

Let's Dance!

THE MAGAZINE OF INTERNATIONAL FOLK DANCING **OR** SEPTEMBER 2018



Photo by J. Croco

The 71st Stockton Folk Dance Camp delighted dancers! Photos from the summer dance camps on pp. 10-11.

Oktoberfest

The Federation's Officer's Ball is **Saturday, October 20** in Pleasanton. Register now for the entire event (workshop, dinner and party) for just \$40. Details and the Registration Form on p. 15.



Who was Geraldine Washburn and why is she on the cover of *Let's Dance!*? See p. 12.

Let's Dance!

Volume 75, No. 7
September 2018

Editor: Loui Tucker

Email: editor@folkdance.com

153 Race Street, San Jose, CA 95126

News From Around The Bay: Contributions from clubs

Address change and membership:

Alicia La Fetra, Alicia@LaFetra.com

Assistant Editor: Karen Bennett

Federation Officers, North

President: Joe Croco, president@folkdance.com

Vice President: Marian Snyder

Treasurer: Laura Douglass, treasurer@folkdance.com

Recording Secretary: Clem Dickey, clem@acm.org

Editor: Loui Tucker, editor@folkdance.com

Website: www.folkdance.com

Facebook: www.facebook.com/FolkDanceFed

Federation Officers, South

President: Pauline Klak

Vice President: Diane Baker

Secretary: Leslie Halberg

Treasurer: Mindy Belli

Website: www.SoCalFolkdance.org

The Federation's **Promotion Fund** is available to Federation members and clubs, in the form of a grant or a loan, to promote a specific dance event or folk dance in general. Read more about this fund and download an application at www.folkdance.com under the **Services** tab.

The Federation's **Scholarship Fund** provides financial assistance to dancers wishing to attend dance workshops and dance camps. Read more about this fund and download an application at www.folkdance.com under the **Services** tab.

Donations: The Folk Dance Federation of California is a 501(c)3 non-profit organization, and donations are tax deductible! Gifts are always welcome. Send to:

The Folk Dance Federation Treasurer

226 Alameda de las Pulgas

Redwood City, CA 94062

Join now: Membership rates:

Individual \$35/year (add \$15 for foreign addresses)

Family rate \$45/year

Student rate \$25/year (26 or under and at least half time)

Group/Club rate \$40/year

Mail applications, renewals & checks to:

Folk Dance Federation of California, Inc.

Alicia La Fetra, 1614 Peacock Avenue, Sunnyvale, CA 94087

To post dance event flyers on the Federation's website, email our at webmaster@folkdance.com.

IN THIS ISSUE:

Calendar of Events.....	4
Dance Description: Terrace Loggers' Jig.....	17
Federation Scholarship Recipients Report	6
Help Wanted.....	19
Important New Research Relevant to Dancers	7
Kopachka Folk Dancers Welcome Youngsters	14
News From Around The Bay	8
Officers Ball Registration Form.....	15
Our Family Photo Album	10
President's Message.....	3
Survey of Dances at Stockton.....	19
Teaching Folk Dance to Kids.....	16
Welcome New Members.....	2
Who was Geraldine Washburn?.....	12

The deadline for *Let's Dance!* is the first day of the month prior to the date of publication. We welcome submissions, letters and comments from our readers. Please send to: Loui Tucker, Editor (editor@folkdance.com). Opinions expressed in *Let's Dance!* are not necessarily those of the Folk Dance Federation or of the Editor.

Your advertising helps support *Let's Dance!* Please make checks payable to the **Folk Dance Federation**. Ad rates:

	<u>½ page</u>	<u>full page</u>	
Member clubs	\$50	\$90	<i>Note: All ads are in COLOR</i>
All others	\$80	\$120	

Mail checks for advertising to **Laura Douglass**
226 Alameda de las Pulgas
Redwood City, CA 94062

©*Let's Dance!* (ISSN#0024-1253) is published monthly by the Folk Dance Federation of California, Inc., with the exception of the May-June and July-August issues, which are released each two-month period. Standard mail postage paid at Sacramento, California.

WELCOME NEW MEMBERS!

Tom Thoreau
Hayfork, California

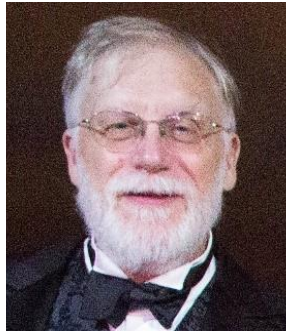
Nelda Drury
San Antonio, Texas

PRESIDENT'S MESSAGE

by Joe Croco

For the last couple of issues, we have been asking the readership if they would like to receive *Let's Dance!* as a PDF file by email. We received 15 responses over a period of nearly four months. Twelve responded they would like to switch to a PDF. One voted to keep the paper copy and a two wanted both a PDF and paper.

The Federation Board of Directors has decided to table the decision for two years while continuing to look for solutions to the increased costs of producing and mailing our magazine. Let me explain why. We currently mail out about 380 copies each month so 12 votes to go to a PDF is hardly a resounding call to switch over. Many publications are switching over to PDF and this makes sense for many reasons. Printing costs have increased and we are losing money on each issue. However, our budget can absorb the loss for two years while we will continue to work on this



problem. We could do both a PDF version and paper copies but with the reduced number of paper copies we might lose some discounts and then face even higher printing and mailing costs. There could be two versions of *Let's Dance!* – a paper copy and an electronic version. If we assume some of the work of printing and mailing paper copies, it would save us money but someone must step up with an offer to do that work.

So, this is still a work in progress and we are still open to suggestions from the readership as to how to reduce costs or where we should go in the future. Please feel free to email me at president@folkdance.com. To me it is obvious that part of the final solution is for *Let's Dance!* to be distributed in a PDF format, but I could be wrong.

