

Let's Dance!

THE MAGAZINE OF INTERNATIONAL FOLK DANCING 20 January, 2008

Steve and Susan Kotansky
teaching a couple dance at Kolo
(Photos by Gary Anderson)



Billy Burke teaching
Croatian dances at Kolo

Kolo Festival 2007
see Eileen Kopec's article
on page 12 and
Two young women's
Views on pages 8 and 9

Let's Dance!

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January, 2008

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Gifts and donations are welcome. Send to:

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Treasurer

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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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TABLE OF CONTENTS AND CONTRIBUTORS

Calendar of Events/page 4

Costume, Hungary men/Miriam Gault, page 14

Council & Club Clips/page 7

Dance descriptions: Narino/Laura Bremer, Martha Awdziejewicz and Bill Wenzel, page 17

Purtatã de pe Mureş/Rick Sherman and Bill Wenzel, page 19

Sitna Baluca/Bill and Carol Wenzel, page 15

Do you know a good candidate for Scholarship?/Mel Mann, page 13
Editor/page 3

Elderhostel dances to SF/page 7

Eye on Dance by Eileen, Kolo Festival/Eileen Kopec, page 12

From Hip Hop to International music, dance and performance/Marissa McDowell, page 9

Interval Training; more good health news/Bill Lidicker, page 16

President's Message/Bill Lidicker, page 3

Where to Dance/pages 21, 22 and 23

"You cannot know where you are going..."/Rachel Yamahiro, page 8

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

We welcome submissions, letters and comments from our readers.

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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.

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	¼ page	½ page	full page
Member <u>clubs</u>	\$10.00	\$20.00	\$35.00
All others	15.00	30.00	50.00

Contact: Editor, Box 548, Woodacre, CA 94973 or

email: wildwood_press@comcast.net


Editor

Happy New Year!

Change comes from disaster—This is a time of change for the publication of Let's Dance! Having suffered a breakdown in a crucial piece of printing equipment while the December issue of Let's Dance! was being printed, we were faced with an expensive fix of an ageing printing press or moving into the latter twentieth century. Note that I say latter part of the twentieth century—being beset with a serious case of dinosaurism I have, for years, resisted many of the changes in printing technology that I have considered inferior to classical methods of production. I do think quality has started to catch up and we are willing to embrace change, although we're still not cutting edge technology. One of reasons we want to go this route is that it will give us the opportunity to print color photos, although in limited quantity because of the cost of color ink cartridges.

We had hoped to be printing this issue on a new large format high speed laser printer, but that was not to be. Problems in delivery and condition have delayed reception of the device and this issue is being printed at a service bureau. We don't like having to put the printing into someone else's hands. But there is no way to avoid it. Hopefully, the next issue will be done under our control

We hope you like the results and we hope all the pages are in the right places!



Bulgarian Village

Concert & Dance Party
with Gadulka Virtuoso
Nikolay Kolev

Incredible music,
traditional Bulgarian
village dances.

Sunday March 9, 2008	YLI Hall
2:30 - 5:30 pm	1400 27th Street
\$12 admission	Sacramento, CA

For info phone Lorina at (530) 346-0099 or Toba at (916) 371-4441

PRESIDENT'S MESSAGE

As this is the January issue of Let's Dance!, my first duty and privilege is to wish everyone a Happy New Year!, and to express fond hopes for a 2008 filled with much happy and fulfilling dancing. The first Federation event of the new year is the Heritage Festival scheduled for January 11 - 12 in San Carlos. The Institute Committee has planned an excellent teaching program of more favorite Stockton dances. This time the teachers are Suzanne Rocca-Butler presenting three Balkan dances (and maybe a surprise addition), and Jennifer Kelly reviewing a challenging Scottish dance. Let me also remind everyone that there will be a Board of Directors meeting on Saturday (the 12th) from 11:00 to 12:30. Non-Board members are welcome (actually encouraged) to attend as non-voting guests. Arden Pierce and her hard-working local committee will provide lunch to all attendees so that no one need be late for the institute (registration at 1:00 pm and teaching at 1:30). So participate in helping to run your Federation and then partake of free lunch with friends. Is that bribery or what?

While you have your '08 calendars out to write in the Heritage Festival, flip to February and note the Festival of the Oaks which will be in Berkeley on Feb. 23 (Sat.). Featured will be an institute, a Board meeting, exhibition, and of course much dancing. More about this popular event later. Just need to mention also a few additions to our Committee memberships. Denise Heenan has agreed to join the Institute Committee, and Bruce Mitchell and Karen Powell have been added to the Statewide '08 Committee. Also, VP Loui Tucker is at work establishing a Nominating Committee for the '08 elections. So, if she asks you to serve, please say "yes."

Speaking of Statewide, there is important news to relate. Plans are moving forward for this major festival on May 30 to June 1 in Placerville/Shingle Springs. The teachers for the institute will be announced soon. The bad news is that Committee Chair and Past-president Vick Vickland had to drop out of the chairmanship of the Committee as of November 1st because of an operation to remove a malignant tumor from his side. His recovery seems to be going very well and the prognosis is favorable for full recovery. We all certainly wish him well in his recovery and post-operative treatments. The good news is that Teddy Wolterbeek has agreed to take over leadership of the Committee, so there should be minimal disruption in the planning process.

Finally, just want to mention that there may be more good news for dancers coming out of recent research in exercise physiology. It may even be possible to get an article about this in this very same issue, but if not I will keep you in suspense until the next one.

