 2) 2/4 meter

Formation: Couples (M on the L) in a closed circle, hands joined in V-pos.

Steps: Drobnyj khod: Step fwd on R (ct 1); scuff L heel next to R, no wt (ct &); step fwd on L (ct 2); scuff with R heel next to L, no wt (ct &).

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Measure	2/4 meter	PATTERN
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3 meas INTRODUCTION No action. Chord and first line of the song.

### I. HEEL STEPS AND STAMPS

- 1-2 Moving fwd in LOD (CCW), step fwd on R heel (ct 1); step on L next to R (ct &); step fwd on R with wt (ct 2). Repeat meas 1 with opp ftwk.
- 3 Continuing in LOD, dance 2 running stamps fwd with wt R-L (cts 1,2).
- 4-6 Repeat meas 1-3.

### II. SCUFF STEPS

- 1-4 Dance 4 Drobnyj khod steps fwd in LOD.

### III. TO CENTER AND BACK

- 1-2 Facing ctr, walk 4 steps fwd twd ctr R-L-R-L (cts 1,2,1,2). Slowly raise arms to just above waist level.
- 3 Do 3 stamps in place R-L-R (cts 1,&,2).
- 4-5 M: Dance 4 steps bkwd L-R-L-R (cts 1,2,1,2).  
W: Dance 4 steps turning half CCW to face ptr L-R-L-R (cts 1,2,1,2). M can lead ptr in this turn with a light tug on joined hands. Ptrs join both hands on last step.
- 6 Repeat meas 3 with opp ftwk.

### IV. PARTNERS FWD AND BACK, WOMAN TURNS

- 1-2 Dance 3 steps diag fwd and to R to bring L shldr together R-L-R (cts 1,&,2) while extending hands to sides. Step 2 steps bkwd to place (L,R); bring hands to sides (cts 1,2).
- 3-4 Repeat meas 1-2 with opp ftwk and direction (L), bringing R shldr together, and then stepping back (R,L).



- 5-6 M moving sdwd to R with 4 steps while turning  $\frac{1}{4}$  CCW and bringing L hand up above heads, leads W into a  $\frac{3}{4}$  turn to her R (CW) under M's L arm (4 steps: R,L,R,L) to end facing ptr.
- 7 M and W both make 3 stamps in place (R,L,R).
- 8-9 M moves sdwd to L making  $\frac{1}{2}$  turn CW, bringing R hand up above heads with 4 steps (L,R,L,R); W moves to her L (also with 4 steps, starting with L) turning  $1 \frac{1}{2}$  CCW under M's R arm; ending again face-to-face.
- 10 Both make 3 stamps in place (L,R,L).
- 11-12 M dance 4 steps in place (beg R) while W moves to her R (beg R) turning  $\frac{1}{4}$  CCW under M's L arm to end with ptrs facing, W back to ctr, and both hands joined.

V. PROGRESSION

- 1-2 With 4 steps (beg R), M turns W under his L arm, and then moves to R to make room for ptr to move onto his L side. W moves to her L turning CW under M's L arm (beg R), moving in front of M to his L side. All end facing ctr with hands joined.

Repeat dance with new ptr five more times.

**"A BRIEF PASSING STRANGER"**

11-3-2002 at S. Lake Tahoe

*Classes after classes the whole weekend long  
With several silly moments of feeling all wrong.  
But then---a moment so special I again felt strong  
During, 'Night-club Two-step' with a 'loving' type of song.*

*A soft gentle spirit with shiny blonde hair  
A soul that instigates an instant sense of care...  
We knew---what we felt was indeed quite rare.*

*We had a dancing harmony as flawless as can be  
And all we had to do was just dance naturally.*

*And yet:*

*I never learned her name or where she came from  
She was, a brief passing stranger but we could dance---in unison,  
And in less than three minutes we were both so overcome  
That we didn't trade names or where we came from.*

*The class simply ended and we, became obscure  
But we touched each others spirit our unison was sure...  
For---I could close my eyes and I would know---it's her,  
For we had felt---each others Spirit until it felt like a cure.*