On another completely different note, we need to start working on *Statewide 2020*, which will be held in Northern California. Ideally it's time to hold one somewhere in the North Bay, but anywhere will work as long as there's a hall, ample parking, and hotels in the area. We are looking for someone to come forward to lead this effort. The clock is ticking, however, and we would like to have a date and location so we can announce it at the 2019 Statewide next May. As always, the Board is willing to help, and the advice of previous organizers is always available.

THE SIMORGH DANCE COLLECTIVE
PRESENTS

Colors of Persia

A Dance and Music Journey Through Persia

SATURDAY, SEPT 29, 2018

DOORS OPEN 6:30PM / SHOW 7PM - 9PM



SIMORGH DANCE COLLECTIVE



FARIMA BERENJI



AYLAN DANCE GROUP



HOMEYRA BANEJAD
DAF, VOCALS



JAYSON FANN
PERCUSSION



VAHID ZOMORODI
TAMBOUR, SETAR, VOCALS

JOIN THE SIMORGH DANCE COLLECTIVE FOR A DAZZLING SHOW THAT CELEBRATES THE DIVERSE CULTURES, MUSIC, AND DANCES OF PERSIA

SUGGESTED DONATION: \$25

COLORSOFPERZIA.FARIMADANCE.COM



Good Samaritan
United Methodist Church

GOOD SAMARITAN UNITED METHODIST CHURCH
19624 HOMESTEAD RD, CUPERTINO, CA 95014



farimadance.com



September 2018 Calendar of Events

We reserve the right to edit all submissions; we assume no responsibility for accuracy.

Send future events information to Loui Tucker, Editor, at editor@folkdance.com.

Additional events can be found at www.folkdance.com (Community tab).

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

- Sept. 1 **2018 SUMMER CAMPS IN REVIEW** (5th annual). All Saints' Episcopal, 555 Waverley Street. No time to attend all the dance camps and workshops? No problem! Catch great dances taught by local teachers as they present dances learned at various camps and workshops. Includes potluck dinner and party. Sponsored by the Moveable Feet Club. Info: LucySChang@gmail.com.
- Sept. 8 **PENINSULA FOLK DANCE COUNCIL PARTY**. Garden House, Shoup Park, 400 University Avenue, Los Altos. 7-10 pm. \$9. Info: hollisradin@pacbell.net.
- Sept. 15 **BFD INAUGURAL BALL**. Live Oak Park Social Hall, Shattuck at Berryman, Berkeley. BFD welcomes new board members, thanks past board members, and welcomes new BFD members. 7:30-10:30 pm. \$10. Info: lidicker@berkeley.edu.
- Sept. 15 **CHUBRITZA AT MOVEABLE FEET PARTY**. This opening dance party with Chubritza celebrates Changs Folk Dancers' 80th anniversary. 7 pm workshop; 8-11 pm dancing to traditional Balkan and international folk music played by Chubritza. \$15 includes refreshments. Bring tips for the band! Info: LucySChang@gmail.com.
- Sept. 16 **CHANGS 80TH BIRTHDAY CELEBRATION**. City College of San Francisco, Ocean Avenue & Howth Street, San Francisco. 1-7 pm. Three bands, refreshments. www.facebook/Changsfolkdancers. Info: Craig Blackstone at crb2crb@comcast.net. See ad on p. 14.
- Oct. 3 **PENINSULA FOLK DANCE COUNCIL PARTY**. Garden House, Shoup Park, 400 University Avenue, Los Altos. 7-10 pm \$9. Info: hollisradin@pacbell.net.
- Oct. 20 **OKTOBERFEST – THE FEDERATION OFFICERS BALL!** Veterans Memorial Building, 301 Main Street, Pleasanton. Afternoon workshop, on-site dinner, evening party. 1:30-10:30 pm. \$40 in advance. Info: loui@loutucker.com. See registration form on p. 15.
- Oct. 22 **FOLK DANCE PARTY** with live music by Bulgarika. Hermann Sons Hall, 860 Western Avenue, Petaluma. 7-9:30 pm. Info: Carol Friedman, cjay@horizoncable.com.
- Oct. 28 **WORKSHOP WITH MICHAEL GINSBURG AND EVENING PARTY**. First Baptist Event Hall, 305 N. California Avenue, Palo Alto. Afternoon Balkan dance workshop; evening dance party with live music by Bulgarika. Details coming! Info: LucySChang@gmail.com.
- Nov. 10 **PENINSULA FOLK DANCE COUNCIL PARTY**. St. Bede's Church Hall, 2650 Sand Hill Road, Menlo Park. 7:15-10:30 pm. \$9. Info: hollisradin@pacbell.net.
- Dec. 1 **PALOMANIANS PIE PARTY**. St. Bede's Church Hall, 2650 Sand Hill Road, Menlo Park. \$10. Info: hollisradin@pacbell.net.
- Dec.10 **ANNUAL PETALUMA HOLIDAY FOLK DANCE PARTY** with live music. Hermann Sons Hall, 860 Western Avenue, Petaluma. 7-9:30 pm. Info: Carol Friedman, cjay@horizoncable.com. First hour will be dancing to old and new recorded favorites followed by dancing to live music.

FROM THE EDITOR (Loui Tucker) and WEBSITE MANAGER (Kevin Greek):

While Federation website (folkdance.com) and *Let's Dance!* magazine are both part of the Federation, they are managed by two different people. While we are in close communication, sending an email to one of us about your upcoming event does not necessarily mean the other will know about it. **If you want the folk dance community to know about your event, please let BOTH of us know about it.**

Jim Gold International Tours: 2018

www.jimgold.com

**Folk dancers, non-dancers, anyone with a love of
travel and culture: All are welcome!**

SPAIN!