-- Bill Lidicker



January, 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—

- January 11 & 12 *Heritage Festival.** Lots of dancing over two days! Warm-up party Friday night, 7:30 to 11:00 pm. Federation Board meeting Saturday, 11:00 am. Institute Saturday, register at 1:00 pm, workshop 1:30 to 4:30 pm. Folk dance party and exhibitions, 7:30 to 11:00 pm, live music. Community United Church, Arroyo at Elm Streets in San Carlos (same as last year)
- January 11 Folk dance party** with live music by Staro Vino Friday, , 8 p.m. (lesson at 7 p.m.) at the Dance Palace, 503 B Street, Point Reyes
- January 26 Sacramento Scholarship Ball, "A Midwinter Night's Dream".** Fund raiser for scholarships to Stockton Folk Dance Camp. YLI Hall, 1400-27th St. at N, Sacramento. 7-11 pm. \$5.00 plus \$5.00 per dance request. Bring finger food. For information, call 916-632-8807 or 916-923-1555. On the web: www.folkdance.com/sacramentocouncil/SB08.htm
- February 10 Sweetheart Festival.** Napa Valley College Dance studio, Room 1100. 1:30-5:00. Info: 707-255-7309
- February 23 *60th Annual Festival of the Oaks** 1301 Shattuck Ave (at Berryman) Berkeley. Registration 9:15 am; 9:30 to noon, Institute with Loui Tucker teaching Balkan favorites. 12-1:30 pm Hot Lunch & Federation Meeting. 1:30-5 PM dancing in two rooms (General/Kolo). 3 pm, exhibition with the Jubilee Dancers. Quality used folk dance costumes for sale all afternoon More info to come soon.
- March 8 Folklore Camp's "Mendocino Memories" Institute and Dance Party** includes afternoon dance and singing workshops and a pre-party happy hour with live "Swing Band" music, followed by an evening International Dance Party featuring live music by Chubritza. at the IDESST Hall (Portuguese American Hall) 511 Caledonia Street, Sausalito, CA
- March 9 *BULGARIAN VILLAGE* * Concert** followed by a Bulgarian Dance Party! Traditional village music and dance featuring Nikolay Kolev on gadulka * 2:30-5:50pm * YLI Hall 1400-27th St. & N, Sacramento. * Info Toba (916) 371-4441 or Lonna (530) 346-0099, Lonnawhipple@hotmail.com
- March 14 Black and Red Ball—Razzmatazz.** Santa Rosa Veterans Memorial building, 1351 Maple Ave. Santa Rosa, across from the Sonoma County Fairgrounds. Time: 8:00 to 11:00 pm. Admission: \$5
- March 14-16 *52nd Annual Camellia Festival.** CSUS Student Union Ballroom, 6000 J Street, Sacramento, California. Friday and Saturday night parties with music by California Kapela. Saturday workshops with Loui Tucker (Israeli) and Frank and Jane Tripi (Scandinavian). Star-studded Dance Concert Sunday at 1:00 pm. For more information see: www.folkdance.com/sacramentocouncil, or call Barry at (916) 536-9809
- March 29 Balkan *Plus* Folk Dance Party.** The Balkan Dancers of Marin present their popular party at the Marin Masonic Hall, 1010 Lootens in San Rafael. There will be some slots for requests during the evening. Great dancing, an excellent wood floor, street and lot parking and fine finger food—all for just \$7.00. For more information watch for our ad or to receive a flyer call Irene Croft 415-456-0786 or Anne Arend 415-892-9405
- May 10 Santa Rosa Folk Dancers' Rose Festival** will be Saturday, May 10, 2008 from 1:00 - 4:30 p.m. at Wischemann Hall in Sebastopol (same as last year).
- May 30-June 1 *Statewide 2008.** Placerville—Watch for more information!

**denotes Federation events*

International Folk Dance Festival

* * * Celebrating Our Ethnic Heritage * * *

Friday, January 11, 2008.

Folk Dance Party 7:30 to 11:00 pm

Saturday, January 12, 2008.

Federation Board Meeting 11:00 am
Everyone is urged to attend

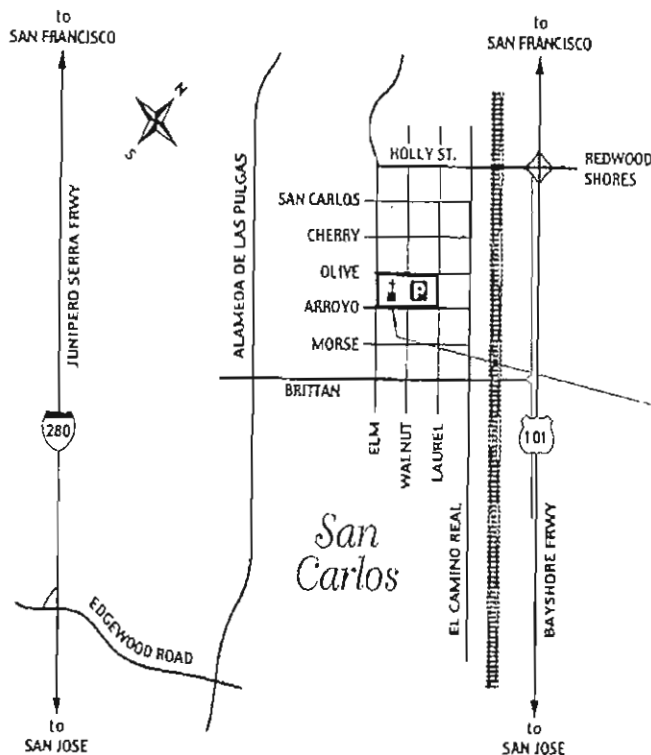
Institute/Workshop

Registration 1:00 pm

Institute / Workshop

1:30 pm to 4:30 pm

Folk Dance Party and Exhibitions
7:30 to 11:00 pm



San Carlos United Community Church

Elm at Arroyo Street, San Carlos, Ca.
(Parking behind the church by the super-
market; enter from Laurel or Olive)

\$7.00 donation each for Friday Party,
for Institute, and for Saturday Party

(Note: Doors open 1/2
hour before each party)

Sponsored by the Peninsula Council and the Folk Dance Federation of California

60th Annual

Festival of the Oaks

Saturday, February 23, 2008
Live Oak Park Recreation Center
1301 Shattuck Avenue, Berkeley, CA

REGISTRATION.....	9:15 AM	
INSTITUTE.....	9:30 AM – NOON	\$7.00 Donation
Israeli, Balkan and other favorite dances taught by LOUI TUCKER		
EXCELLENT HOT LUNCH	NOON	\$5.00
MEMBERSHIP MEETING.....	NOON	No Charge
Folk Dance Federation of California		
INTERNATIONAL FOLK DANCING.....	1:00 PM – 5:00 PM	\$7.00 Donation
Dances from Macedonia, Croatia, Hungary, Armenia and other far away places.		
REQUEST DANCING IN SEPARATE HALL.....	1:00 PM – 5:00 PM	



***NO PARTNER NEEDED**

FOLK DANCE COSTUMES ON SALE ALL DAY!