*It was, that perfect harmony that makes your soul---feel so free.  
She was a brief passing stranger but we created---unity.*

*It was a moment, so uncommon that it feels---like a mystery...  
Why...do those moments have to pass... ..so quickly?*

Billy Mac, 11-4-2002 thru 11-7-2002  
Rev. 1.1 8-18-2004

**Donna Frankel's Tentative Winter  
2007 Dance Class Schedule**

Register: West Valley/Mission Colleges: 408-741-8734 or on line [www.westvalley.edu](http://www.westvalley.edu), [www.mission-college.org](http://www.mission-college.org) using your college ID. Register for Sunnyvale Senior Center Courses at the Senior Center, JCC courses at JCC. No partners needed for any class. Questions: Donna 408-257-3455 [www.dancingcruises.com](http://www.dancingcruises.com) or [donna@dancing-cruises.com](mailto:donna@dancing-cruises.com)

**Monday**

**Intermediate C/W Line Dance:** 9:00-10:30 AM, January 29 for 8 weeks. Sunnyvale Community Center, 550 E Remington Dr, Sunnyvale (408) 730-7360 \$26 + membership fee or class pass. Must be 49+.

**Beginning C/W Line Dance:** 10:45-11:45 AM, see above dates/location/age. \$18 + fees.

**Beginning Ballroom Dance:** 7-10:00 PM, Mission College W1-502, 1/29-5/14, no class 2/19, 3/26. \$26 plus all standard Mission student fees.

**Fridays**

**Beginning C/W Line Dance:** 9-10 AM, 2/2-5/11, (no class 2/16, 3/30). West Valley College Rm PE 7, 14000 Fruitvale Avenue, Saratoga. \$21 plus college fees. Fee includes all 3 WVC classes from 9-noon.

**Intermediate C/W Line Dance:** 10-11AM all same as above-class fee includes 9-noon.

**International Folk Dance:** 11-noon, all same as above-fee includes 9-noon.

**Beginning Ballroom Dance:** 7-10:00 PM, 2/2-5/11, (no class 3/30). Mission College W1-502, \$26 plus college fees.

No Make ups at Sunnyvale

**Novato Folk Dancers Class** - Telephone contact: 415-892-9405. Lynwood School, 1320 Lynwood Dr., Novato, 94947. Every Wednesday 8 - 10 p.m.

**Petaluma International Folk Dancers Parties:** Telephone contact: 707-546-8877. Hermann Sons Hall, 860 Western Ave., Petaluma, 94952. **Parties—2:00 - 6:00 p.m. February 3, March 10, April 7, May 5, July 14, September 1, October 20, November 3 and December 1.**

**Petaluma Snap-Y Dancers** - Telephone contact: 415-663-9512 or 707-778-0130. Hermann Sons Hall, 860 Western Ave., Petaluma, 94952. Every Mon. 7:00 - 9:30 pm.

**Santa Rosa Folk Dancers Class** - Telephone contact: 707-546-8877. Willowside Hall, 5299 Hall Rd., Santa Rosa, 95401. Every Wednesday 1:15-3:15 p.m. except June - Aug.

**Santa Rosa Folk Dancers Party—Rose Festival, Saturday, May 12, 1:00 to 4:30 pm** at Wischermann Hall, 460 Eddie Lane in Sebastopol. Info: 707-546-8877.

**Snap-Y Dancers (Sonoma).** Telephone contact: Paul Smith 707-996-1467 or Theresa Kappes 707-938-4948. Vintage House, 264 first St. East, 778-0130. Sonoma, 95476. Every Thurs 7:00 - 9:30 p.m.