Andalusia Festival Tour

October 11-24, 2018

**Malaga, Cadiz, Seville, Cordoba,
Jaen, Granada**

Led by Jim Gold and Lee Friedman

Prepare your Don Quixote heart for a windmill-tilting, delighting, ultimate *Olé* tour! beyond wildest Flamencan dreams.

We'll meet local folk music and dance groups, learn fandango, jota, bolero, and sevillana. The hotels are lovely, the food delicious, the spirit exuberant! From Malaga, home of Picasso, to Cordoba, former capital of the medieval Umayyad dynasty with its mosque, you will be part of an unforgettable Spanish adventure! Come spend 13 days of Spanish cultural and Andalusian folklore. Price includes round trip jet from New York, transfers, hotels, three meals daily, and our own bus and guide.



2019 Tours

ARGENTINA, and CHILE April 5-15/17, 2019. Led by Jim Gold

POLAND: June 10-24, 2019. Led by Richard Schmidt

IRELAND: July 13-26, 2019: Led by Jim Gold and Lee Friedman

NORWAY, DENMARK, SWEDEN: June 11-24, 2019. Led by Lee Otterholt

ROMANIA: October 12-24, 2019. Led by Jim Gold

TOUR REGISTRATION: Can't wait to go! Reserve my place! Mail your \$200 per person deposit. Or with credit card at: www.jimgold.com

Tour(s) desired _____
Name _____ Address _____
Phone(_____) _____ Email _____

Jim Gold International, Inc. 497 Cumberland Avenue, Teaneck, NJ 07666 U.S.A.
(201) 836-0362 www.jimgold.com Email: jimgold@jimgold.com

FEDERATION SCHOLARSHIP RECIPIENTS ENJOYED BACDS FAMILY WEEK

by Megan Wolf

Thanks to the generous support of the Folk Dance Federation and other donors, this summer I was able to take four kids, aged 10-14, to Bay Area Country Dance Society Family Week. The camp was six days at Monte Toyon in Aptos, California. Of the approximately 100 people at camp, about 45 of them were kids ages under 12, about a dozen 12-18 years old, and then parents, grandparents and a handful of single adults.

The three oldest girls and I attended the contra dance, English country dance and Irish set dancing. After lunch, the whole camp comes together for Round Up where all ages do a couple of dances together and then share songs, games, jokes, musical performances, etc. My students performed Charleston Madison one day, which was a hit.

The afternoon schedule was not divided by age, and my group and I attended the Rapper Sword Dancing class, which was primarily older kids, teens and a couple of adults. This class was definitely our favorite! Some of the kids got to try stilting, while another attended Scottish country dancing. Campers offered their own informal afternoon classes as well, such as garland making. In the evening the whole camp came back together for silly games, all ages dancing, singing, and a good night story.

My favorite camp tradition was Pied Piper. After the good-night story, the whole camp would walk the youngest campers to their cabin and sing them a song which included each child's name. The majority of people attending camp also played musical instruments so there would be tubas, banjos, violins, guitars, penny whistles, etc. playing the kids off to bed. It was the kind of thing that gives you warm fuzzies. After the young ones went to bed there would be two hours of evening dancing, alternating between each type taught.

The camp also had special traditions on certain days. For example, Tuesday was the Teddy Bear's Picnic, and on Friday there was a parade (including kids on stilts!) and a May Pole. Everyone at camp was so welcoming to our Willits Dance Family and



Two of the Willits Dancers and others during their Rapper performance at BACDS Family Week. Photo by J. Hodge.

made us feel at home. We truly became one big family at Family Week and I can't wait to go again next year!

First, I would like to thank the Folk Dance Federation for the scholarship. I loved going to Family Week. I learned so much, and I met so many cool people. My favorite class before lunch was Irish Set Dancing, and I really loved housing (one of the main steps). My favorite afternoon activity was Rapper Sword Dancing. I had never heard of it before, but I found it fun and challenging. Along with learning more about dancing, I made new friends, one of whom I am keeping in touch with through letters. I can't wait to go back next year!

Willow Daun Widner, age 14

I had so much fun and learned so much at Family Camp! One of the most important things I learned was to step out of my comfort zone, talk to people, and make new friends. Everyone was so nice, which made it easy to not feel as shy even though it was my first time there.

I really loved learning Morris dancing. I'm British-American and have a great-aunt in England who is very good at it. It's nice to have a connection to my father's home and family. The rope course and stilt walking were also fun. There were so many things I got to do for the first time!

Jayden Jordan, age 10

continued on p. 7

FEDERATION SCHOLARSHIP RECIPIENTS ENJOYED BACDS FAMILY WEEK *(continued)*

Dance camp was awesome and one of the most fun experiences I've had in my life. One of my favorite things was Rapper Sword Dancing. We did cool tricks like flips, and we twisted swords into a star. I also liked Irish dancing. There was a lot of housing (polkaing around in a square) and hard footwork, but it was really fun. The thing I enjoyed most was making new friends. I hope I can return next year. Thank you so much for helping me go to camp this year!

Audrey Sherf, age 12

Family week was so much fun! I got to learn how to walk on stilts. I learned Irish, English, Scottish, contra and Rapper Sword dances. I improved so much in my dancing. The people there were so nice and we all made some new friends and the food was delicious. All in all I had a great time at family week! Thank you for my scholarship!

Aidyn McFadden, 12



Willits Dancers at BACDS Family Weekend, Teddy Bears Picnic. From Left, Megan, Willow, Audrey, Jayden, and Aidyn.