EXHIBITION AT 3:00 PM

Suggested donation for full day is \$12.00

Free refreshments will be served all day.

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

DIRECTIONS TO LIVE OAK PARK BY PUBLIC TRANSPORTATION:

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

DIRECTIONS TO LIVE OAK PARK BY CAR:

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

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

SPONSORED BY:

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

For more information, call Mel Mann (510) 527-2177, mclldancing@aol.com

Council & Club Clips

Sacramento International Folk Dance and Arts Council— We are happy to report that Vick Vickland is doing well after major cancer surgery. He came out dancing and actually danced a couple of dances. You can't keep a dancer down for long!

Our next big event will be our annual Scholarship Ball on Saturday, January 26. This is a fundraiser for scholarships to Stockton Folk Dance Camp. It is just a giant party and we make money by asking for donations for dance requests. All events are at the YLI hall 27th and N Streets, downtown Sacramento. This year there will be an, Old Favorites Workshop from 5 - 6:30 PM. Party follows from 7 - 11 PM. Admission is \$5.00, which will go to the Scholarship Fund. It will be called "A Mid Winter's Night Dream" and we will be playing with the concept of Shakespearean characters and plots. Feel free to dress accordingly. Reservations are being taken right now for dance requests. If you would like to get in on the fun, visit <http://www.folkdance.com/sacramentocouncil/SB08.htm> for all the latest requests and their donors. Questions, call Yvonne at 916 632-8807. Hope to see you there!

Our other news is that our local publication, Latest Steps, now has a digital edition! The good thing about it is that it can include photos and more articles because of less space restriction. If you would like to try a sample copy, email Barbara at barbikoff@mac.com. If you would like to get any information or video clips about Sacramento dancing, check out our website at folkdance.com/sacramentocouncil.

Merry Christmas to everyone! —Barbara Malakoff

BERKELEY FOLK DANCERS. There still may be time for you to join us as we ring in the New Year on December 31 at Live Oak Park Recreation Hall, Shattuck at Berryman, Berkeley. Our annual New Year's Eve Party is an all request evening which will start at 9:00 PM. All folk dancers and their friends are welcome! There will be much merriment as we dance the old year out and welcome the New Year. Take time out to eat, drink and visit with old and new friends. BFD members \$5.00; others \$7.00.

The big event for BFD in January is our Inaugural Ball on Saturday, January 19. We will spend an "Evening in Moscow" where we will welcome the new officers and thank the previous year's officers for their dedication to BFD. And importantly this party will introduce the newest members of the club, dancers from the Beginners Class!

A quick reminder: BFD will NOT be dancing Monday, December 24; Tuesday, December 25 and Tuesday, January 1.

—Naomi Lidicker

BALKAN DANCERS OF MARIN. Plans are underway for our yearly Balkan *Plus* party on March 29. This will feature an exciting program plus a number of slots for requests. We will have an ad with directions and the program in the February issue of *Let's Dance!* magazine. A list of local restaurants will be available for those who like to come early and enjoy one of the excellent Marin restaurants, many within walking distance of the hall.

It will again be in the Masonic Lodge Hall at 1010 Lootens in downtown San Rafael. This hall has a history of wonderful folk dance parties in Marin and we like making use

of it. It's 4000 sq. ft. of space is just the right size for the friendly crowds that come to the party. It has an excellent and well maintained wood floor. Our snack tables will be loaded once again with goodies and drinks. See you there!

ADVANCED BALKAN DANCERS. We enjoyed the great dances and music of Često and Ludo Kopano taught by Dan Unger and Davida Munkres at our November and December sessions, Now it's on to Todd Wagner teaching Můžko Trojno, Elhovsko and Kamenopolsko January 20 and February 17. These are fun old dances with interesting movements and music and well worth adding to any advanced dancer's repertoire.

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. **Since we are required to keep the entry door locked we can admit people only around 2:00 pm. Please be on time!** For information call Gary Anderson, 415-488-9197 days or Irene Croft/Gary Anderson eves at 415-456-0786. Email editor@letsdancemag.net.

Elderhostel dances to SF

Melvin Mann, an active member of the Berkeley Folk Dancers, has for years been working with local Elderhostel programs and promoting folk dance at these events. He is now in charge of organizing and leading a five day Elderhostel in SF entitled "Dancing in San Francisco: For Mind, Body and Spirit". This event will be held at the Whitcomb Hotel during February 24-29, 2008.

The plans are to combine lectures by a college teacher on the history and varieties of dance, some dance lessons, a show of a performing group as well as immersion in some of the cultures and their foods. This will not be limited to international folk dance. There will be exploration of other forms of dance. In addition, there will be excursions to some of the major sights in SF.

This is a good opportunity for some of your friends or family in the cold East to come visit you and partake of SF and this event. Spread the word among your friends and relatives about this program. There is still space available for more sign ups.

One can secure more information about this program by looking at the Elderhostel web page www.elderhostel.org or by telephoning them at 1 877 426-8056. Refer to program 15597RJ, "Dancing in San Francisco: For Mind, Body and Spirit". You can also reach Mel at (510) 527-2177 or



Two articles from dancing's future

“You cannot know where you are going until you know where you have been.”

By Rachel Yamahiro

I did not expect that international folk dance would become such an alive and encapsulating part of my life as much as it has. It slowly grows and sneaks up on you so that you realize its effect only much later. Or at least this was how it was for me. Now at college at the University of Redlands I find that I can see the influence of folk dance and music in a new light; it is because I am confronted daily with what I want to do with my life, and I have discovered more and more that much of what I want to be has to do with folk dance.

