Let's Dance!

THE MAGAZINE OF INTERNATIONAL FOLK DANCING

September, 2008



Poi Balls were everywhere—Here are some on fire! Ryan Sandler having fun.

—Photo by Dick Rawson

Stockton Folk Dance Camp 2008

The Stockton Folk Dance Camp coverage is on pages 10 & 11



The many young dancers added enormously to the energy level at Stockton Folk Dance Camp, 2008. Here are Stephanie Roy and Marcin Krol in one of the many exhibitions the White Eagle Dance Academy performed for the enjoyment of us all. The artistic director and founder of the White Eagle Dance Academy is Richard Schmidt, the popular Polish dance instructor.

—Photo by Gary Anderson

Let's Dance!

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You can now post your folkdance event flyers on the Federation's web site: www.folkdance.com. If you need assistance, contact Dick Rawson at FDFC1.rawson@xoxy.net

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The deadline for Let's Dance! is one month prior date of publication.

We welcome submissions, letters and comments from our readers.

Please send to: Gary Anderson, Editor Box 548, Woodacre, CA 94973 email: wildwood_press@comcast.net

Opinions expressed in Let's Dance! are not necessarily those of the Federation/North or of the Editor.

Join now: Membership rate is \$22.50 per year (plus \$10.00 for foreign)

Mail applications, renewals & checks to: Folk Dance Federation of California, Inc. Sidney Messer, Membership P.O. Box 561 Sausalito, CA 94966

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email: wildwood_press@comcast.net or call 415-488-9197 (9:00am to 3:00 pm)

Letter to the Editor

Dear Editor.

While writing about Changs's seventieth anniversary party, I naturally began to wonder why this club has lasted so long. Luck might be part of it but from what I've observed since joining fourteen years ago, it was the willingness of enough members to do whatever had to be done to keep it going.

Some names have to be mentioned. There were the many who served as president, some for four, five, even six years at a stretch but George Pavelka deserves special recognition. He was president in 1961, again in the 1970's, plus seven consecutive years from 1984 to 1991, for a total of twelve years! For most of those years it meant a twenty-nine mile drive for him and his wife to San Francisco from their home in Walnut Creek.

Why was he willing to do so much? George, now age 94, explained. "There were always a few members who kept coming. No one was willing to be president. I didn't want the club to fold; I enjoyed it so much."

The Bachers also deserve special mention. Frank, (now deceased), began dancing at Changs in the late 1950's driving from Sonoma! In 1960 he became devoted member. After they married, for over twenty years, he and Elsa drove sixty-eight miles every week to Changs from their home near Santa Rosa. Their car was loaded with the necessary audio equipment required for the evening, even a record player in case a 78, an LP or 45 for a certain "oldie" was requested.

The devoted teachers of my fourteen years: Ruth Ruling for many years. Elsa took over when Ruth became ill. President Jeanie Kermoian covered the teaching when Elsa had to leave. Craig Blackstone and Stela Voyles (then McCoy) shared the job when no one else was available. When Stela moved, Craig became, and continues as, teacher.

Gladys Chaw, a relatively new member, went beyond the call of duty to help the club during a recent move. Randall Murley, a member since 1958, was the registrar for twenty-six years and just ended three years as treasurer.

These are just a few examples of why Changs has lasted. It certainly takes more than just a few to do what has to be done. Every one counts.

-Laila Messer

LABOR DAY FOLK DANCE FUN

From Mel Mann

Just a reminder to pack up the family and friends for a fun day at Max and June Horns ranch in Contra Costa County. For years now they have hosted a pot luck luncheon day at their farm at the Pleasant Hill and Martinez border. Come join the fun on Monday, September 1st at 6100 Martinez Ave in Martinez.

Bring a pot luck dish to share, your own dishes, silverware, cup and dancing shoes. You might want to bring a table cloth and a bag to take your trash away.

Walt and Chris Lang will be leading the dancing that will begin at about 10:30 or 11 am.

For more information or directions call Mel Mann (510) 527-2177 or meldancing@aol.com

PRESIDENT'S MESSAGE

With the summer's lull in dance activities for many groups, September marks a time of renewal for lots of dance deprived folk dancers. One of the first major festivals for northern California is the Fiesta de Sonoma, sponsored by the Redwood Council with Elsa Bacher in charge of organization. This will be on Sunday, September 14 from 1:30 to 4:30 pm at the Veterans Memorial Building (126 1st St. West), Sonoma. The dance program was published in the last issue (July/Aug.) of Let's Dance! You won't want to miss this exciting event. An added incentive to attend is that Teddy and Al Wolterbeek will be teaching the Finnish dance Kuuden Kolmeinen, introduced to California dancers by Jussi Aronen at the 1999 Stockton Folk Dance Camp.

While you are jotting down the dates of the Sonoma Festival on your calendar, please note that if you can arrive by 11:00 am you can attend the Federation's Board meeting. We always have good discussions at these meetings, and all Federation members are encouraged to attend. As a non-voting guest you are welcome to contribute to all the discussions. A free lunch is available to participants before the dancing begins.

In my last message, I promised you more information at this time on the makeup of Federation committees, so here is where things stand.

Finance – Louise Lidicker (Chair), Irene Croft, Bill Lidicker, and Sabine Zappe

Institute – Denise Heenan (Chair), Marion Earl, and 1 to be appointed

Insurance - Elsa Bacher (Chair), Margaret Harrison

Promotion – Ann Brown (Chair), Gary Anderson, Marion Earl, Loui Tucker, and Bruce Mitchell

North/South Liaison - Laila Messer

Publications – Joel Bruxvoort (Chair), Dick Rawson, and Vick Vickland

Publicity – Eileen Kopec (Chair), Susan Gregory, and 1+ to be appointed

Research - Bill Wenzel (Chair), Martha Awdziewicz, Laura Bremer, Toba Goddard, Bill and Louise Lidicker, Cricket Raybern, Rick Sherman, Loui Tucker, Joyce Uggla, Carol Wenzel, and Karen Wilson-Bell, Teddy Wolterbeek, and Sabine Zappe

Scholarship - Davida Munkres (Chair), plus two to be appointed

501(c)(3) ad hoc – Dick Rawson (Chair), Bill Fleenor, Bill Lidicker

So, already we have a great team working on behalf of the Federation and the folk dance community generally. More will be added soon. Please let me and/or a committee chair know if you would like to be added to this team effort.

As of this writing, we have not been able to determine if there will be a Fresno Harvest Festival this year. Stand by for further information on this traditional event. Hope to see many of you at the Sonoma Festival! Bring your friends as well.

-- Bill Lidicker



September, 2008 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: wildwood_press@comcast.net

The deadline for listings is one month prior to the magazine date.

Upcoming Events—

September 14 Fiesta de Sonoma* International Folk Dance Festival, 1:30 - 4:30 p.m. Veterans Memorial Building, 126 First Street West, Sonoma. Executive Board Meeting 11:00 a.m. sharp. Luncheon following. Contact: Elsa 707-546-8877

September 20 The Ethnic Express Club will celebrate it's 30th year! Everyone is invited to Las Vegas for dinner and dancing at Magura's, an authentic Bulgarian restaurant, at 1305 Vegas Valley Drive. 6:00 pm. Dancing is FREE, the dinner prices are reasonable and the ambience is spectacular. The Annual Greek Food Festival is the same weekend, at St. John the Baptist Greek Orthodox Church, corner of Hacienda and El Camino.

September 26-28 Gypsy Camp North at Camp Sacramento. Friday evening dance party, Saturday dance workshops and evening party, Sunday dance reviews plus many extras all in a beautiful alpine setting off Hwy 50, 1 mile east of Twin Bridges, 85 miles from Sacramento, 17 miles from Lake Tahoe. \$110. Registration & information: patroy@ssctv.net or phone (916) 652-6315 or www.folkdance.com, click on Gypsy Camp North.

March 28, <u>2009</u> Balkan Dancers of Marin Balkan <u>Plus</u>—Save the date for the popular annual party in Marin, in the beautiful, spacious Masonic Hall in San Rafael. More information as the date becomes closer.