IMPORTANT NEW RESEARCH RELEVANT TO DANCERS

by Bill Lidicker

Not one, but two publications have appeared recently that relate to dancers' health benefits. The first comes from a research group at Università de Milano (Italy). They found that using our legs, particularly weight-bearing muscles in the upper legs, is vitally important for maintaining healthy brains. This kind of exercise sends signals to the brain that are vital for the production of healthy neural cells.

This research involved both human subjects and laboratory mice. The results were the same for both species, implying this may be a general mammalian trait. This new insight explains why those with motor neuron disease, multiple sclerosis, or spinal muscular atrophy decline in health as their leg movements diminish.

Another inhibiting mechanism seems to be that declining leg exercise seems to negatively impact one of two genes that are known to be important for the health of mitochondria (the cellular organelles that generate and release energy for bodily functions). This research was published in the journal *Frontiers in Neuroscience* in May 2018.

The second research report was published on June 4 in the British journal of Sports Medicine. This research coordinated at Sydney University (Australia) was done in collaboration with three universities in the UK. Over 50,000 human subjects were involved over a 14-year period.

The overall result was that fast walking reduced mortality rates especially for cardiovascular diseases, but also from all causes collectively (except for cancer). Subjects reported their walking speeds as slow, average, or fast. Of course this means that control over actual walking speeds was not possible. However, the sample size was huge, and thus general trends are likely reliable. A fast pace was defined as one that caused the walker to be slightly out of breath or sweaty when the walk was sustained.

More specifically, the results were that an average pace reduced overall mortality rates by 20% more than that for slow walkers, while brisk pacers experienced a 24% reduction. If only cardiovascular-related mortality was considered, average speed walkers had a 24% reduction in deaths while it was 21% for fast walkers.

Particularly interesting for recreational folk dancers is that subjects over the age of 60 experienced a 46% reduction in mortality for average walkers and 53% for fast pacers. Sex and body weight did not seem to influence the results. Deaths caused by cancer also did not seem to be related to walking speeds.

So, fellow dancers, cherish those fast dances, and don't let yourself or your friends become couch potatoes!

NEWS FROM AROUND THE BAY...

RAZZMATAZZ – Marilyn Smith

Our 41st **Razzmatazz Folk Dance Weekend** took place June 1-3, 2018 at the beautiful Mendocino Woodlands. We were treated to the energetic and enthusiastic teaching of Ahmet Lüleci and musicians which included Édessa (George Chittenden, Lise Liepman, Ari Langer, Sean Tergis and Paul Brown) with guest musician Christos Govetas, plus Joe Finn and Leslie Bonnett playing Scandinavian music and True Life Trio playing Cajun music at our “Bayou Boogie” happy hour with Joe Finn, Denys Carrillo and Paul Brown joining them on the Cajun set.

Campers donned Mardi Gras beads and feathered masks for the happy hour party. Nicole Saadeh and her crew provided meals and snacks for the weekend. True Life Trio also taught a singing workshop Saturday afternoon, joined by Édessa for part of the session.

In addition to the Razzmatazz behind-the-scenes help, and the Mendocino staff, our campers cheerfully volunteered to help out at camp serving food, sweeping dance floors, setting tables, etc. There is no way that camp could run without the campers’ help. Most of all, people come to camp exuding enthusiasm, camaraderie and are ready to party. The weekend flew by!

As I talked with one of the Woodlands staff at the end after everyone had left, we stopped for a moment as a doe and her two fawns appeared between the dance hall and the dining hall. In 41 years I have never seen deer in the camp itself. It was a nice moment to end an exciting weekend.

WILLITS DANCE CLUB – Megan Wolf

See our story on p. 6.

PENINSULA COUNCIL – Hollis Radin

We enjoyed dancing with so many folks at Stockton this year! At our first party after camp, Adony Beniares and Ellie Wiener shared a Romanian favorite, Bătuta de la Costești, and Lon and Hollis Radin shared the beautiful Mari K1z from Gagauzia.

Our September and October parties will be at the lovely Garden House in Shoup Park, Los Altos starting at 7 pm, with a short pre-party workshop. Denise Heenan will teach the fun new Scottish Dance “Broadway” on September 8.

The Peninsula Folk Dance Council is also pleased to announce that **Željko Jergan** will be the featured teacher at next January’s Croatian-themed **Heritage Festival**. Please save January 18-19, 2019 for this annual event. We will be using the same venues as last year: Friday night at the Garden House in Los Altos, and Saturday afternoon and evening at the Twin Pines Community Center in Belmont.

The Moveable Feet club ramps up again with two events in September, starting with **Summer Camps in Review** on Saturday, September 1, followed by a party with **live music with Chubritza** on Saturday, September 15. A workshop with **Michael Ginsburg** followed by a party with live music are planned for October 28. See calendar on p. 3 for details.

SAN FRANCISCO DANCE GROUPS – Linda Milhoan

Changs International Folk Dancers invites our dance community to its **80th Birthday Celebration** on Sunday afternoon, September 16, 1-7 pm at City College of San Francisco. Dance to music by three bands, **Chubritza, Da! Mozhem, and Stringfire!** See the flyer on p. 14 for more details. Also see Changs Folk Dancers on Facebook.

Ten Changs members attended Stockton Folk Dance Camp where Luiselle Yakas hosted two assemblies showing the documentary film Life of Folk Dancing featuring many Bay Area dancers. Copies for purchase can be requested by contacting Samati at Lifeoffolkdancing@gmail.com.

The Mandala meets Thursdays 7:30-10:30 pm at St. Paul’s Church, 1399 – 43rd Avenue, San Francisco. See www.themandala.org for details.