It all started with my mother, as things often do. My two sisters and I were put in Khadra International Dance Company (San Francisco) when Kate and I were three years old. My mother is a dance major from UCLA, and she truly loves to dance, so in this sense it was natural for us to at least start dancing. We had two wonderful teachers in our time at the company as children, and we learned traditional dances from China, Mexico, Armenia and Poland, to name a few. I enjoyed it very much, but of course at that age did not see it as anything other than an exciting way to put our coordination into action. We were also **avid and passionate** soccer players you see. Although we continued dancing, when Khadra discontinued it was with the Susan Hayward School of Dance (ballet, tap, jazz, ballroom, etc.), soccer soon took over our lives, quite literally. We have always had a passion and complete desire for the beautiful game; therefore, we could not commit to both aspects of our lives at the same time. From the fourth grade on we played on a local club team and loved every minute of it, but dance was placed on the backburner until years later. Music stayed, however, an active part in our lives.

For seven years starting in the third grade all three of us sisters sang in a church choir, *Kids Alive*, and Kate and I played in our school band starting at the tender age of 10. Actually, Kate, Marissa McDowell and I would begin the very first band program at our elementary school. It was the first year a music program had been started at our school, so you could say that we have been friends a long time. JThe three of us have stayed in concert and marching band since that time and loved every single thing about it. I believe, though, that church choir was the beginning of my particular interest in other cultures that would eventually become an integral aspect in my life. We sang in Latin, French, Italian, and Spanish, **which I think helped to spur my interest, but it wasn't until a folk dance camp three years ago that I became truly intrigued.**

My mother and my sisters and I (somewhat hesitantly on our part) attended Balkan Music and Dance Camp in the year 2005. I loved it. I was struck by the passion and depth of the music that truly hits the soul. It is hard to describe this feeling, but dancing in such an atmosphere where there is a feeling of community and spirit is wonderful. Something about the music captures you and fills you up with indescribable emotion. I also believe that the people who you see dancing next to you and all around you signify the continued legacy of not only other cultures, but of a shared sentiment of joy; the passion for continuing these traditions through music and dance in a way

that they love. It is something I have grown to love as well. Often times people will come up to us as young folk dancers and say, “It is lovely to see you here because it is comforting to know that these dances and traditions that we know will not be lost with us.”

So that year was the beginning. Of everything. Since then we invited our best friend, Marissa McDowell, and her sister Brenna to Stockton Folk Dance Camp, and we have tried to go to as many folk dance events as possible. I find myself extremely active now in pursuing international dance and music and spreading it everywhere. I started an Ethnic Folk Dance club, (soon to be a performing group - yay!) here at the University, which I am very excited about, and I am studying in Armenia this May for an individual research project specifying in folk music and dance. It is as a result of that dance camp in 2005 that I want to major in International Relations and perhaps work for the U.N. someday. I am very thrilled and grateful to have met amazing people and friends just by dancing and following the music. I now realize how much it has meant to me.

I am now curious about everything remotely cultural and intriguing and find myself wanting to share this gift with **everyone**, especially with people who are musical. I know that they would greatly appreciate the richness and depth of the music itself, not to mention the dance (which was what initially attracted me). In truth, for my First-Year-Seminar class, we are analyzing books written by Nobel Peace Prize winners, and I found that my interest came up then as well. We read *Istanbul: Memories and the City* by Orhan Pamuk, and I wanted to give my classmates a new perspective on Turkey, because this is where I want to study abroad. So, with the approval of my professor, of course, I shared a sample of Turkish music with them. They were mesmerized by the syncopation and simply the *sound* of the music. I was so happily surprised!!! My sisters and I even agreed to teach and perform folk dances for my grandmother's exercise class. Again, another unexpectedly fun hit.

I think young people would be interested in the music of international communities more than anything else, but that is not to rule out dance for you cannot have one without the other. The music is so engrossing and spiritual, leaving you breathless at times. For me it is that the music seems seemingly counterintuitive but really it is quite the opposite. I became intrigued when I started to notice its influence and presence in the music of today and the way that one can learn so much about the *spirit and lifestyles* of people in other cultures throughout the world. I believe that if it were simply more widely available and known to young people, the folk dance and music tradition would never cease to grow.

Kate and I had the opportunity to journey on a Civil Rights trip, *Sojourn to the Past*, our junior year of high school into the Deep South, and we took so many meaningful ideas away from the experience. I have found that the expression: **“You cannot know where you are going until you know where you have been”** applies and has meaning to the folk dance world as well. In so many ways it is more about the acts of just dancing or singing or playing a musical instrument, but also a way of looking at the world in a much more optimistic and passionate light.

From Hip Hop to International music, dance and performance

By Marissa McDowell

Having been involved with music all my life, I have always had a connection to dance. Now, 19 years old and attending San Francisco State College, I feel it's time to start learning new things, especially in the fields of music and dance. I got into folk dancing with Judy Yamahiro, the mother of Rachel, Kate and Kelly Yamahiro. The music was what interested me the most, as I love to experience different cultures.

My parents are singers, producers and songwriters, and they have a CD out called SYNSES. Their CD is smooth R&B and funk with a touch of jazz (their CD is available online at Best Buy stores or Cdbaby.com - hee, hee!). So singing has been a big part of my life. I mean, at a young age I was helping in the music studio, recording musicians and singers and jamming with the bands. In the fifth grade I joined the school band and continued all throughout high school. I took a year off in my freshman year, just to see if I could handle school and marching and symphonic band at the same time. I was able to do it, even though I was a bit behind relative to the other people who were in band all four years. By my senior year, though, I had won many awards, such as the John Philip Sousa (a national award) and a medal and award for music presented by the Marines, to name a few.

Dancing has always been a passion of mine. I am mostly a hip hop dancer, but I have been branching out and learning different kinds of dance. I am taking classes in Afro Haitian dancing at SF State College and at the Dancing Brigade. As a project in my senior year, I had to write about and experience different kinds of dance. In doing this, I enhanced my skills and knowledge of dance in general. I never knew much about international dancing, though, and never thought it was something I could join in and do.