July 26-Aug.1 Stockton Folk Dance Camp 2009 Two identical weeks. Already on board are Yves Moreau, Lee Aug. 2-8
Otterholt, Zelko Jergan, Roberto Bagnoli and Jerry and Kathy Helt. Two more are still to be confirmed. One week's deposit is \$75.00. Send to: Folk Dance Camp, Jan Wright, 36676 Viola Meadows Court, Shingletown. CA 96088, email:jmwright32@frontiernet.net

*denotes Federation events

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



Russian Quadrille Costume—sketched by Eleanor Bacon, Let's Dance, November, 1979



1:30 - 4:30 p.m. Veterans Memorial Building 126 1st St. West, Sonoma, CA Donation \$ 6.00

- 1. Ini Vitui
- 2. Corrido
- 3. Korobushka (P)
- 4. Orijent.
- 5. Salty Dog Rag
- 6. Balmoral Strathspey
- 7. Keshenavo
- 8. Japanese Soft Shoe
- 9. Ba La (P)
- 10. Rumelaj
- 11. Ada's Kujawiak #1
- 12. Elizabeth Ouadrille
- 13. Hora Fetalor
- 14. Maple Leaf Rag
- 15. La Bastringue (P)
- 16. Opinca
- 17. Tsiganochka
- 18. The Double Sixsome

- 19. Cobankat
- 20. Bohemian National Polka
- 21. Pinewoods Two Step (P)
- 22. Tzadik Katamar
- 23. Hambo
- 24. The Fandango (Eng.)
- 25. Linerender
- 26. Neapolitan Waltz
- 27. Tex-Mex Mixer (P)
- 28. Hora nuntașilor
- 29. Zillertaler Ländler
- 30. Picking Up Sticks

- 31. Banjsko Oro
- 32. Beale Street Blues
- 33. Humppa (P)
- 34. Lo Ahavti Dai
- 35. St. Bernard Waltz
- Windmill Quadrille
- 37. Tfilati
- 38. Alexandrovska
- 39. Margaret's Waltz (P)
- 40. Bepundak Katan
- 41. Royal Empress Tango
- 42. Korcsárdás
- 43. Never on Sunday
- 44. El Gaucho Tango
- 45. Bluebell Waltz (P)
- 46. Tino Mori
- 47. Numero Cinco
- 48. Kvar Acharay Chatzot

Meeting: Federation Board at 11:00 a.m. Luncheon following.

Presented by the Redwood Council of Folk Dance Clubs

Sponsored by the Folk Dance Federation of CA, Inc.

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Sacramento international Folk Dance & Arts Council www.folkdance.com/sacramentocouncil invites you to the 3rd annual

GYPSY CAMP NORTH



AT CAMP SACRAMENTO

September 26 - 28, 2008

Join us as we follow the Gypsy Trail up to our Gypsy Camp retreat in the cool, alpine woods by the South Fork of the American River for a weekend of eclectic social dance workshops with experienced local teachers, afternoon hikes, lively meals, and colorful nightly parties featuring request dances from all around the world including partner, non-partner, and set dances, from beginning to experienced.

Where: Camp Sacramento, off Highway 50, 1 mile east of Twin Bridges;
85 miles from Sacramento; 17 miles from Lake Tahoe. Elevation 6500 ft.

<u>Cost</u>: Approximately \$110 per person for the weekend. Includes 2 night's lodging with 3 meals Saturday and 2 meals Sunday.

SCHEDULE

FRIDAY

5:00-7:00 PM Sign-in

8:00-11:00 PM Dance Party

SATURDAY

8:00 AM Breakfast

9:30 AM -12:30 PM Dance Workshops (6 half-hour sessions)

12:30 - 2:00 Lunch Break

2:00-5:00 PM Dance Workshops (6 half-hour sessions)

6:30 PM Dinner

8:00 - 11:00 PM Dance Party

SUNDAY

8:00 AM Breakfast

9:30 AM -12:30 PM Dance Review

12:30 PM Lunch





Registration and additional lodge information: Patty Butler, patroy@ssctv.net, phone (916) 652-6315 or see www.folkdance.com and click on Gypsy Camp North

Bring: Sleeping bag or bedding, towel, washcloth, toiletries, flashlight, warm clothing, and comfortable shoes for dancing (preferably leather-soled). Please bring snacks to share for the Friday and Saturday dance parties. Optional: something "gypsy" to wear at the parties.

Facilities: Camp Sacramento is situated in the Sayles Flat area of the El Dorado National Forest. It sits on a 19-acre property owned by the U.S. Forest Service and leased by the City of Sacramento. There are 61 cabins of various sizes scattered throughout the property. These cabins have electricity, but most don't have any outlets other than the light bulb on the ceiling and the porch light. They are rustic yet charming - most of them were built in the 1930's. Some of the cabins are wheelchair-accessible. The cabins don't have running water, but there are centrally located restrooms available complete with electrical outlets and private shower stalls. Camp facilities also include a dining hall, a lodge, a camp store, a camp nurse's office, a softball diamond, a half basketball court, a volleyball court, a campfire pit, arts & crafts areas, ping pong tables, horseshoe pits, and the scenic American River.

Council & Club Clips

Sacramento International Folk Dance and Arts Council—Sacramento International Folk Dance & Arts Council is inviting all dancers to a fun and refreshing weekend of camping, dancing, workshops and parties at Camp Sacramento September 26 - 28. This is our third annual event, and we are changing the name from "Gypsy Camp North" to "Camp Sacramento" until we come up with something catchier. It is becoming a "must do" event for northern California. It is set in the cool woods by the South Fork of the American River and appeals to all levels of dancers and all types of dancing. The lodge has a wonderful wooden floor for dancing and the scenery is beautiful and renewing. The atmosphere is friendly and very social. It is a great time to meet new dance friends from different clubs around the northern state.

The location is Camp Sacramento, just off Highway 50, I mile east of Twin Bridges and 85 miles from Sacramento, 17 miles from Lake Tahoe. Elevation 6500 ft. There are 61 cabins of various sizes scattered throughout the campground. They have electricity, but most don't have any outlets other than the light bulb on the ceiling and the porch light. They are rustic yet charming - most of them were built in the 1930's. Some of the cabins are wheelchair-accessible. The cabins don't have running water, but there are centrally located restrooms available complete with electrical outlets and private shower stalls. Camp facilities also include a dining hall, a lodge, a camp store, recreational facilities, and the scenic American River going right through it. You can take an easy hike to a scenic view point.

The cost is approximately \$110 per person for the weekend. It includes 2 night's lodging with 3 meals Saturday, and 2 meals Sunday. Registration and additional information: Patty Butler, patroy@ssctv.net, phone (916) 652-6315 or see www.folkdance.com/sacramentocouncil and click on Gypsy Camp North. Registration deadline is September 1. We hope to see you there!

Also in September is Sacramento's first annual World Music & Dance Festival, Sept. 20-21. The Evening Showcase will open at 7:30 on Saturday, Sept. 20 at the Memorial auditorium with grammy award-winning Mary Youngblood, playing the native American flute, followed by the Kennelly School of Irish Dance, Angel String Orchestra (Chinese), Kalyna (Ukranian) and Makamae Melia O'Polynesian. Joining them will be the Peruvian group Asociacion Cultural Kanchis from Cupertino, Fishtank Ensemble from North Hollywood (World Fusion), Kitka Singers from Oakland (Eastern European), Barangay Dance Company from Daly City (Filipino) and Shabnam from Canyon (Middle Eastern). Lighting design is by Artistic Director Dennis Yep, staging by John Mello. The Evening Showcase promises to be an exciting program representative of America's most diverse city, Sacramento.