The San Francisco Dance Circle meets Wednesdays 10:45 am–12:15 pm at Harvey Milk Center for the Arts, 50 Scott St. at Duboce in San Francisco. Contact Ann at acolichidas@gmail.com.

... AND BEYOND

BERKELEY FOLK DANCERS – Naomi Lidicker
September starts with a bang! **Tuesday, Sept. 4, our important Beginners Classes begin.**

First there is **our afternoon class for beginners** (1:30-3 pm) at Northbrae Community Church, 941 The Alameda in Berkeley, headed by Andy Partos. This class does not have a set repertoire, is more relaxed, but just as enthusiastic. No experience is necessary. \$5 for non-members and parking is free.

Our **evening beginner class** (7:45-9:45 pm) which **also begins September 4** is led by David and Marija Hillis. This class, important to BFD and to the international dance community, is our chance to introduce dances from nearly 40 countries/regions, and develop future folk dancers. Please tell your neighbors, relatives, co-workers and others that this is great way to get exercise and enrich their lives, especially their minds. The class meets at Live Oak Park Social Hall, Shattuck at Berryman, Berkeley. \$30 for eight classes! Full-time students attend for FREE; part-time student at half-price.

We have also added **a new afternoon class** (1:30-3 pm) starting **Thursday, Sept. 6.** Like the afternoon class for beginners, this is an independent class, but is headed by Marija Hillis. It also meets at Northbrae Community Church, 941 The Alameda. \$5 for non-members and free parking.

At the **BFD Inaugural Ball on Saturday, September 15**, BFD will welcome new board members, thank past board members, and welcome new BFD members. 7:30-10:30 pm at Live Oak Park Social Hall, Shattuck at Berryman, Berkeley. \$10. Info: www.berkeleyfolkdancers.org.

ARCATA DANCERS – Craig Kurmada
The Arcata-based **Chubritza International Band** will be on the road south from Humboldt County to San Francisco and on to Burbank playing their repertoire for dancing. **Changs Folk Dancers** invited the band to celebrate their **80th Anniversary** at the City College of San Francisco on September 16. Chubritza will be sharing the bill with Da Mozhem! and StringFire. The party starts at 1 pm.

The endpoint of this trip is Burbank, the location of this year's **Tamburitza Extravaganza**. If you've never attended, this is a chance to see some of the preeminent tamburitza bands in the country. There are opportunities to hear 12 great tamburitza bands, sing along, and, of course, dance! It takes place at the Los Angeles Marriott Burbank Airport Hotel, in Burbank September 20-23. www.zivila2018.com.

If you're ever up in Humboldt County, the **Humboldt Folk Dancers** meet on Fridays at the St. Albans Episcopal Church, 1675 Chester Avenue in Arcata at 8 pm. International dances are taught by Becky and Greg Deja. First Fridays have long been our live music party nights. We dance at the Redwood Raks World Dance Studio, 824 L Street at the old Creamery Building in Arcata.

HIGHLIGHTS OF STOCKTON DANCE CAMP

by Loui Tucker

Over 100 dancers attended each week, with an age range of 15 to 94. Gordon Deeg's first year as director went smoothly. Seven teachers taught 54 dances, plus the squares and contra teacher called another three dozen. The results of the Federation's survey of dances can be found on p. 19.

The teaching of the Scottish set dance Broadway featured teaching imagery of Captain Hook, Peter Pan, and his Shadow!

The prettiest dance was Mo Li Hua, a Chinese dance done with pink, yellow and green fans (see photo on p. 11).

At the first week auction, a jar of honey made by bees in Redwood City sold for \$500; at the second week auction, a similar jar of honey sold for a mere \$300.

The first week Scottish-themed banquet included a ceremonial presentation of The Haggis – which turned out to be a cleverly disguised chocolate cake.

The second week party featured the Israeli dance teacher Aaron Alpert leading a dance in a penguin costume.

Sabine Zappe retired as Registrar for Camp. Julie East will be assuming that role.

OUR FAMILY PHOTO ALBUM: SCENES FROM SUMMER



Macedonian Student Ensemble at Balkan Camp.
Photo by L. Smith.



Dancing with Balkan Chili at a Moveable Feet party in June.
Photo by C. Dickey.



Michele Simon leading singing at Balkan Camp. *Photo by L. Smith.*



Balkan Chili played for the Kopachka Folk Dancers too. *Photo by P. Kabaivanova.*



Dancers under age 35 attending the second week of Stockton Folk Dance Camp. *Photo by L. Tucker.*

DANCE CAMPS AND WORKSHOPS



Dancing at Razzmatazz. *Photo by M. Smith.*



Scene from Scandia Camp 2018. *Photo by D. Rawson.*



John Filcich (94 years old) and Jan Wright lead dancers at Stockton Folk Dance Camp. *Photo by M. Giusto.*



A crowded dance floor at Ti Ti Tabor 2018. *Photo by D. Rawson.*



Rebecca Tsai taught a Chinese fan dance at the Stockton Camp. *Photo by L. Tucker.*

WHO WAS GERALDINE WASHBURN AND WHY IS SHE ON THE COVER OF *LET'S DANCE!* MAGAZINE?

By Loui Tucker

It all started with a letter dated June 7, 2018, from St. Brendan School in San Francisco and addressed to Federation Treasurer Alicia LaFetra. The letter enclosed a check for \$627 sent “in loving memory of Miss Jerry Washburn,” plus two additional checks from individuals for \$100 each. Take a minute and read the letter reprinted on the next page. I’ll wait....

I did some on-line research about this woman. She was 88 years old when she died and, as it says in the letter, she taught up until a few days before she died. She taught for 63 years, which means she started teaching in 1955, in her 20s. She must have started folk dancing when the Federation was being formed, when Changs and Berkeley Folk Dancers and Stockton Folk Dance Camp had their beginnings as well.