In all honesty, it's hard to get teens my age interested in doing it, at least not at camps. It's kind of expensive, and most kids want to use their money for things like the newest cell phone or an iPod. Then, if you do have the money, there may not be other teens to join with you. And, it's hard to get inexperienced teens to join with you, as they aren't aware that the folk dance community is so kind and accepting. In fact, they are some of the kindest people you will ever meet. When Kelly and Rachel Yamahiro and I performed at the Stockton Folk Dance

camp talent show, the feedback was amazing. We had made up a dance routine in a short time before performing, creating the dance ourselves. And, it was a proud moment for us.

A future aspiration of mine is to be involved in or even start my own dance company. I have always loved theater and creating dances, so I think this idea would be worth pursuing. Right now, I am starting off slowly, by learning and performing for others as a hobby, since my education comes first. But, soon I hope to create a dancing group and perform all over the world if possible. However, for now, look to see me and my best friends, Rachel, Kate and Kelly Yamahiro, along with my little sister, Brenna McDowell, at a festival near you.

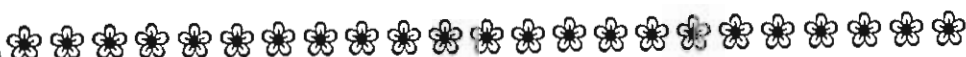
Thank you Rachel and Marissa

Kay James saw the possibility of an article about the young women she has seen at various events and in seeking information from them she quickly saw the talent in their writings. She decided that she would give up the article she had planned based on their information and would instead ask them to make their information into articles. We want to thank her for seeing the possibility of featuring these young dancers and for taking the initiative for contacting Rachel Yamahiro and Marissa McDowell for *Let's Dance!* She has followed through and these two fine articles are the result.—ed.)



Performing at the Stockton Folk Dance Camp talent show—from left: Kelly Yamahiro, Marissa McDowell and Rachel Yamahiro

—Our thanks to Stockton Folk Dance Camp for the use of the photo



CAMELLIA INTERNATIONAL FOLK DANCE FESTIVAL

Sacramento, California
MARCH 14, 15, & 16, 2008

All events will be at California State University, Sacramento
in the beautiful Student Union Building, 6000 J St., Sacramento, CA
Parking in Lots #7 & 8 - Directions on the reverse



FRIDAY * MARCH 14, 2008**

7:00-11:00 PM * Opening Dance Party * \$7.00

Live Music by **CALIFORNIA KAPELA**

SATURDAY * MARCH 15, 2008**

Institutes * 1:00-5:00 PM

Featured Teachers:

LOUI TUCKER - ISRAELI DANCES 1:00-2:50

JANE & FRANK TRIPI - SCANDINAVIAN DANCES 3:10-5:00

\$7.00 each institute (includes the syllabus)

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

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Kolo Festival 2007

By Eileen Kopec, Publicity Chairperson (If you have an idea about publicity, contact Eileen at: eisiek@sbcglobal.net)

What do "regular" people do to work off their turkey dinners? For Bay Area dancers, Kolo Festival comes at the perfect time, although with great bands and wonderful teachers, Kolo would be a hit any time of year. This year Kolo was as good as ever and I'm told it was a great success. However, success can be a double edged sword. The hall has a limit of @350 people, and people had to be turned away at the door Saturday night. If you don't want to be one of those people next year, be sure to buy tickets in advance for Saturday! All other classes and parties had openings, so don't stay away for fear of not getting in!

The Russian center was a nice venue. There was the lovely balcony to watch the dancing from above, a parking lot across the street, and room for vendors. But I don't miss running up and down the stairs all night wondering what was going on at the other floor. The Croatian center is not perfect, but it is more intimate. Everyone is together, which many people told me they prefer and it has a very nice Kafana. Local restaurants on Mission were fun to explore and their cuisines were varied and delicious. Of course, delicious meals were also served by Ani Troyan and Tanya Kostova. Tanya's warm potato salad was outstanding!

The first teacher both mornings was Steve Kotansky. Something happened to Steve in 1967. He used to drive his girlfriends to dance classes, but then discovered he loved to dance more than they did! He studied ethnic dance at UCLA and was a member of the prestigious Aman Folk Ensemble. He was sent to Yugoslavia in 1972 for six months under a Rubi Vuceta Scholarship Fund and spent ten years living in Germany, where he met his wife and came back to the states with her. He had a Hungarian dance group in NY, has taught dancing all over the world and travels frequently to search out new dances. A man of many interests, he teaches dance, PE and gardening in a Waldorf school in Chestnut Ridge, NY. If you missed Kolo this year, Steve will be at the Laguna Folkdance Festival, February 8-10th at Newport Beach and at another folkdance event in Eugene Oregon, also in Feb.

Steve, with his wife Susan, taught a great variety of dances. They included Cicovata, Sheikhani, Sira, Sokacko Malo Kolo, Tsamikos Menclaidos, Boimitsa, and Tiganeste/Csingeralas. The last was an arrangement of dance steps from Central Transylvania as danced by Romani (Gypsy) women. Steve presented the dance as a set choreography for teaching purposes, "in the hope that the steps will ultimately find their way into freestyle dancing". I understand that Steve wanted us to have a nice menu of steps to choose from in the future, but sometimes less is more. For a short workshop, my head was spinning. But it did contribute to my language of steps and will definitely add to my dance vocabulary. Susan's earthy style was wonderful to watch and I picked up a lot of styling tips from her. Next I have to get a flowing skirt to practice the big swirling skirt movements. Cicovata, Sira and the Tsamikos were already taught at the Albany Y the following Friday (by yours truly) and seemed very popular.

The second teacher of the day was Billy Burke. His mother, Bobbi, became involved in folk dance when he was less than two years old and he was taken to all of her practices and performances. He literally grew up with folk dancing. She started a class for children when he was five years old, and she then started a performance group for young people when he was 12. At the age of 15 he started dancing with his first adult performing group -- Madelynn Greene's Folkdance Workshop in San Francisco, became a professional dancer at 19 and toured the United States and Canada with the Don Cossack Choir. In 1970 he joined the AMAN Folk Ensemble. After several years he retired and started working with children. Even though the children have no place to dance (!), he hopes he is opening them up to the experience of dance for the future and exposing them to new cultures. He now teaches at the Millikin Middle School in Southern California and is also a director of the Mendocino Folklore Camp.