**Balkan Dancers of Marin—Every Thursday, 8:00 pm to 10:00 pm.** One hour program dancing, one hour all request. Teaching every first Thursday with reviews following weeks. 4140 Redwood Highway, San Rafael. Info: call Irene Croft 415-456-0786 or Anne Arcand 415-892-9405

**Kopachka.** Fridays, 8:00pm. Scout Hall, 177 East Blithedale in Mill Valley. Programmed & request dances. Jerry Duke is main teacher/leader. Contact Toni Denmark 415-789-0061

## SACRAMENTO

**PONY EXPRESS DANCE CLUB** Country-western, couple & line. First Saturday of Jan., Feb., Mar., Apr., May, Jun, Sept, Oct, Nov, & Dec. Lesson 7-8pm. Open dance 8-11:00pm. Arcade Creek Recreation & Park District Hall, 4855 Hamilton Street (I-80 & Madison Ave), Sacramento. Members \$5 & Non-members \$7. Contact: 916-212-4654 or cerponyexpress@aol.com.

**IRISH AMERICAN CELLI DANCERS.** Irish folk dancing. 2nd and 4th Wednesdays at the Ethel M. Harte Senior Center, 915 27th Street, Sacramento. Contact Helea Healy 916-444-3181

Where to dance in the Greater Sacramento Area

## SACRAMENTO INTERNATIONAL FOLK DANCE & ARTS COUNCIL

Website: [www.folkdance.com/sacramentocouncil/](http://www.folkdance.com/sacramentocouncil/)

\*indicates "Beginner-friendly class"

*(Note: Federation members are in bold type, others do not belong to the Federation.)*

\* **CONTRA DANCE.** All levels. No partner needed. All dances taught & prompted. Always live music! Held in Sacramento, Auburn, Nevada City, Chico, Sonoma, Guinda, and Cool. See schedule online at <http://www.fussell.org/sacramento/index.htm> or call 916-739-6014 or 916-395-3483

### MONDAY

**HOROS.** Mostly-Balkan, non-partner, intermediate & advanced. 7:30-9:30 pm. Coloma Community Ctr., 4623 T St., Sacramento. Contact: 916-731-4675

\* **MOTHER LODGE FOLK DANCERS.** International. 1st, 2nd, 4th, 5th Mon. 1:30-4:00 pm. Party: 3rd Mon., 3-4 pm, Jackson Sr. Ctr., 229 N.Y. Ranch Rd., Jackson. Contact: 209-223-4015

### TUESDAY

**EL DORADO INTERNATIONAL DANCE.** Beg. & Int. line & couple. 7:00-9:00 pm. IOOF Hall, 467 Main St., Placerville. Contact: 530-622-7301 or 530-644-1198

**ISRAELI DANCE SACRAMENTO.** All levels. 7:00-9:00 pm. Sacramento Jewish Federation, 2351 Wyda Way, Sacramento. Contact: 916-284-2516

**TUESDAY DANCERS.** Beg. & Int. International & Country Western. line & couple. 1:00-3:00 pm. Hamilton St. Park, 4855 Hamilton St., Sacramento. Contact: 916-446-6290 or 916-923-1555

### WEDNESDAY

**CALICO FOLK DANCERS.** Beg. & Int. International, line & couple. 3:00-4:30 pm. Mission Oaks Ctr., 4701 Gibbons Dr., Carmichael. Contact: 916-487-0413 or 916-923-1555

**KOLO KOALITION.** Mostly-Balkan. Beg.-Int., non-partner. 7:30-10:00 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-739-6014

**ROYAL SCOTTISH COUNTRY DANCE SOCIETY.** Social & experienced. 7:30-10:30 PM. Unitarian Church, Bristol & Pacific, Stockton. Contact: 209-465-8871

**VINTAGE DANCERS OF SACRAMENTO.** Late 1800s to early 1900s, couple. 7:30-9:30 pm. (Sept.- May) Hamilton St. Park, 4855 Hamilton St., Sacramento. Contact: 530-888-6586 or 916-446-6290

### THURSDAY

**ALPENTANZER SCHUHPLATTNER.** Bavarian & Austrian. 7:15-9:30 pm. Call for location. Contact: 916-983-6266

\* **FOOTHILLS FOLKDANCERS.** International. Selected Thurs. (Sept.-May), 7:30 pm-? Old Schoolhouse basement, 14531 E. School St., Amador City. Contact: 209-267-5052 Party: 3rd Thurs. (June-Aug.),