Sunday in Old Sacramento, from 10 am - 5 pm, there will be an outdoor all day festival with different stages featuring local groups of all ages and ethnicities, as well as food and crafts. For more information go to sacramento-worldfestival.org

—Barbara Malakoff

BERKELEY FOLK DANCERS. September begins a new dancing year for BFD. This is the month our New Beginners

Class starts. It will meet on Tuesdays, immediately after Labor Day. This is a correction from last month's Clip. So please tell all your friends and family who might be interested to come to Live Oak Park at Shattuck and Berryman in Berkeley on September 2. It will usually be held from 7:45-9:45 pm but the door will open at 7:30 pm. Our energetic, enthusiastic and skillful instructor, Claire George, will lead the class along with her husband, Al. An eight week class is only \$30. Everyone is welcomed. No partner is needed. For further information or questions call Claire and Al George at 510-841-1205 or algeorge@comcast.net.

BFD will be at the Solano Stroll on Sunday, September 14. For those of you who are not familiar with the Stroll, it is longest and greatest street fest spanning both Berkeley and Albany. BFD will share a space with BACDS and RSCDS. Look for our tent at 1330 Solano Ave, Albany, in front of the Flowerland Nursery. The event begins at 10 am and ends at 5 pm. Pick up a schedule to learn when we are dancing. And take in the sights and sounds of other groups. All the entertainment and music is free. But, of course, you won't be able to resist buying the delectable and varied food offerings!

And come back to Berkeley for our Fun Night on Friday, September 19. The Advance Class is hosting an "Odds and Ends" Party. This is your chance to wear the cute hat that you bought in Belgium or the belt in Bulgaria but never got the rest of the outfit it went with. Be creative! The party begins at 7:30 and ends at 10:30 pm. Join the fun and dancing for just \$7 for non-members and \$5 for members. It will be at Live Oak Park, Shattuck and Berryman in Berkeley. Please come.

Every September BFD has a new dancing schedule. But this year we have significant change. We no longer will be dancing on Thursdays. So be sure to check our schedule in the Where to dance.

As usual BFD is not dancing on Labor Day. A great place to dance will be "Down on the Farm" at Max and June Horn's. Join in the fun of dancing outdoors with the wonderful crew of Esther and Mel Mann, Walt and Chris Lang, Peter and Lynne D'Angelo and Eileen Kopec. (And they welcome any and all volunteers who wish to come early at 9:30 or 10 a.m.) Dancing is 11 to 5 PM. Bring your family and friends.

-Naomi Lidicker

The BALKAN DANCERS OF MARIN are making plans for their great party at the end of March. It will be Saturday, March 28, 2009. Save the date for great dancing to classic folk dances!

ADVANCED BALKAN DANCERS. We are making plans for a Party next June 21 that will be open to everyone. We will feature all the dances that have been taught and the rest of the party will probably be all request. Put it on your schedule.

Come and enjoy the thrill of doing the dances that built folk dancing! Note that these are advanced dances and at least a few year's experience is needed. The class meets on the third Sunday of every month in the back dance studio at Ashkenaz from 2:00 to 4:00 pm. Ashkenaz is located at 1317 San Pablo Avenue in Berkeley. Entry is via the side door (on the left), not the main dance studio door. For information call Gary Anderson, 415-488-9197 days or Irene Croft/Gary Anderson eves at 415-456-0786. Email editor@letsdancemag.net.

ТНЯДСІДИ ШЄDDIИG ШІТН

CDBB



Traditional Bulgarian Wedding Band In Concert

Wednesday, October 15, 2008 • 7:30 - 10:30 YLI Hall, 1400 27th Street, Sacramento Suggested Donation \$10

> for more information phone Lonna at 530.346.0099 or Toba at 916.371.4441

Baby, You Can Drive My Car!

By Loui Tucker

I wish I had the ability to provide dance classes for free to everyone all the time.

It seems sometimes that such a gesture would embody the spirit of international folk dance. After all, it was only in the last hundred years or so that dance classes came into existence, where a leader instruct students, and student pay a fee to attend the class. For centuries, perhaps millennia, people danced at parties and weddings and village festivals, whenever someone pulled out a harmonica or an accordion or a fiddle or a group gathered to sing in the town square. Dance was free because music was free or could be had for a few coins tossed in a hat, or by buying the musicians a round of drinks.

Call it whatever you like – a club or a family or a meeting or just a group of people who gather occasionally on a deck in the woods – there is typically at least a small donation made by participants. Even if the leader(s) provides free services, even if rent is not paid for the dance space, and insurance is not an issue, dancers will throw in a small amount to pay for new sound equipment, for someone to attend a dance workshop, for refreshments, etc. An absolutely free, regularly scheduled evening of dance is rare, and on the other end of the spectrum are classes that regular charge and receive upwards of \$15 per person per night.

There was a time, and in some locations this is still the case, when classes were organized like academic offerings, on a semester or quarter system, through a local university or college or community center. Class participants were required to sign up in advance and pay for the entire quarter or semester up front. I'm not sure what the underlying philosophy was: (1) it's a class, all classes are paid for in advance, and the arts and recreation are no exception; or (2) the financial commitment will force students to attend even if the first session or two is not particularly satisfying, and perhaps they will come to enjoy the activity or subject matter some time before the quarter/semester ends; or (3) we're running a business here and the teacher's salary has to be paid along with the electric bill and the insurance and other overhead, so get out your checkbook!

I know there are clubs that are required by their insurance to have a membership roster and take attendance and collect dues.

I think it is both sad and bad folk dance policy that, in so many situations, casual drop-ins are discouraged if not forbidden outright.

All that said, what I want to promote is a First-Class-Free policy. I think it should be standard policy that ANY new-comer who wants to take our car for a spin around the block should get to do it for free.

We need to encourage the person who walks by the window of the dance hall and sees a group dancing, or hears music from the parking lot and is reminded of their grandmother singing in the kitchen, or sees a video on the internet and decides TONIGHT is the night to try what looks like a fun activity. We need to drop any and all barriers to their immediate gratification!

How can we expect a sudden interest in dance to develop to coincide with an academic calendar or for that interest to be maintained until the start of the next semester? How can we call out to that couple lingering just outside the door, "Hey, come on in and join us – and oh, by the way, get out your wallet on your way by that table at the entrance and pay our fee?"

Put up a sign at the door or windows of your dance hall:

YOUR FIRST CLASS IS FREE!

You are listening to folk music from around the globe. We have learned and enjoy doing dances to this music. Come dance with us any time [7:30-10:00 pm every Thursday]. Newcomers are always welcome and your first class is free! How about joining us right NOW?

Ethnic food and dance to celebrate 30 years of Ethnic Express Club

By Dick Killian

The Ethnic Express International Folk Dance Club in Las Vegas, Nevada passes another 'mile post' September 20, 2008, a Saturday evening at 6:00 pm. This will be the 30th anniversary of it's formation and Folk Dance Federation of California South, Inc. membership. 1978, so far in the past, was the year commutes of over 270 miles each way became the norm for participation by our delegates representing the Ethnic Express at Federation meetings & events.

Now we invite folk dancers from everywhere to Las Vegas for the weekend of September 20th for dinner & dancing at Magura's, an authentic Bulgarian restaurant, 1305 Vegas Valley Drive, just north of the Sunrise Hospital on Maryland Parkway between Desert Inn Road & Sahara Avenue and a half block east. Dancing is FREE! Magura's dinner prices are very reasonable, the ambiance is spectacular.

That same weekend, in Las Vegas, conveniently scheduled, is the Annual Greek Food Festival at St. John the Baptist Greek Orthodox Church located in the southwest area of Las Vegas on the corner of Hacienda at El Camino Road. Directions to that location: going west from the strip on Tropicana Avenue about three miles to Jones Blvd., turn left (south) and go about a mile to Hacienda, turn right (west) to 5300 El Camino Road. It starts Thursday, Sept. 18th continuing all four evenings through Sunday, Sept. 21st. All of this follows Octoberfest in San Diego the previous weekend.

Stockton Folk Dance Camp 2009

Bruce Mitchell has announced some of the staff for next year: teaching non-partner dances will be Yves Moreau, Bulgarian; Zelko Jergan, Croatian and Lee Otterholt, Balkan.

Teaching couple dances will be Roberto Bagnoli, Italian and Jerry and Kathy Helt, American squares, contras and line dances.