Billy taught the following dances—Brass Band, Bunjevacsko Veliko (also called Baeko), Drmes iz Velika Gorica (couples drmes), Podgorac, Slavonsko Drmes, and Sumadusko. Billy's attitude towards dancing is wonderful. He wants us to "find the dancing within the dance". He stresses that playing with the dance is fun and those who work hardest dance the most. The instruction on drmes, the Croatian walk and the Croatian buzz step were very valuable and again added to basic dance vocabulary.

Other classes throughout the festival were given by John Filcich, who taught Bistanski Drmes and Hrvacko. There were also singing classes with Lily Storm, Michele Simon and Mark Forry. Culture Corners were given by John Filcich Friday and Steve Kotansky Saturday.

Steve is so full of information that it flows out of him like a stream. What does the myth of Pandora have to do with folkdancing? Well, when you open the box, you have to be ready for all the things coming at you -- including strange rhythms you might not be expecting. Recently he has been looking at Roma/Gypsy music in Transylvania and New York and seeing how alive and innovative the music is and also how changing. He said many of us choose folk dancing for the structure, instruction, love of music and the safety of a road map to the dances. Now he is more interested in the roses along the road, i.e. the kinetic motifs, freestyle movements and digging deeper into form. Steve showed some dance videos of csingeralas with non-professionals who danced with passion and amazing energy.

In the evenings the real fun began with the live music. Playing in the main hall were Nestinari, Yalazia, the Slavonian Traveling Band, Trio Zulum, and Brass Menazeri as well as a Bitov Jam and Tamburica TamJam. In the Kafana were Naomi Zamir, Danubius, Staro Vino, Deli Kanli, Verna Družina, The Brash Punks, Lily & Lucia, and Kaladrios. There was something for everyone. A big thank you goes to Bill Cope for coordinating the live music in the main hall and to Mark Jenkins for the bands in the Kafana.

Among my most memorable moments were doing two Croatian Kolos with John Fil-



What a crowd, this is the k

cich and Edith Cuthbert in the same circle. I wish I had been able to have seen them dance in their prime. They are now a strong link to the past and an inspiration for us all to keep dancing.

I tread the floor lightly, but don't take dancing lightly. I savor and appreciate the wonderful moments of shared camaraderie with my fellow dancers. I can't begin to explain to my "civilian" friends how wonderful it is to have 300 other dancers surrounding you with energy as the music flows through you. I wish I could turn them all into dancers. But then we'd need a REALLY big hall. The one we used worked fine for Kolo this year. Thanks to everyone on the committee for getting us through another great festival. Their hard work is greatly appreciated. I hope some of you will be inspired enough to volunteer for next year and make the festival even better.



Mark Forry leading a singing class



Kafana—Kolo had turn away crowds Saturday night—Photos by Gary Anderson

Do you know a good candidate for a scholarship?

From Mel Mann, Scholarship Chairman

Once again, it is time to begin thinking about folk dance camps and scholarships. The California Folk Dance Federation has, for many years, been offering scholarships to the major folk dance camps to future aspiring dance leaders and teachers. Although summer folk dance camp seems a long way off, the deadline for applying for these scholarships is only a few months from now.

So, put your thinking cap on and consider if you are interested in making an application. At the same time, give some thought, "Is there someone else you might want to encourage to take some leadership in folk dance?" Who would you like to see gain more insight and pleasure in the happenings of the folk dance world?

There are three scholarships offered by the California Folk Dance Federation each year. The scholarship committee of the federation administers the program. For more information, and an application form, contact Mel Mann, Chairman of Scholarship Committee at (510) 527-2177 or meldancing@aol.com

FOLK WARE CONSIGNMENT SALE AT FESTIVAL OF THE OAKS

The Berkeley Folk Dancers will be hosting a Folk Ware Consignment Sale at the Festival of the Oaks on Saturday, February 23, 2008 starting at 1:30 at Live Oak Park.

Take this opportunity to clean out your closets and make a little cash on the side. (80% to you/20% to BFD.) We are accepting full costumes, costume pieces or even items with a folk-like flair. BFD would also be happy to accept donations.

Just bring your costumes when you come to dance.

Contact Jane Myers at jmyvers@accgov.org or (925) 286-0899 with any questions.

Folk Dance Scene

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HUNGARY

Pusztafalu

HAT:

Black, fairly high crown.
Flower on side.

JACKET:

Black; stand-up collar, sleeveless, turned-back lapels. Three rows of silver buttons running up and down on both sides of front. Jacket comes to waist. May be trimmed with braid around collar, arm holes, front edges, bottom, with a black or green braid design on back.

SHIRT:

White linen or cotton. Long full sleeves gathered to cuff at wrists. (see detail)

APRON:

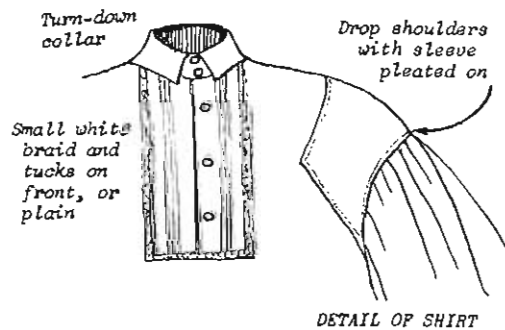
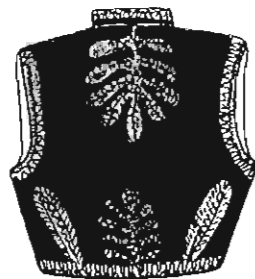
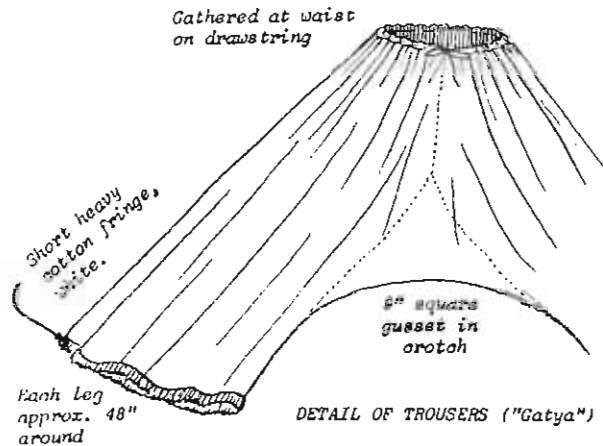
Heavy black satin or brocade attached to band at waist - not gathered - with 4-6" band of white embroidery at bottom; reaches almost to bottom of "gatya." Apron is usually not worn when dancing.