I read scores of comments on Facebook pages dedicated to her, most of them from her students.

- Miss Washburn’s Tuesday classes were a highlight of my week.
- RIP Ms. Washburn! Heaven is lined up doing the Hustle!
- St. Brendan’s 70s and 80s, every Wednesday. I always loved her crinolines and her cute little shoes!
- God blesses us through special people in our lives.
- She made a huge impact on me and my 6 sibs in the late 60s thru the mid-80s at St Brendan’s.
- I remember her from St Monica’s. Learned to cha-cha!
- Learned the highland fling for one of the dance productions.
- Only now do we realize how unlimited was her kindness and patience.
- I remember she had the smallest waist of any woman I’d ever seen. And, in spite of putting up with six-eight classes of 50 kids, she was nearly always cheerful.
- The dancing sure kept her going.
- God bless our most darling dance teacher, Miss Washburn, at St. Brendan’s later 50s and 60s. We will never forget you.



On one of the webpages, I found this photo of Ms. Washburn where she is clearly still teaching with 45 rpm records!

I can’t find a record of her ever attending Stockton Folk Dance Camp or any other California camp. Berkeley Folk Dancers has not been able to find her name on any rosters. She appears to have learned folk dancing somewhere. She enjoyed it enough to want to spend the rest of her life passing it along to generations of elementary school children attending parochial schools in the San Francisco Bay Area.

I am utterly gob-smacked! I keep coming back to the same questions in my mind: How did this wonderful woman manage to escape our attention all these years? How did WE escape hers? Do you suppose there are other folk dance teachers out there like Ms. Washburn, whom we know nothing about, who go about their day-to-day teaching without colleagues, support, or community?

Finally: do you suppose any of her former students, now all grown up, are wondering what happened to folk dancing, whether it is still being taught and enjoyed? As it turned out, Alicia LaFetra, the Federation Membership Chair, the person who received that letter from St. Brendan School, was one of Ms. Washburn’s students in the 8th grade, although at a school in El Cerrito. If Alicia is now dancing with us, it would be wonderful to contact others like her, students who were taught by Geraldine Washburn, who loved her and loved what she did for them, and see if they would like to join our circles.

940 Laguna Honda
San Francisco, CA 94127-1239
(415) 731-2665



www.stbrendansf.com
Email: sbs@stbrendansf.com
Fax: (415) 731-7207

St. Brendan School

June 7, 2018

Alicia Le Fetra
Folk Dance Federation of California
1614 Peacock Avenue
Sunnyvale, CA 94087

Dear Ms. Le Fetra,

We would like to make the enclosed donations totaling \$827.00 to your Folk Dance Federation in loving memory of Miss Jerry Washburn.

Miss Washburn taught folk dancing at our school for an incredible sixty-three years, from 1955 (shortly after our school opened) until she passed away in May of this year. She taught her full schedule of classes on the Wednesday before she died.

We are all devastated by her loss, and alumni from all the decades she taught have contacted the school to say how much they appreciate the lessons she taught them. She was a true gift to our school, and will be missed.

Two of our school families made their own contributions to your organization in Miss Washburn's name (their checks are enclosed). The remaining school check is the result of a fundraiser we had in her honor.

I apologize if you are not the correct person to receive this donation, but yours is the only address we saw on the Federation's website. I hope it is not an inconvenience to you to send our donation on to the correct person.

Best wishes,

Dianne Lakatta
Principal

enclosures



Celebrate 80 Years of Dance in San Francisco with Changs International Folk Dancers



Sunday, September 16, 2018

1 – 7 pm

Live music by Chubritza, Da! Mozhem (Both International) & Stringfire! (Scottish)

Refreshments, Fun & Friends! Bring snack to share

\$10-\$20 suggested donation, Children and Students Free!

City College of San Francisco Wellness Center, Room 301

Ocean Avenue and Howth Street, San Francisco, \$3 Campus parking

Facebook: Changs Folk Dancers

KOPATCHKA FOLK DANCERS WELCOME YOUNGSTERS

By Nadav Nur and John Carroll

On June 8, shortly before Kopachka Folk Dancers began their summer recess, the club hosted Balkan Chili, the renowned trio from Varna, Bulgaria. The band provided more than 60 dancers a veritable *Varnenski ritam*. Balkan Chili (Balkansko Lyuto) featured Dragni Dragnev (Jura and Rodopa gaidas, kaval); Petya Dragneva (vocals); and Lasko Laskov (accordion, keyboard). The trio, with guest appearance by Dan Auvil on tupan, played dance favorites from all regions of Bulgaria, including Rhodopes and Dobrudja. This was a return engagement to Kopachka for Dragni, who played with the band Bulgarika when they toured the US in 2014.

One of the highlights of the evening occurred when Memo Keswick, organizer of Balkan Chili's premier U.S. tour, started to lead Brigadirskata, one of the band's favorites. Suddenly, a young girl of about five and a half years old appeared and began leading the dance, to the delight of all the dancers. The girl, Daniella Kabaivanov, is the daughter of Ivan Kabaivanov and Perunika Dobрева from

Concord. Perunika is a childhood friend of Petya Dragneva. Would that more American children could experience the joy of folk dancing!



Daniella Kabaivanov leads the line. *Photo by P. Kabaivanova*

Kopachka Folk Dancers meet on Fridays from 7:30-10:30 pm at the Strawberry Recreation Center, Mill Valley. First Fridays of the month are all-request nights. Info: www.kopachkafolkdancers.com.