\* **PAIRS & SPARES.** Beg. & Int. International, Rounds, Squares, & Contras. 7:30-9:30 pm. (Sept.-June). Babcock School, 2400 Cormorant Way, Sacramento. Party 2nd Sat. 7-10 PM. Golden Palms Mobilehome Estates Activity Rm., 8181 Fulton Bl., Sacramento. Contact: 916-428-6992

\* **RENO FOLK DANCE CO-OP.** Beg. & Int. International. 7:30-9:00 pm. 1st Congregational Church, 627 Sunnyside Dr., Reno. Party 3rd Sat. Faith Lutheran Church, 2075 W 7th Ave., Reno. Contact: 775-677-2306 or wigand@qgis.com

### FRIDAY

**EL DORADO INTERNATIONAL DANCE.** Beg. & Int. 7:00-9:00 pm. Marshall Grange, 4940 Marshall Grade, Garden Valley. Contact: 530-622-6470 or 530-333-4576

**EL DORADO INTERNATIONAL DANCE.** Int. & Adv., Couple & Line. 8:00-10:30 pm. 3100 Ponderosa Rd., Shingle Springs. Contact: 530-677-1134

\* **NEVADA COUNTY FOLK DANCERS.** Beg. & Int. International & Balkan. Selected Fridays. 8 pm. Methodist Church, 433 Broad St., Nevada City. Contact: 530-272-2149

\* **ROYAL SCOTTISH COUNTRY DANCE SOCIETY.** Adult beginners. 7:00-8:30 pm. Social/experienced. 8:15-9:45. YLI Hall, 27th & N, Sacramento. Contact: 530-753-7213

### SATURDAY

**BBKM.** Party. All Levels. Mostly-Balkan. Non-Partner. 3rd Sat. monthly except July & Aug. 8-11 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-923-1555

**FIRST & LAST DANCERS.** Country-Western. Couple & Line. Last Sat. of Jan., Feb., Mar., Apr., Sept., Oct., & Nov. 8 pm-Midnight. Valley Oaks Grange, 5th & D, Galt. May, June, July, Aug., & Dec.: special dates & times. Contact: 916-682-2638



**KOLO KOALITION.** Party, All Levels, Mostly Balkan, Non-Partner. 1st Sat. monthly. 8:00-10:30 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-739-601

**PAIRS & SPARES.** Party, International. 2nd Sat. monthly. 7:00-10:00 pm. Golden Palms Mobilehome Estates Activity Room, 8181 Folsom Bl., Sacramento. Contact: 916-428-6992

**ROYAL SCOTTISH COUNTRY DANCE SOCIETY.** Youth. 9:00 am-noon. YLI Hall, 27th & N, Sacramento. Contact: 916-783-9675

**ROYAL SCOTTISH COUNTRY DANCE SOCIETY.** Monthly party, all levels. 2nd Sat. 7:30-11:30 pm. YLI Hall, 27th & N, Sacramento. Contact: 530-295-4989

**RENO FOLK DANCE CO-OP.** Party, International. 1st or 2nd Sat. monthly (Sept.-June). 7:30-9:30 pm. Faith Lutheran, 2075 W 7th St., Reno. Contact: 775-677-2306 or wigand@gbis.com

#### SUNDAY

**DAVIS INTERNATIONAL FOLKDANCERS.** All levels. 7:00-10:00 pm, International House, 10 College Park, Davis. Contact: 530-758-0863 or 530-756-3294 or 530-759-7781. Website: [www.davisfolkdance.org](http://www.davisfolkdance.org)

**\*SACRAMENTO 4TH SUNDAY SOCIAL DANCES OF THE WORLD.** All levels. International line, couple, & mixers. 4th Sun. monthly. 2-6:30 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-632-8807.