TROUSERS (or "GATYA"):

Heavy, white, coarse, linen-like material. Reach to top of boots. (see detail)

BOOTS:

Black leather.



MARIAN GAULT

We thank Miriam Gault for permission to use this art from the October 1965 Folk Dance Calendar

Sitna Baluca
Bulgaria, Vlach

Sitna Baluca (SEET-nah bah-LOO-tsah) or "a little meddling" acknowledges the cultural influences from Serbia and Romania on such dances, which are common in NW Bulgaria. Yves Moreau learned the dance in Novo Selo, February, 1970 and taught it at S.F. Kolo 2006, Mendocino Folklore Camp 2007 and Stockton Folk Dance Camp 2007

Music: CDs: Yves and France Moreau, Mendocino Folklore Camp '07, track 9;
Yves Moreau, YM-UOP-07, track 8; Kolo '06 CD 2/4 meter

Formation: Short mixed lines face slightly R of ctr, hands joined up in W-pos. Leader on R calls figure changes at will for a total of ten patterns.

Steps and Styling: Light steps.

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

I. BASIC TRAVEL RIGHT AND LEFT

- 1 Moving in LOD, step on R as arms swing down and back (ct 1); step on L across R as arms swing fwd (ct 2).
- 2 Step on R as arms start bkwd (ct 1); step on L across R as arms swing back (ct &); step on R in place and turn to face ctr as arms swing fwd (ct 2).
- 3 Step L to L as arms start bkwd (ct 1); slide onto R, closing to L as arms swing back (ct &); repeat step L and slide onto R as arms swing fwd (cts 2,&).
- 4 Repeat meas 3, but stamp sharply on R (no wt) on last ct &.
- 5 Step fwd strongly and sharply on R as arms swing fwd (ct 1); raise L fwd with knee bent as arms return to W-pos (ct 2)
- 6 Leaning upper body fwd, step L slightly fwd in front of R (ct 1); bend L knee sharply, raising R ft behind L knee (ct 2).
- 7 Facing ctr with body straightened, step back on R, straightening L leg fwd with CCW twist (ct 1); repeat ct 1 with opp ftwk (ct 2).
- 8 Repeat meas 7. NOTE: Arms are in W-pos for meas 6-8
- 9-16 Repeat meas 1-8.

II. SIDE BOUNCE AND STAMP (Arms are in W-pos throughout Fig II.)

- 1 Facing ctr, step R to R in 'bouncy' style (ct 1); step 'bouncy' L beside R (ct 2).
- 2 Repeat meas 1, but do not take wt on L (ct 2).
- 3 Repeat meas 1 with opp ftwk and direction.
- 4 Step L to L (ct 1); stamp R sharply beside L, no wt (ct 2).
- 5 Repeat sharp stamp on R (ct 1); pause (ct 2).
- 6 Make a small leap fwd onto R, bending knee and bringing L ft behind R calf (ct 1); make a quick small leap bkwd onto L (ct 2).
- 7 Step R to R (ct 1); slide onto L, closing to R (ct &); repeat cts 1,& (cts 2,&).
- 8 Repeat meas 7, but keep wt on R on last ct &.
- 9-16 Repeat meas 1-8 with opp ftwk and direction.

Interval Training: more good health news for dancers

By Bill Lidicker

It's not a new idea, but recent biomedical research has added much new information and excitement to what has been called "interval training" or "sprint-intensity training." This is a mode of exercise training that is intended to improve aerobic capacity (the ability to acquire and use oxygen: $VO_2\max$), and hence generate a host of corollary health benefits. What makes this interesting to dancers is that it mimics much more closely what goes on at a typical folk dance party than does the more traditional approach to training that involves prolonged endurance exercise. We are all aware that exercise has many health benefits, and we assume with confidence that this applies to dancing, especially the more vigorous forms of folk dance. However, you have probably heard the criticism, mostly from non-dancers, that dance is a poor form of exercise because it does not have the endurance character that leads to improvements in heart/lung capacity. Instead of dancing, we should all be out there jogging on pavement in the rain, or swimming laps in the local chlorine-enhanced swimming pool. Well, it looks like research in exercise physiology may be coming to our rescue.

Recently, I reviewed 13 papers on this subject in the biomedical literature*, all published in the 2004 to 2007 period. Two were press releases, one was an editorial, and 10 were reports of research in the primary literature. Interestingly, none of the research papers was based in a US laboratory. Seven of the studies were done in Canada, and one each was from Norway, Australia, and France. The basic protocol in these investigations was to compare the results of repeated short bouts of intense exercise followed by a rest or low intensity exercise (interval training) with long bouts of steady but modest intensity exercise (endurance training). In some studies only the before and after results of interval training were measured. In cases comparing interval and traditional methods, the improvements in aerobic capacity and other indices of muscle function were the same or significantly better in the interval trained group. Moreover, the total time devoted to endurance training was much longer than that for interval training. In one case the time spent in endurance training was four times longer than that for interval training. The length of the training period varied from 2 to 16 weeks in the various studies. The average age of healthy subjects varied from 19 to 73.5 years. Only female subjects were used in two papers, four used only males, and the rest weren't saying. Two papers involved folks with coronary heart disease, in that they had undergone a cardiac bypass operation or angioplasty; one paper tested those with chronic pulmonary disease; and one concerned the effects of training before and after major surgeries. So, collectively a good coverage of sex, age, and health status was achieved.