There are more teachers yet to be confirmed.

The camp often fills early, so it is wise to get your registration in early. One week's deposit is \$75.00. Send to: Folk Dance Camp, Jan Wright, 36676 Viola Meadows Court, Shingletown. CA 96088, email:jmwright32@frontiernet.net

Stockton folk dance camp 2008

Surprises are Welcome

By Gary Anderson

I came to camp not knowing what to expect of the offerings of some of the teachers. I had originally wanted to come both weeks, but on contemplation, changed my mind. I wish I had not. In the past, I had seen and done some of the Polish dances, but I wasn't attracted to them (except for Goralski din stocktonu) because they seemed to require a grace and regal posture beyond me. Italian dances I hadn't done much of in fifty years and I wasn't too enthralled then. The last time Hennie was here to teach Russian, the dance I really liked was one I couldn't do, so I wasn't anticipating much.

Well, I was wrong—I fell in love with the dances of Poland, Italy and Russia. How much of it was the teachers: Richard Schmidt with partner Stephanie Roy, Polish; Roberto Bagnoli with partner Julie East, Italian and Radboud Koop, Russian; how much was the wonderful partners I had, how much was the music and how much was the dances themselves, it's too soon to tell. But I'm really glad I came and I wish I'd kept to two weeks to learn the dances better and to spend more time in the other classes.

What a line-up! Of course these weren't the only types of dances taught. Stockton always has a great line-up of the world's top teachers: Tineke van Geel taught Armenian; Cristian Floreascu and Sonia Dion taught Romanian; Daniela Ivanova-Nyberg taught Bulgarian; Merilyn Gentry and Nora Nuckles taught the popular Island Dance workshops; Barbara Bevan taught the singing class that added so much to the parties and the inimitable Jerry Helt (and his lovely wife, Kathy) captivated us all with his lively squares, contra and line dancing. (When I tell square dancing fiends that we get Jerry Helt for two weeks for nearly an hour several times a day, they are envious—feeling fortunate to get to dance to him just a few times at a Jamboree.)

There is a strong urge to name favorites but that would not be fair—everyone has his own preference in music and dance styles. Suffice to say that there was something for everyone. The teachers taught a mix of dances from easy to vigorous. Some of us were occasionally out of breath, but it was a delicious feeling.

But camp is much more than classes and teachers. It is getting together with, and making new, friends and acquaint-tances from all over the country and the world. Some of the more interesting moments occur around the dining table, sitting at an empty table and waiting to see what interesting people will sit down. With a common interest in folk dancing it is easy for us more reticent types to open up and join in.

Delightful new campers. This year the camp had a record number of new campers—49 in all. Some were from the US, but many were from other lands. There was a large contingent from Taiwan, another from Canada plus others from Hong Kong, Japan, Italy, and the Netherlands. We also had campers from 16 states!

Dancing with and next to those with whom we can only communicate with a smile, seems to be inadequate, and yet somehow there is a real communication in dance.

Highlights of the evenings and the talent shows were the wonderful exhibitions with the vigorous White Bird troupe

from Canada and Fang-Chick Chan's group from Taiwan.

Poignant moments abound at a camp that has been around for 61 years. Memories of those who have left us are close to the surface, surging forth unexpectedly. Some of Leona Faoro's collection were in the silent auction, bringing intense bidding from those who wanted to have something physical with which to remember her.

There was another poignant moment at the talent show when Carole Gerst, who had been talked into sharing her Swedish fiddle playing with the campers, asked for dancers from the audience to join her on the floor and dance a Bingsjo. A graceful white haired couple joined her and danced so beautifully to her fiddle playing that others who might have thought of getting up to dance decided the moment was too special to interrupt.

Jean Brown had a workshop at camp for many years, but ill health prevented her from coming this year. Suzanne Rocca-Butler visited Jean during camp and asked Jean if she would like Suzanne to teach the dance she had prepared for the workshop. At Jean's enthusiastic yes, Suzanne learned the dance and taught it at a lawn party. At the talent show on the last Saturday Suzanne and friends of Jean Brown did it as a tribute to Jean. Sadly Jean Brown died at 1:00 am Sunday morning, August 3, just after Camp officially ended. Her memorial was held at 1:00 pm on Saturday, August 9th in Galt.

The Jean Brown Scholarship Fund was announced by Bobi Ashley before the performance of Suzanne and friends of Jean Brown. This is to be a fund to help promising young dancers who have received a camp scholarship but still can't afford to come. If you wish to donate, your check can be made out to: "Stockton Folk Dance Camp", with the notation that it is for the Jean Brown Fund. It can be mailed to Bobi.

Bobi Ashley's email and address are: Adventurescontinue@yahoo.com and Box 2482, Redmond, OR 97756. (Stockton Folk Dance Camp is a 501(c)3 organization and donations to camp are tax deductible.)

What we did: Radboud Koop, Russian, taught Devochka Nadya (trio), Ya da kalinushku lomala, Babochka motorochka, Techot rechka, Raz vechor moya milaya (cpl), Kak za lugom, Hai zeleneky and Posadila rozu (cpl-2 women).

Daniela Ivanova-Nyberg, Bulgarian, taught Alunelu, Mundrile, Shalauna, Bulgarka, Ginka, Abdal, Kremikovsko and Marikinata.

Roberto Bagnoli, with partner Julie East, Italian, taught Balloindodici (cpl), Sor Cesare (cpl), Tarantella Bim Bom Ba (cpl), Su Faikittu (cpl), Giga (cpl) Courenta (cpl) and Passu Turrau.

Cristian Florescu and Sonia Dion, Romanian, taught Incâlcita, Turceasca, Danț din Groși (cpl), Di Doi (cpl), Maneaua, Opincuța, Hora șchioapă and Tigăneasca din Arad.

Richard Schmidt with partner Stephanie Roy, Polish, taught Kujawy Kujawiak (cpl), Polka z Nogi from Lachy Sacz (cpl), Bogatym from Spisz, Sarna from Zywiec, Czardasz Ślaski (cpl), Kaczor from Kurpie (cpl), Circle Polka and Taniec Wielki (Polonez) (cpl).

Tineke van Geel, Armenian, taught Ninoyem, Naroy naroy, Shoror, Tsnka par, Tamzara, Vana & Taroni bareri sharan (Kochari) and Papouri.

Merilyn Gentry and Nora Nuckles, Pacific islands, taught Kalana Kauai, Tahi-Kotahi Rua Toru Wha, Green Rose Hula and Kahuli.



Volga Cruise with Mel and Esther Mann 2008

By Eileen Kopec

Little did I know when I was taking Hennie Koenigs classes at Stockton in 2006, that a mere two years later I'd be dancing those dances while cruising on the Volga river in Russia. Thanks to Mel and Esther Mann, an amazing Russian adventure became possible this past July on my fifth cruise with Dance-on-the-Water. There were countless highlights and memorable moments that revolved around dancing and music.

The musical moments started immediately. We were first welcomed aboard the MS Kronstadt with the tradition of tearing a piece of bread from a large loaf and dipping it in salt. Two musicians, a young balalaika player named Dmitry and an older accordionist named Alexander, played as we entered. They would provide musical entertainment throughout the cruise, along with a talented singer and four marvelous dancers called the Prikamiye Folk Troupe. They performed every night in the main lounge and even gave us a dance lesson one morning. One of cruise directors helped translate, but the language of movement said it all. Take ballet! That they were classically trained was immediately evident. I especially noticed their beautiful extensions and animated facial expressions. Just because we have put on a few years doesn't mean we can't emulate them a little.

Once on board, we found our cabins were small but comfortable, with plenty of storage space. However, I did not see much of the cabin – with the "white nights" it hardly got dark and dancing on the deck continued late into the night (or I should say early into the morning). Possibly some vodka involved. Despite the fierce Russian mosquitoes that we foiled with plenty of repellant, we danced most nights under a glowing pink sky of endless dusk, while the serene countryside rolled by. Other boats floated past with a few curious onlookers, not to mention the befuddled curiosity of our own crew and other passengers as they watched our dancing. Where do these "old" people get all this energy after touring all day?