CELEBRATE OKTOBERFEST



at the Federation's **Officers Ball**

Saturday, October 20, 2018

**Pleasanton Veterans Memorial Main Hall
301 Main Street, Pleasanton, CA**

SCHEDULE: 1:00 Doors open

\$20 1:30-5:30 Dance Workshops (*see box below*)

\$10 5:30-7:00 On-site dinner (*sign up by October 12*)

\$20 7:00-10:30 Evening celebration, dances from the workshop, and your requests

Advanced sale \$40 for the entire event and save \$10. At the door \$40, but dinner will NOT be included.

Registration Form can be downloaded and payment made at www.folkdance.com

Officers Ball 2018 Registration Form

Name(s): _____

PRE-REGISTRATION for the entire Officers Ball (by Oct 12):

\$40 **PACKAGE** X ___ people = \$ ___

I/We can only come for part of the event:

\$20 workshop X ___ people = \$ ___

\$10 dinner X ___ people = \$ ___

(sign up by Oct. 12!)

\$20 evening party X ___ people = \$ ___

Any dietary issues we should know about?

Mail the check and reg form to:

Laura Douglass
226 Alameda de las Pulgas
Redwood City, CA 94062

Make check payable to the FOLK DANCE FEDERATION.

Email the form to: L_M_Douglass@yahoo.com

Contact Loui@Louitucker.com or LucySChang@gmail.com with any questions.

LIST OF TEACHERS:

Craig Blackstone

Marija Hillis

Kaela Fine

Denise Heenan

Gigi & Warren Jensen

Yvonne Couvillion

Bruce Mitchell

Lenore Frigo

(Subject to change)

**Dances
to be
taught
coming
soon**

TEACHING FOLK DANCE TO KIDS

by Carol Friedman

I've been teaching folk dance to kids ages 6-12 at my local summer camp for the past 10 years. It's exhilarating, challenging, exhausting, and fun. Here's a quick rundown of dances I've found that really work for kids:

Singin' in the Rain: This one is an easy, fun starter. The music tells you what to do, and you can lead it from the front. It also allows kids to be goofy, something particularly good for self-conscious pre-adolescents.

Syp Simeon: I call this the Russian hand jive dance (the song is in Russian), and I always end with it. It's done sitting down, with hand gestures, starting slow and getting faster and faster. It's a great one for teaching kids it's okay to make mistakes.

Zemer Atik: My kids call this the Egyptian dance because of the camel hold, and it's a consistent favorite.

Huayno Peruano: The steps are simple – just easy jogging on the beat – but the group has to stay together, with hands on each other's shoulders, and the leader can make zigzag and spiral patterns.

Zimbole: This one has the kids walking, clapping and stamping, and the pattern ends with them raising their arms up and yelling "Hey!"

Chicken Dance: Kids love it, and I use the part where they swing partners as a way to encourage inclusiveness, making sure nobody gets left out.

La Mariposa: This is a sweet circle dance with claps and stamps, and they get to wiggle their fingers like butterflies.

Cupid Shuffle: This 4-wall urban soul line dance has a simple pattern done to very hip music.

Macarena: This 4-wall line dance is good for spatial awareness.

Chilili: The older kids always request this one; two lines move back and forth with claps and snaps.

A La Vibora de la Mar: One pair of kids makes an arch, then all the pairs duck under one by one, and they keep going until the music stops.

Hoe Ana: Also known as the Canoe Dance, this has kids sitting in lines as if in canoes, and making arm gestures telling a story.

Some basic tips:

- Have lots of dances ready to teach.
- Choose dances with lively music and patterns that kids will enjoy (claps, stamps, and kicks are big plus).
- Be ready to change quickly if something isn't working.
- Feel free to simplify dances so they'll work with kids. I've done this with La Bastringue and Kulsko Horo.
- Give them choices and let them request their favorites.
- Bring a map, and show them where the dances come from.
- Try to mix up the boys and the girls, and separate the wild ones.
- Never give up on a kid – I am constantly surprised by kids who resist and cause trouble yet end up really loving to dance.

My favorite things? When the kids run into the room and immediately shout out the dances they want to do, and of course, the smiles on their faces, when a dance just falls into place for everyone. If there's anyone out there considering taking the plunge, please feel free to contact me at cjay@horizoncable.com. I'm happy to share music and dance notes.



Carol Friedman (red shirt) with her students. Photo by D. Fogel.

Terrace Loggers' Jig

(Scotland)

This dance was devised by Kirsten Earl in the *Vancouver Branch Ruby Anniversary Collection*. It was presented at Stockton Folk Dance Camp in 2018 by Kay Munn.

Terrace is a city on the Skeena River in British Columbia, Canada. The Kitselas people, a tribe of the Tsimshian Nation, have lived in the Terrace area for thousands of years. This dance represents coastal logging as practiced near Terrace.

The first figure of the dance represents marking the cut block for logging, with the other dancers representing the trees to be felled. The second figure, double Back to Back (do-si-do), represents the back and forth sawing action of felling the trees. Everyone is involved, because a logging crew is typically much larger than the forestry crew that does the marking.

“Timber!” The third figure represents the felling of the tree and hauling timber to the sawmill. The arch by the active couple at the bottom represents the gate at the mill. The fourth figure represents milling the timber into lumber and other products.

This is a 32-bar jig for four couples in a four-couple longwise set.

Music: 6/8 Any 4x32 jig CD: *Music for the Scotia Centenary* by Neil Barron and His Scottish Dance Band, Track 1 (“Antarctica Bound”)

Formation: Longwise set. Cpls stand in two lines, a line of M facing a line of W, ptrs facing, M’s L shldr twd music. Cpls are numbered, with 1st cpl closest to music.

Steps & Figures: Skip Change of Step (used throughout): This step is used to travel. One Skip Change of Step takes one meas of music.