**\* ENGLISH COUNTRY DANCE.** All levels. 2nd Sun. monthly. 2-5 pm. Roseville Masonic Temple, 235 Vernon St., Roseville. Contact: 916-739-8906

**SACRAMENTO SUNDAY ISRAELI DANCE.** Beg. & Int. Israeli, Non-Partner. 3rd Sun. monthly. 2-4 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-371-4441

**EXHIBITION GROUPS.** Contact the following, if interested, for further information.

**BALLIAMO.** Italian performing group. Contact: 916-482-8674

**CAMTIA.** German exhibition group. Contact: 916-933-4619 or 530-888-6586. Website: [www.gcocities.com/camtiafest/](http://www.gcocities.com/camtiafest/)

**ROYAL SCOTTISH COUNTRY DANCE SOCIETY.** Scottish performing groups. Contact: 209-956-6676 or 916-716-3696

**VIENNESE WALTZ SOCIETY.** Contact: 916-395-8791

**ZADO SINGERS.** Performing group singing songs of Eastern Europe & beyond. Contact: 916-923-1555 Website: [www.zadosingers.org](http://www.zadosingers.org)

**Note:** Information is subject to change. Telephone contact numbers for current information. Call for information.

*For information on other Federation activities  
call 510-524-2871*

### Other groups and classes—

#### BAY AREA—

**Albany Y Folk Dancers.** Every Friday, all levels, instruction 8:00 to 9:00 pm, all request dancing until 11:00 pm. 921 Kains Street, just south of Solano, off San Pablo Ave., Albany. Contact Kay James, 925-376-0727.

**Razzmatazz** hosts the Red and Black Ball, 8pm-11pm at the Santa Rosa Vets Building across from Sonoma County Fairgrounds. Live music with Bulgarika plus dancing to recorded music. Bring your favorite snacks to share. It will be mostly Balkan with a few partner dances thrown in. Info 510-965-9655.

**Rina Israeli Dance.** Everyone is welcome. Thursdays, Beginners 10:00 am, Intermediates 11:00 am to 12:30 pm. Osher Marin Jewish Community Center. 200 N. San Pedro Road, San Rafael. For information call 415-444-8000.

**Stockton in Exile—**First and third Sundays. 10:00 am to 12:00 pm. All requests, mostly Stockton dances. Saratoga School of Dance, 18776 Cox Ave., Saratoga. Call to confirm, Marion Earl 650-793-1166.

**International Folk Dance.** City College of San Francisco, Fall 2006 starts Tues, August 22. 5:30 to 7:00 pm, beginning; 7:00 to 8:00 pm, intermediate and production. Contact Gail Barton 415-45205353# or the registration office 415-239-3285. [www.ccsf.edu](http://www.ccsf.edu) (search: danee)

**Folkdances of Hungary and Transylvania—**Wednesdays 8:00 to 10:30 pm. Todd Wagner and Sarah Tull. \$7.00 drop-in. Menlo Park Rec. Center, 700 Alma Street, Menlo Park. Call for info: 650-941-0227 or email [todd@wagncrhaz.com](mailto:todd@wagncrhaz.com)

**International Folk Dance.** Wednesdays, 7:00 pm at the Dance Palace, 5th and B Streets, Pt. Reyes Station. Contact Carol Friedman 415-663-9512 for information.

**Saratoga International Folklore Family.** Thursdays 7:00-8:00 beginners lesson; 8:00-10:00 intermediate-advanced. \$8 general public, \$6 seniors. St. Archangel Michael Serbian Orthodox Church, 18870 Allendale Avenue, Saratoga. Contact Loui Tucker 408-287-9999, email: [loui@loutueker.com](mailto:loui@loutueker.com)

**Stanford International Dancers.** 8-11:00 pm. Fridays, Flex-it Aerobics Studio, 425 Evelyn Avenue, Mountain View. For info call Barbara 650-966-1775. No street shoes.

**Monthly Scandiance,** Third Sundays, beginner class at 2:00 pm, party at 3:00 pm. Misson Blue Center, 475 Mission Blue Drive, Brisbane. \$6.00. Info: 415-467-6330 or Anja 415-467-8512.

**Friday Night Waltz—**American Social Dance, see website for lots of locations: [www.fridaynightwaltz.com](http://www.fridaynightwaltz.com)

**Monterey International Folk Dancers** meet on Wednesdays at the Monterey Senior Center, corner of Lighthouse and Diekman, New Monterey. Teaching begins at 6:30 pm and request dancing at 8 pm. Parties are held on fifth Wednesdays. \$1.00 donation requested per session. Contact/teacher: Mary Hancock 831-372-7730.