Lee Otterholt was our dance leader. I'm sure most of you know his incredible credentials, but for those who don't, here are just a few of his many biographical highlights. In Norway he founded and led the Center for International Folk Dance in Oslo. He was a professor of folkloristic dance at the Norwegian National College of Ballet and at the University College of Oslo. He has a professional education in choreography and was a choreographer of the Opening Ceremony of the Winter Olympic Games in Lillehammer, Norway in 1994. Since this article will appear after Stockton Camp, it will not come as a surprise that he has been appointed to the Stockton Committee. Some upcoming chances to dance with Lee will be at the following tours and camps -- IFDO Camp in Ottawa, Canada September 19-21, 2008; Folk Dance Tour of Greece with Jim Gold Oct 21-Nov 2, 2008; Folk Dance Cruise on the Irrawaddi River in Burma November 8 - 26, 2008; Folk Dance Tour of Turkey with Jim Gold in 2009; and the Manns' next cruise on the Black Sea, 2009*. When asked if he gets tired of all that travel, he smiled and said NO WAY. He loves his life of being able to experience the world, while dancing and meeting interesting people. His enthusiasm is infectious.

While cruising, the daily folk dance teaching sessions

were extremely enjoyable. Lee makes teaching look so easy, but it's because he prepares so well. He was very detail oriented, but gave style tips so gently you barely realized it. His instructions were precise without being fussy. He didn't rush and made sure people were getting it before moving on, but also didn't get bogged down with a few people to the boredom of the group. It is a fine art of balance and Lee got it right. The appropriately Russian dances he taught were Chorovod, U rekee, Zimushka, Lugovon'ka, Mamunyushka Branila, and Doroschka. I finally can almost do Doroschka! Lee really broke it down well. He also led many dances at the request dancing every night, but also left us alone when we looked to be doing okay – again a nice balance of leadership and dance laissez-faire.

We went on daily tours to fascinating sights every day. All of our guides were incredibly knowledgeable and had a good grasp of English... except for a few unintentional and amusing manglings. Some of the more interesting (and printable) were such phrases as "the national psycho" (psyche), "undescriptable" (indescribable), "intervented" (intervened), "drawer bridgers" (draw bridges), our delicious "fried meat gastronomy" at breakfast, and before going into churches "women should keep their hair and shoulders covered and their knees closed". Despite the language "differences", I managed to learn a lot about Russian history and culture (and the Cyrillic alphabet) from the guides and the many lectures aboard ship. We even had homework. And it was very helpful to know some Cyrillic – useful for finding toilets, places to eat, exits and entrances, museums and especially Metro stops.

Our cruise started in Moscow. The traffic is horrific and the Metro is the best way to get around. We even had a tour of some of the most beautiful stations, highly recommended. (As an aside, as folk dancers, most of us are quite obsessed with caring for our feet, and so the footwear of most of the young Moscow women astounded us! They wore the most colorful, shiniest, highest, impossibly spiked heels I've ever seen.) Other sights in Moscow included Red Square, the Kremlin, Orthodox Cathedrals, Arbat Street and the famous Gum (pronounced Goom) store. We had some free time to wander and explore, and some people chose an optional performance of the Moscow Circus.

After a few days in Moscow we started cruising the Volga and the lakes Ladoga and Onega, the two largest lakes in Europe, and stopped in many towns on our way to St Petersburg. For people who were on the cruise, you will understand this word – water! Not the stuff we were cruising on, but the pure liquid we need to put in our bodies. We don't appreciate how easy it is for us to turn on a tap and get potable water. That is not the case in Russia. My illustrious roommate (one of our fearless reporters, Kay James) and I were always managing our water supply. It was nice that we had a small fridge in the room for storage (not to mention where I could also store leftover caviar from people who chose not to eat their share). And in Russia they had you coming and going so to speak... most toilets required payment. My most expensive "visit" was at Gum – 20 rubles (almost a dollar).

Back to the cruising. We stopped in towns and cities called, Uglich, Yaroslavl, Goritza, Kizhi, and Mondraga before getting to St. Petersburg, visiting many small villages, churches, monasteries, markets, and meeting local people. Some of the more notable highlights were the concerts and

performances we saw. The Orthodox churches had fine acoustics, and we heard two choirs with goose bump raising harmonies. There was a vodka tasting (try pepper vodka - a real find), accompanied by a folk performance complete with audience (that was us) participation. There was a noted violinist, Boris Gamus, accompanied on the piano by Tatyana Belova who gave a concert on board. I haven't even mentioned our ship's own Nikolay Finogentov and Alexander Koukoushkin, on the guitar and keyboard respectively, who played in the lounge every night until 1:00 am, and gave a jazz concert one afternoon with selections from Dave Brubeck and Django Reinhardt among others. When the song "The Sunny Side of the Street" came on, our hosts Mel and Esther got up to dance - a lovely sight. And a line of ladies bopped down the aisle for the big finale of "When the Saint's Go Marching In". It's those little unexpected moments that make travel so rewarding. Like when two of the crew turned out to be Serbian and joined, then later led us in an U sest. Or like when the computer had a problem while we were dancing on deck, and so we began to sing our dances! We sang and danced to several songs until the computer decided to work again. I love folk dancers!

It's easy to get diverted while writing this, as there were so many sights and sounds and events and new experiences along the way. Back to a few more interesting things. Can you say vodka museum! Piroshki bakery! Blinis and caviar with champagne! Then we finally staggered, uh, docked in St. Petersburg, a beautiful city. We had an overview city tour which included a canal trip - I had no idea St. Petersburg is sometimes called the Venice of the north. What can I say about the Hermitage, except I didn't have enough time in it, even though I stayed in St. Petersburg for an optional extension and went back a second time. The Russian Museum and the Ethnological Museum were remarkable. I think I saw some of my ancestors in the latter! We saw a great Cossack music and dance performance and even got to talk to the performers after the show. They were interested in us too, asking many questions about our dancing!

Speaking of which, Lee choreographed two dance numbers for a few of us to perform at the big ending gala night. I was lucky to be part of the Volgalyas! The other cruise passengers would have to critique it, but it seemed to have been well received. Thank you to our tour director Olga for getting us costumes. Olga and her co-director Galya did a hilarious skit about American tourists and a very amusing take-off of a serious Russian dance.

This article is getting way too long, and I haven't even talked about the food, which was plentiful and reminded me of many of the foods I ate when I was growing up in Brooklyn. Or the wonderful people I met from all over the US, Canada, England and New Zealand, many of whom I was renewing acquaintance with (Mel has many loyal followers), and others whom I met for the first time. I'm sure each of them would have their own unique cruise experience that would be different from mine. But I think we would all agree that the trip was a cultural bonanza, an amazing experience and great fun. There may also have been some vodka involved.

Spasibo to my roommate Kay for not snoring, for not hogging the bathroom, for not yelling at me for coming in late, and for being a wonderful companion. Nos drovia! Eileen Kopec



Glyn Webbber, Barbara Shaffer, Emily Rosenberg, Lee Otterholt, Eileen Kopec and Tom Hall.



Prikamie Folk Ensemble of Ural-Maria and Maria



Prikamie Folk Ensemble of Ural—Maria, Dmitry, Vitaly and Maria—all photos are by Kay James

*For details of next year's cruise to the Black Sea check out the Mann's Website at folkdanceonthewater.org. For other trips go to Lee's Website, www.leeotterholt.com or www.jimgold.com for more info.

Travel broadens one!

Jim Gold International Folk Tours: 2009

Mad Shoe Travel Guide: www.jimgold.com

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CHANGS 70th ANNIVERSARY PARTY, JUNE 27, 2008

By Laila Messer

"How can I help?" "What needs to be done?" A spirit of willingness permeated the meeting called by President Esther Landau to discuss plans for the seventieth anniversary celebration of *Changs International Folk Dancers*. Many were quick to volunteer saying "I'll check into that" or "I'll do that."