Counts

- 1 Hop on L and, at the same time, fully extend R leg fwd.
- 2 With R leg fully extended, step R fwd.
- 3 Bring L behind R to third rear position.
- 4 Step fwd again with R.

In the next measure, repeat in the same direction using opp ftwk.

Hands Across: Often referred to as a wheel. The hands in the center form the hub of a wheel. This usually begins from the sidelines. Dance around the hub for 4 meas. Any direction change is danced from the middle of the set.

Meas 6/8 meter Pattern

INTRODUCTION. One long note. Bow and Curtsey.

1-8 MARKING THE TREES. 1st cpl crosses over, briefly taking R hands and dances to the bottom of the set. They give a “high-five” as they cross back to their own sides, and dance back up to orig pos. All dancers clapping on beat 1 of meas 5.

9-16 FELLING THE TREES. All four cpls dance Back to Back (do si dos) twice.

17-24 TAKING THE TREES TO THE MILL. All four cpls dance down the hall in the middle with near hands joined, 4th cpl leading. On bar 21, 1st cpl makes an arch, under which 2nd, 3rd, and 4th cpls dance up the hall to finish in 1st, 2nd and 3rd pos respectively.

25-32 MILLING THE TREES INTO LUMBER. 2nd with 3rd cpl, and 4th with 1st cpl dance R Hands Across and L hands back.

Sequence: Repeat dance 3 times with each cpl taking a turn dancing in each position.

MARK YOUR CALENDAR AND PLAN TO ATTEND!



May 31 – June 2, 2019

**Edmunds Ballroom, Pomona College
170 E 6th St, Claremont, CA 91711**

Guest Teachers:

Mihai David, Petur Iliev, Sevi Bayraktar, Yoni Carr, Israel Yakovee, plus Sunday Salsa Rueda with Cesar Garfiaz



**Host Hotel Doubletree Hilton, Claremont
Information: <http://socalfolkdance.org/>**



TALES OF THE STICKER

(The “Dancers Without Borders” Bumper sticker)

by Valerie Daley

I just had to tell you about an incident last week when I was at the hardware store. The car three down from where I parked had the “Dancers Without Borders” bumper sticker on it! I didn’t recognize the car, so I went back to mine to fumble around for a business card to put on the windshield. Meanwhile, Bruno, from the Santa Barbara folk dance group, moseys up!

There have been other sightings as well. One of my dancers has some sort of membership in a S. California mountain cabin resort association. She pulled into the parking lot next to another car sporting the “Dancers Without Borders” bumper sticker! It turned out to be Jay and Jill Michtom’s car!

Another time I was visiting a new dance class and was having trouble finding the hall. I thought I’d found the place, but the parking lot was empty and the hall was dark. Driving around the corner, I spotted three cars with the “Dancers Without Borders” bumper sticker on them. I knew I’d come to the right place!

Finally, Marie and Stephanie and I were on our way to some folk dance event, and the car just in front of us as we merged onto the freeway had the “Dancers Without Borders” bumper sticker on it. We didn’t recognize the car, but we assumed it was someone we knew. We pulled alongside the car once we were on the freeway and all three of us craned our necks to see who was in the car. The two young men were likewise craning their necks, trying to figure out why these, uhm, aged gals were interested in them. It was either a stolen auto, or it had been borrowed from mom!



If you are interested in acquiring this bumper sticker for your car, write to Loui Tucker at loui@loutucker.com. They are FREE!

SURVEY OF DANCES AT STOCKTON FOLK DANCE CAMP

Lon Radin, Chair of the Federation Institutes Committee, compiled the results of the surveys turned in after Stockton Folk Dance Camp. Based on the 66 surveys submitted, the top 12 vote-getters were... drumroll....

- 1 Broadway
- 2 Mari Kız
- 3 The Cranberry Tart
- 4 Normali
- 5 The Countess of Dunmore’s Reel
- 6 Zemjo Makedonska
- 7 Makin’ the Tartan
- 8 Neveno, mori Neveno
- 9 Jano Janke
- 10 Kapatovsko Horo
- 11 Berovka
- 12 Mome Mitro

HELP WANTED

The Federation is looking for people to fill two important positions: (1) **Insurance Chair** and (2) **Statewide Chair**.

Ken Kaye is stepping down as **Insurance Chair** in June. He is willing to help train his replacement. A knowledge of insurance would be an asset, but it is not required. Because the insurance program is in place, this is now largely a clerical position.

The **Statewide Chair** (it could be co-chairs), would be in charge of organizing the Statewide Festival in May 2020. Yes, that’s a long way away, but halls appropriate for dancing with nearby hotels and restaurants often need to be booked far in advance. Who will host this time?

2010	Sonoma	2016	Berkeley
2012	Campbell/San Jose	2018	Sacramento
2014	Redding		

Please contact Federation President Joe Croco at president@folkdance.com if you are interested in serving in either position.

FOLK DANCE FEDERATION
OF CALIFORNIA, INC.
1614 Peacock Avenue
Sunnyvale, CA 94087

DATED – TIME-SENSITIVE MATERIAL

PRST STD
US Postage
Paid
Sacramento CA
Permit # 2352

ADDRESS SERVICE REQUESTED



advertisement



Folk Dance Scene

This (almost) monthly publication has folk dance events in California and elsewhere, folk lore articles, ethnic recipes and lots of good reading. To get a **free** copy, just call Sandy: (310) 391-7382, or Email:

circulation@FolkDanceScene.org

To subscribe, it is just \$18 a year for 10 issues - \$10 for an Email version.

Send to Gerda Ben-Zeev, 19 Village Park Way, Santa Monica, CA 90405