**San Francisco Second Saturday Israeli.** From 6:30 to 7:30 beginning dances, 7:31 to 10:30 will be request dancing. St. Paul's Presbyterian Church at 43rd and Judah.

**Friday Night Dancers.** Samy Salsa Rueda and Robin Social Ballroom dancing at the Cubberly Pavilion. Lesson at 8:00, general dancing from 9:00 until midnight. \$7.00, students \$3.00 Robin Rebello, 4000 Middlefield Road, Palo Alto.

#### DANCE CRUISES:

**Dance on the Water—France's Rhone River in Provence.** 9 days, June 23, 2007-July 1, 2007. Dancing led by Sandy Starkman. Mel Mann, [www.folkdancingonthewater.org](http://www.folkdancingonthewater.org).

**Cruise with Donna—**Two Dance Cruises coming up, 9 day Crown Princess round trip out of NYC May 21 to the Caribbean and San Francisco round trip sailing July 30 to Alaska. Questions: Donna 408-257-3455 [www.dancingcruises.com](http://www.dancingcruises.com) or [donna@dancing-cruises.com](mailto:donna@dancing-cruises.com)

### Other dancing—

**Balkan Dancing at Ashkenaz.** Cheek for day. Dance lesson at 7:30, 7:30-11:00 pm. 1317 San Pablo Avenue, Berkeley, see website for details: [www.ashkenaz.com](http://www.ashkenaz.com)

**Greek festivals—**To find Greek Festivals anywhere in California, use the website: [www.greekfestivals.bravehost.com](http://www.greekfestivals.bravehost.com). This site lists the festivals from all over California and has other information and links about Greek dancing.

**Papa's Taverna—**Live Greek music and dancing and belly dance shows Saturday and Sunday. Greek food. 5688 Lakeville Road, Petaluma. Reservations, info: 707-769-8545.

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## DANCE ON THE WATER

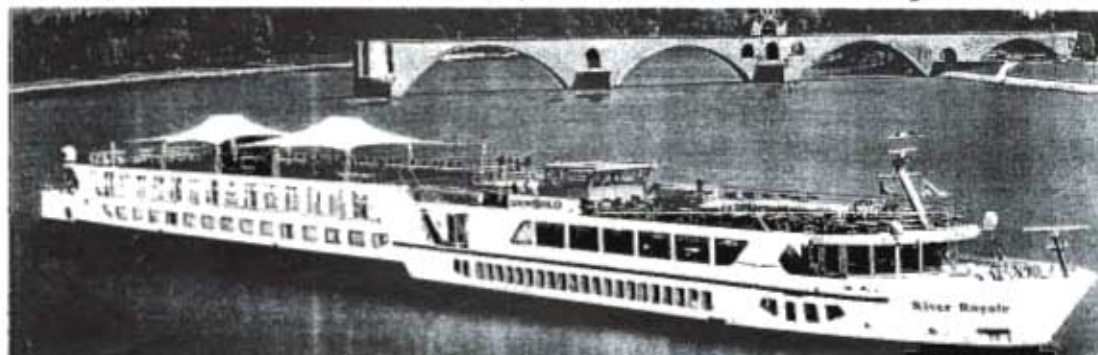
## 23rd annual Folk Dance Cruise

## 9 days on FRANCE'S RHONE RIVER in Provence

**June 23, 2007-July 1, 2007 Dancing led by Sandy Starkman**

**Flight from SFO/LAX, all transfers, meals, excursions and dancing**

**From \$3548** (air from other cities more) Paris extension or independent travel



Sail the Rhone & Saone Rivers in France's lovely Provence & Burgundy rich cultural and agriculture areas. Visit Lyon, Arles, Avignon, Chalon, Macon, Tournon, Viviers. Dance with local dancers, enjoy wine/cheese. Marvel at the beautiful scenery that inspired Van Gogh/Cezanne, on this new 132 passenger smooth luxurious river boat (great for dancing & no sea sickness).

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