Many also agreed to come early to set up and decorate the gymnasium of the Janet Pomeroy Center. They set up tables and chairs, cut and arranged flowers and organized the pot-luck food for easy self-service. Just blowing up the hundred or so balloons kept five members busy. Many also agreed to stay after the party to dismantle, clean up, and put things back.

For two hours before the start of the party, there was much hustling and bustling as everyone worked together with an attitude of "We're going to make this happen." Anticipation and excitement was in the air. Even some non-members who had come early caught the spirit. Three of them took on the job of decorating the walls with paintings of colorful floral scrolls and costumed folk dancers. These delightful works of art had been hand-painted years ago by an early member.

Also on display were a 1940 brochure, an enlarged membership form from the club's heyday, a map of San Francisco showing its seventeen locations and a list of the twenty-nine past-presidents including founder Song Chang. And there was a slide show. Members Cindy Blackstone and Esther Landau had photographed 650 pictures from the huge scrap books and arranged them in an impressive slide show that especially delighted the old-timers.

The party began at seven o'clock so as to include the children and parents who are part of Changs Family program. Also invited were those who participate in the programs of-

fered at the Janet Pomeroy Center for the Physically Handicapped, some who were in wheelchairs. They, and the many who came exactly at seven, formed an unusually large circle which was led by Craig Blackstone, teacher for Changs and Michel Hardbarger, teacher for Family Nights.

"Thanks for letting me dance in my wheelchair!" exclaimed one happy participant. Another, smiling broadly, formed his words carefully. "This...is...a...perfect...dance." One folk dancer enjoyed the experience of dancing with the physically handicapped. "It reinforced my belief that we are born to dance." she said. After a moment's reflection, she added, "I also see it on Family Nights."

Two bands, Vecernica and Pochti Gotov shared the evening keeping dancers up on their feet. An amazing array of people attended. There were folk dancers from San Francisco, the South Bay, the North Bay, the East Bay and Sacramento. Some former members came, happy to reconnect again. One even brought some of his costumes from years past. Several people learned of the event from Jesse Hamlin's article in the San Francisco Chronicle. A family visiting from Taiwan was delighted to have found out about the party. Even non-dancing visitors enjoyed the evening.

An extra table had to be brought in to handle all the food supplied by members and others. One member liked that there was no head table or sit-down dinner. "It's wonderful," she said pointing her hand around the room. "People can sit down when they want, eat when they want and jump up to dance when they want." Another delighted in having the sparkling cider and chocolate cake individually served.

All added to the special quality of the evening. You could see it; you could hear it; you could feel it. The night was fantastic! After the last waltz was over, one very happy dancer heading home exclaimed, "We should have a party like this every year!

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APPLICATION PROCEDURES

For grants from the Folk Dance Promotion Fund Of the Folk Dance Federation of California, Inc.

The purpose of the Folk Dance Promotion Fund is to promote international folk dance in the northern California region through a competitive grants program. Grants *up to \$2000* can be awarded with a limit of \$6000 to be spent in any one year. In extraordinary circumstances, the Folk Dance Promotion Fund Committee (FDPFC) may recommend approval of grants exceeding these limits.

The Committee welcomes written applications at any time.

Applications must be from Associate Members of the Federation or from member Clubs or Federation committees.

Applications must include:

- √ Name of sponsoring individual, club, or committee
- √ Time frame of proposed project
- ✓ Description of the proposed project, including objectives and planned methodology
- ✓ Discussion of how the project is intended to promote international folk dance
- ✓ A budget, including contributions of funds from other individuals or institutions if any are anticipated.

Successful awardees will be required to submit a final report that summarizes the results, potential benefits anticipated, and a budget summary explaining the use of grant funds.

Submit applications to any member of the Folk Dance Promotion Fund Committee or to the Federation President. Committee members are:

Ann Brown, chair aewbrown@comcast.net editor@letsdancemag.net marionkearl@yahoo.com
Bruce Mitchell dancebruce@aol.com
Loui Tucker loui@louitucker.com

© Folk Dance Federation of California, Inc. April 2008 Dance Research Committee: Bill and Carol Wenzel

Chekurjankino Horo

(Bulgaria, Pleven District)

Chekurjankino Horo (cheh-koor-YAHN-kee-noh hoh-ROH) is Janka's Spicy Dance from the village of Brest, where it was learned by Yves Moreau in winter 1970 from Nasko Barmashev, choreographer-director of an amateur group in Lovech. With patterns chosen from several possibilities, Yves taught the dance at the Stockton Folk Dance Camp in 1970 and 1991 and at the 1970 S.F. Kolo Festival and 1972 Mendocino Folklore Camp. Yves' notes were produced by Bev and Ginny Wilder.

Music: LPs: Balkaton BHA 734, side B/6; Boxell, Folkraft LP-26, Side A/3.

Cassette: YM-UOP-91 7/16 meter

Meter = 7/16 = 2/16+2/16+3/16 (Ruchenitsa), counted here as 1,2,3=q,q,s.

During and after FIG III the music is considerably faster.

Video: Stockton Folk Dance Camp 1991.

Formation: Short (8 max) mixed or segregated lines, hands in V-pos or belts L/R.

Steps: Pas-de-Basque R: Step on R to R (ct 1); step on L across R (ct 2); step

back on R in place (ct 3); for Pas-de-Basque L, reverse ftwk; for Back

Pas de Basque R or L, step behind on ct 2.

Styling: Body is erect, steps are small and movements are sharp.

Measure

7/16 Meter

Pattern

INTRODUCTION. None

I STEPS AND STAMPS IN LOD AND RLOD - (slow music)

- Facing R of ctr and moving LOD, step R (cts 1,2); step L (ct 3).
- 2 Facing ctr step R to R (cts 1,2); step L behind R (ct 3)
- Hop on L, raising R knee (ct 1); stamp R beside L, no wt (ct 2); step R to R (ct 3).
- Hop on R (ct 1); step on L across R (ct 2); step back on R (ct $\underline{3}$).
- 5-8 Repeat meas 1-4 with opp ftwk and direction.
- 9-16 Rpt meas 3-4 four times; reversing ftwk and direction on alternate meas.
- 17-32 Repeat meas 1-16.
 - II BOUNCES (slow music)
- Facing ctr, step R to R with L in place, knees straight (ct 1); bounce on both (ct 2); bouncing R, bend L knee to raise ft sharply behind R knee (ct 3).
- 2 Step L to L with R in place, knees straight (ct 1); bounce on both (ct 2); bounce on L, raising R fwd, knee straight, then up with knee bent (ct 3).

pg 2 Chekurjankino Horo (Fig II, cont)

- Hop on L, pulling raised R leg in to finish "reverse bicycle movement" (ct 1); stamp R beside L, no wt (ct 2); step heavily on R in LOD (ct 3).
- Hop on R (ct 1); step L across in front of R (ct 2); step back on R (ct 3).
- 5-8 Repeat meas 1-4 with opp ftwk and direction.
- 9-16 Repeat meas 1-8, turning to step fwd on meas 1, ct 1 and on meas 2, ct 1.

III BACK PAS DE BASQUES AND LEG EXTENSIONS (fast music)

- Facing ctr and moving fwd, step R, L behind R, R (cts 1, 2, 3).
- 2 Continuing fwd, repeat meas 1 with opp ftwk.
- Repeat meas 1, but raise L leg sharply, knee bent, on ct <u>3</u>.
- Hop on R, sharply pulling L leg in and pushing it down (ct 1); step back on L (ct 2); step back on R, raising L fwd, knee bent (ct 3).
- 5 Repeat meas 4.
- Hop on R, raising and pushing L heel down across in front of R (ct 1); hold (ct 2); hop on R, raising L knee (ct 3).
- 7 Step L to L (ct 1); step R behind L (ct 2); step L to L (ct 3).
- Repeat meas 6 with opp ftwk; but on final beat (7), stamp R, no wt.
- 9-16 Repeat meas 1-8.

IV BACK PAS DE BASQUES, TWISTS AND EXTENSIONS (fast music)

- 1-16 Repeat Fig III, meas 1-16; but on ct 1 of meas 4 and meas 5 twist the bent L knee across and back in front of R leg. Keep legs close together.
 - V PAS DE BASQUES AND CLICKS IN PLACE (fast music)
- 1 Pas de Basque R.
- 2 Pas de Basque L. On ct <u>3</u> raise R sharply to R, knees bent.
- Close R to L sharply taking wt (ct 1); hold (ct 2); raise L sharply to L, knees bent (ct 3).
- Close L to R sharply, no wt (ct 1); hold (ct 2); raise L knee sharply, then straighten to extend ft diag fwd L (ct 3). (L ft does not touch floor.)
- 5-8 Repeat meas 1-4 with opp ftwk.
- 9-16 Repeat meas 1-8.

VI PAS DE BASQUES, STEPS FORWARD AND KICKS (fast music)

- 1-2 In place, Pas de Basque R and L.
- Take a long, heavy step fwd on R (ct 1); bring L leg around forward and up in a wide swinging arc, knee bent (cts 2,3).
- Bend R knee and push L ft down, straightening L knee (ct 1); hop on R, retracting L knee (ct 2); hold (ct 3).
- 5-8 Repeat meas 1-4 with opp ftwk.
- 9-16 Repeat meas 1-8.

Sequence: Repeat dance once; but begin Fig I moving diagonally bkwd R.

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Kjustendilska Ruchenitsa

Bulgaria (Shopluk)

Kjustendilska Ruchenitsa (kyoo-stehn-DEEL-skah ruh-cheh-NEE-tsah) is a very popular dance from Graovo, a western part of the region of Shopluk in west-central Bulgaria. The town of Kjustendil lies SW of Sophia, close to the borders with Macedonia and Serbia, from which some influence is apparent. The dance has other names, including Graovska Ruchenitsa; and the pattern characterizes other dances of the region, including Graovsko Horo, which differs in its meter (2/4). Many teachings have included those by Barry Glass at Mendocino Folklore Camp 1972, Ronald Wixman at the UCB FD Festival 1975, Camille Brochu at Stockton Folk Dance Camp 1986 and Michael Ginsburg at Mendocino Folklore Camp 1999.

Music: The considerable musical offering includes:

CD: Boris Karlov: Legend of the Bulgarian Accordion, CD 2, Track 2.

Records:

Balkaton (BHM-5746, Side A/1 and BHA-358, Side B/6) NAMA #1, Side A/5
XOPO (Horo and Rachenitsa), Side A/4
Ethnic Folk Arts Center - Bulgarian, Side B/7
AMAN Folk Ensemble; AMAN-103, Side A/7
Worldtone Records; WT 10026, Side B (45 rpm)

Cassettes:

Balkan Dance Music by Izvor, Side A/1 (Camille's Camp Tape) Ajde Na Horo, Side B/10 (Jaap Leegwater and Yves Moreau) Bulgarian FD Music, Side A/5 (Dmitri Manov, S.F. Kolo 1998)

Rhythm: Meter = 7/16 = 2/16+2/16+3/16, counted here as 1,2,3 or q,q,s

Formation: Open circle or line facing RLOD, hands joined down in V-pos or in belt hold, L over R. The leader at the R end and/or the dancer at the L end of the line may wave a handkerchief (ruchenik) in free hand.

Steps: Hop: Flexing supporting knee, raise supporting foot clear of floor on the up-beat and return it to the floor with weight on the beat.

Skip: A hop while moving forward, backward or sideward.

Bounce: Small hop in which ball of supporting ft does not leave floor.

Styling: Shopski styling includes jerky, light, jumpy steps with a lot of pauses, giving the impression of delay in some movements. Mostly the body leans forward, keeping the weight and steps on the front of the foot.

Measure

7/16 meter

PATTERN

INTRODUCTION Dance begins with a musical phrase chosen by leader.

- Facing RLOD and moving LOD, hop, bounce or skip on L while raising and/or touching R fwd (ct 1); step back on R (ct 2); step back on L (ct 3).
- 2 Repeat meas 1.
- Turning to face LOD, step fwd R, L, R (cts 1, 2, $\underline{3}$).
- 4 Continuing in LOD, repeat meas 3 with opposite ftwk.
- 5 Skip fwd on L (ct 1); step fwd on R, and turn to face ctr (ct 2); hop on R, extending L ft across in front of R shin (ct 3).
- 6 Hop on R, swinging L leg to L (ct 1); step on L to L (ct 2); step on R across L, bending both knees (ct 3).
- 7 Still facing ctr, hop on R (ct 1); step L to L (ct 2); step R behind L (ct 3).
- 8 Skip fwd on R (ct 1); step fwd L (ct 2); hop on L, raising straight R fwd (ct 3).
- 9 Hop on L and touch R toe fwd (ct 1); repeat hop on L, but raise R toe (ct 2); step on R in front of L (ct 3).
- Repeat meas 9 with opp ftwk, turning on ct 3 to face RLOD.

Dance repeats to end of music. During measures 8-10 many individual variations are available, including hops, bounces, steps and jumps in measures with or without net weight-changes. Dancers face center generally and respect their neighbors. Measure 8 starts with L foot free; measure 10 ends with R foot free.

Let's Dance!

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Folk Dance Scene

This (almost) monthly publication has folk dance events in California and elsewhere, folklore articles, recipes (*folklore*), costume information, photos and lots of good reading.

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Where to dance

Federation clubs

NORTH STATE

Redding Folk Dancers meet every Friday (except during July and August) from 7:00 to 9:45 p.m. at the Redding Ballet Academie, 1726 Market St., Redding. All levels of dancers welcome. Easy warm -up dances start at 7:00, instruction is from 7:30 to 8:30, and request dances follow. For more information, call Julie at (530) 547-4071 or e-mail Jan at jmwright32@frontiernet.net

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.greekfeet.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.

SAN FRANCISCO HALL RENTAL

Polish Club of San Francisco—Event venue available. Weddings, meetings, dance workshops, seminars, parties, receptions, etc. Full kitchen, dance floor, 2 large meeting rooms, tables, chairs, stage. Limited free parking. Info & reservations 415-285-4336 or 415-821-2574, email staff@polishclub.org

MODESTO

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)

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.

Please keep us informed of your group's meeting dates, places and times. The information on these pages is supplied by the groups and we need your help to keep it current.

Thanks, Editor

ALBANY

Albany Y Balkan 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.

BERKELEY

Advanced Balkan Dance class. Every third Sunday, 2-4:00 pm in the Rear Dance Studio at Ashkenaz. A few year's dancing experience is needed Experienced instructors, friendly people. Entry via the left hand door at Ashkenaz, 1317 San Pablo Avenue, Berkeley. Information: Gary Anderson, 415-488-9197 days or email: editor@lets-dancemag.net

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.

September 2. BFD's New Beginners Class. Our New Beginners Class will be on Tuesdays from 7:45 - 9:45 PM at the above address. Led by our dynamic Claire George as the instructor and assisted by Al George, the eight weeks course will be for only \$30. Couples or singles, everyone is welcome.

September 19. BFD Fun Night Party. "Odds and Ends." With all the changes happening to BFD, we feel a bit undone. So to give in to our odd discombobulated feelings, the Advance Class is throwing a party providing everyone a chance to express their state by wearing odds and ends of costumes. Or because a new season has started and you never got around to wearing that special outfit, this would be the time and place. Be creative! Join us at Live Oak Park Recreation Hall in the above address from 7:30 – 10:30 PM. \$5 for members and \$7 for others. Contact Lone Coleman for further information at 510-526-5886 or Tom Sha at 510-614-5522.

Weekly class schedules:

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

Tuesdays—Beginners, Claire and Al George 510-841-1205

Wednesdays—Third and Fourth Year, Judy Stonefield 510-655-3074, Yaqi Zhang 510-525-1865, and Louise and Bill Lidicker 510-528-9168

Fridays—Requests. Contact Peter and Lynne D'Angelo 510-654-3136

Cape Breton Step Dance at Ashkenaz—2nd Sundays 1:00 to 4:00 pm.1st hour, beginners, (experienced dancers welcome); 2nd and 3rd hours emphasis on experienced dancers. \$23.00 for each 3 class session, \$9.00 drop-in. 14 years and up. Ashkenaz Music and Dance, back studio, 1317 San Pablo Ave., Berkeley. 510-525-5099. For info call Bob Schuldheisz 209-745-9063, bobschul@softcom.net

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 fjtripi@juno.com

Scandia Saturday. We meet the second Saturday of every month from September to January, then from March to May. (Not Feb., June, July or August). 7:30pm teaching, 8:30pm dance to live music with refreshments. Location: Nature Friends, 3115 Butters Drive, Oakland. Donation is \$7, or \$10 in December. Scandinavian couple turning dances. Everyone is welcome. Info: Jane Tripi 510-654-3636 or fitripi@juno.com.

PENINSULA COUNCIL

September 6. Peninsula FD Council Party. 8 pm. \$7.00, 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 10:15. \$6.00. Menlo Park Recreation Center. Information: Sue 408-247-2420 or Derek 650-851-8498.

Menlo Park Folk Dancers Parties—September 20. Burgess Recreation Center, 700 Alma at Mielke in Menlo Park. Preceded by a potluck starting at 6:00 pm, call for location. 8:00 pm until midnight. Lots of dancing in two halls. Free refreshments provided. \$7.00. Call Marcel Vinokur at 650-327-0759 for details.

September 20—Santa Clara Valley FD Party—Free refreshments, Only \$7.00 St. Bede's Church, 2650 Sand Hill Road at Monte Rosa, Menlo Park, parking entrance on Monte Rosa. 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

Palomanians IFD Parties—October 4 and December 6. First Methodist Church, Broadway at Brewster, Redwood City. Starts at 8:00 pm. Free refreshments and only \$7.00.Info at 408-252-8106 or 650-368-7834.

Palomanians 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 Watkins 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—Note new location—class on Wednesdays, 7:30 pm at First United Methodist Church, 2915 Broadway (corner of Brewster) in Redwood City. Bruce Wyckoff, instructor 650-368-7834.

FRESNO FOLK DANCE COUNCIL

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—McTeggert 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.

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

Petaluma Snap-Y Dancers - Every Mon. 7:00 - 9:15 pm. Telephone contact: 415-663-9512 or 707-778-0130. Hermann Sons Hall, 860 Western Ave., Petaluma, 94952.

Santa Rosa Folk Dancers Class - Telephone contact: 707-546-8877. Santa Rosa Community Center, 730 Bennett Valley Road. Santa Rosa, 95401. Every Wednesday 1:15-3:15 p.m. except June - Aug.

Snap-Y Dancers (Sonoma). Resume September 6. Beginners welcome! Vintage House, 264 First St. East, Sonoma, 95476. Every Thurs 7:00 - 9:15 p.m. Info: Art Babad 707-542-2132

Petaluma International Folk Dancers party dates: Sept. 6, Oct. 4, Nov. 1 and Dec. 14 (a Sunday). 2:00 to 6:00 pm at Herman Sons

Hall, Petaluma. For more info: 707-546-8877.

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 Arend 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

SACRAMENTO VALLEY CAPE BRETON STEP DANCERS. Note address change. Our performance group is Caper Duck. Third Sunday dance workshop in Galt, 1:00 to 5:00 pm. Call for address and directions. Contact for more information Bob Schuldheisz, 209-

745-9063, bobschul@softcom.net.

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 cerponyepress@aol.com.

IRISH AMERICAN CEILI DANCERS. Irish folk dancing. 2nd and 4th Wednesdays at the Ethel M. Harte Senior Center, 915 27th Street, Sacramento. Contact Helen Healy 916-444-3181 Where to dance in the Greater Sacramento Area

SACRAMENTO INTERNATIONAL FOLK DANCE & ARTS COUNCIL

Website: 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, Sonora, Guinda, and Cool. See schedule online at http://www.fussell.org/sacramento/index.htm or call 916-739-6014 or 916-371-0739.

MONDAY

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

*SCANDINAVIAN DANCE CLASS. All levels. Beginners 7-8 pm. Review and intermediate 8-9 pm. Requests 9-9:30 pm. Hamilton St. Park, 4855 Hamilton St., Sacramento. Contact: 916-358-2807.

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

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, Int. & Adv., non-partner. 7:30-10:00 pm. YLI Hall, 27th & N, Sacramento. Contact: 916-739-6014

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 SCHUHPLATTLER. Bavarian & Austrian. 7:30 -9:30 pm. Call for location. Contact: 916-988-6266

- * 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 Folsom Bl., Sacramento. Contact: 916-428-6992
- * RENO INTERNATIONAL FOLK DANCE CO-OP. Beg. & Int. International. 7:15-8:30 pm. 1st Congregational Church, 627 Sunnyside Dr., Reno. Party First Saturday, 7-9:30 pm, at the Nevada Dance Academy, 1790 4th St., off Keystone, Reno. Contact: 775-677-2306 or wigand@gbis.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. All levels, 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

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

BALLIAMO. 12:00-2:00 pm, Sierra II Center, 2791 24th Street, Room 14, Sacramento. Contact: bdbeckert@sbcglobal.net or 916-482 -8674.

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. YLl Hall, 27th & N, Sacramento. Contact: 916-739-6014

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

RENO FOLK DANCE CO-OP. Party, International. 1st Sat. most months. 7:00-9:30 pm. Nevada Dance Academy, 1790 W. 4th St.(off N. Keystone but south of I-80). Contact: 775-677-2306

SUNDAY

*DAVIS INTERNATIONAL FOLKDANCERS. All levels. 7:00-10:00 pm, International House, 10 College Park, Davis. Corner of College Park and Russell Blvd. Across from the north entrance to UCD campus. Contact: 530-758-0863. Website: www.davisfolkdance.org

*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 DANCERS. Beg. & Int., line & couple. 3rd & 4th Sun. monthly except July & Aug. 2-4 pm. YLI Hall, 1400-27th St. at N, Sacramento. Contact: 916-371-4441.

*SOCIAL DANCES OF THE WORLD. Beg. & Int. International line & couple. 3rd & 4th Sun. monthly except July & Aug. 4-6 pm. YLI Hall, 1400-27th St. at N, Sacramento. Contact: 916-632-8807.

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

STEPPING OUT. Teach & perform various forms of Scottish Dance including Scottish Country Dancing, Ceilidh dancing Twasome & Cape Breton Step Dancing. Meets 2 pm Sundays in Roseville (call for location). Contact: Charles Todd, 916-786-8448 or email chucktodd@surewest.net

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

ALPENTANZER SCHUHPLATTLER, Bavarian/Austrian exhibition group. Contact 916-988-6266 or see website: www.alpentanzer.org

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

CAMTIA. German exhibition group. Contact: 916-933-4619 or 530-888-6586. Website: www.geocities.com/camtiafest/

EL DORADO SCANDINAVIAN DANCERS. Contact 530-672-2926

VIENNESE WALTZ SOCIETY. Contact: 916-395-8791 or 916-765-2229 or 16-714-2527. Website: www.waltz@strauss.net

ZADO SINGERS. Performing group singing songs of Eastern Europe & beyond. Contact: 916-923-1555 Website: www.zadosingers.org

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

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

Other groups and classes— BAY AREA—

International Folk Dance Class. Wednesdays 7-8:15 p.m., starting April 2 at the Dance Palace, 503 B Street, Point Reyes Sta. Info: 415-663-9512 or cjay@horizoncable.com

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.

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@wagnerhaz.com

Point Reyes 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@louitucker.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.

Balkan Dancing at Ashkenaz. Check for day. Dance lesson at 7:30, 7:30—11:00 pm. 1317 San Pablo Avenue, Berkeley, see website for details: www.ashkenaz.com

Little Switzerland—Food and bar. Occasional live polka music. Call first—707-938-9990. Corner of Riverside and Grove, El Verano (Napa Valley).

FOLK DANCE FEDERATION OF CALIFORNIA, INC. PO BOX 561 SAUSALITO, CA 94966

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