The training exercise was usually cycling (cycloergometers), but some used treadmills or stair-climbers. Most involved two to three training bouts per week. Typically, the interval group would exercise at high intensity (80-250% of initial $VO_2\max$) for 30 seconds up to two minutes, rest for four minutes, and repeat this sequence 4 to 10 times. So, the entire session for the day would be about

30 minutes. The endurance group in contrast would typically go for 30 minutes to two hours at moderate intensity (50-60% of initial $VO_2\max$). In some studies, the two groups being compared were equalized for total work output on each training day, or for total time of training.

In addition to improving the body's ability to acquire and utilize oxygen, there were also significant improvements in both muscular function and activity of the parasympathetic nervous system. The performance level of this component of the autonomic nervous system is reportedly the best single indicator of aging and a person's decline toward death. Moreover, parasympathetic functioning is directly correlated with $VO_2\max$, so many of these studies attempted to monitor improvements in this system (most easily measured by the variability of heart rate during exercise). With all these measures and more, subjects on the interval training performed better overall, or at worst equally, when compared to the controls, and all showed greatly improved capacities following training. And, surprisingly these improvements occurred even when the training was only for two weeks. Moreover, subjects with coronary or pulmonary disease showed the same trends as healthy subjects. For example one study in this category recorded an 18% increase in $VO_2\max$ with interval training compared to 8% with an endurance regime. One reason for the better performance with interval training is that high intensity exercise recruits additional muscle fibers into the muscle tissues that can be used even during low intensity activity, whereas endurance training only improves the function of pre-existing fibers. Other benefits sometimes reported were improved a) endurance, b) ability to support anaerobic challenges, c) insulin action, and d) burning of body fat stores.

Of course we must keep in mind that none of these investigations directly concerned dance. Their focus was on improving the training of athletes, rehabilitation of those with heart and lung problems, and to some extent the well-being of older folks. But, because interval training comes close to what recreational dancers do for fun, it seems obvious that dancing may share the benefits described. To this optimistic conclusion, we can add the potential mental health benefits of dance in older people, which I wrote about earlier ("**Dementia or Dance**", *Let's Dance!* Dec. 2003, p. 9-10). The new data do imply that it would be wise programming to sprinkle especially vigorous dances throughout a program. In doing this, however, we must be sensitive to the fact that we are a heterogeneous community, and what is a vigorous dance for some may seem quiet and relaxing for others. My personal take on the health benefits of folk dance is that it is primarily the synergism of combined mental and physical tasks that brings the greatest rewards. So, let's get out there and put these ideas to the test. Happy dancing!

I thank John Swartzberg, MD (UC Berkeley) for providing me with the literature summarized here.



Narino

Turkey

Narino (nah-ree-noh) is a girl's name. This dance from the Black Sea Coast of northern Anatolia was taught by Ahmet Luleci at the 2005 S.F. Kolo Festival and at Stockton Folk Dance Camp 2007, by Denise Heenan at the Camp Hess Kramer 2007 Institute and by Suzanne Rocca-Butler at the 2007 Festival of the Oaks.

Music: CDs: Ahmet Luleci: Teaching CD5; Band 6 and Turkish Dances, Band 4;
Denise Heenan, Camp Hess Kramer Institute CD, Band 13; Suzanne
Rocca-Butler, Festival of the Oaks CD, Band 6. 4/4 & 6/4 meter

Video & DVD: Ahmet Luleci: Stockton Folk Dance Camp 2007.

Formation: Mixed open circle; neighbors close together with hands or little fingers joined down in V-pos. (The 'pinkie' hold was taught at Kolo '05).

Styling: Steps are small; movements are soft and subtle, not sharp.

Counts	4/4 & 6/4 meter	PATTERN
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32 INTRODUCTION (A music (Instrumental); 4/4 meter, no movement)

A. WITH BOTH INSTRUMENTAL (I) AND SINGING (S) MUSIC (4/4 meter)

- 1 Facing ctr, step on R diag fwd R. (Lowered straight arms swing fwd.)
- 2 Step on L slightly across R. (Arms swing bkwd.)
- 3 Step on R diag fwd R. (Arms swing fwd.)
- 4 Raise L in a soft pump. (Bending elbows, raise hands to R at shldr height.)
- 5 Step back on L with slight CW twist. (Raised arms and hands move L.)
- 6 Step back on R with a slight CCW twist. (Arms and hands move R.)
- 7 Step back on L. (Arms are centered as hands move close to chest.)
- 8 Raise R in a soft pump. (Straighten elbows as arms move fwd, down and back.)

B. WITH SINGING (S) MUSIC ONLY (6/4 meter)

- 1 Facing ctr, step on R to R. (Elbows straight, arms swing fwd.)
- 2 Step on L slightly across R. (Arms swing back.)
- 3 Step on R to R. (Arms swing fwd.)
- 4 Raise L in a soft pump. (Arms swing back.)
- 5 Step slightly back on L. (Arms swing fwd.)
- 6 Raise R in a soft pump. (Arms swing back.)

Sequences: I and S alternate: With I dance only A; with S dance A+B plus 4B at end.

Dance Sequence:, 4A, 4(A+B), 4A, 4(A+B), 7A, 4(A+B), 4B

Music Sequence: 4IA, 4IA, 4S(A+B), 4IA, 4S(A+B), 4I(A+B), 4S(A+B), 4SB



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Purtată de pe Mureș Romania (Transylvania)

Purtată de pe Mureș (poor-TAH-tuh deh peh MOO-resh) was introduced at the 2007 Stockton Folk Dance Camp by Cristian Florescu and Sonia Dion. Along with De-a-Lungu of the same family it is the oldest couple dance from Transylvania, with traces back to the seventeenth century, when these likely descended from La Polonaise. Generally, couple dances are thought to have begun spreading across Central and Northern Europe during the sixteenth century. They were delayed in reaching Valachia in southern Romania, however, by both the Carpathian Mountains and the Ottoman occupation.

Initially Purtată was a procession associated with wedding ceremonies to introduce solemnly the participants and wedding guests, to specify who would dance with whom (especially among the singles) and to encourage all to show off their finery. Eventually Transylvania's repertoire was enriched by many locally important couple dances. These are danced in a precise order, in keeping with local traditions. However, either Purtată or De-a-Lungu continues to be the opening dance at all festivities in the region.

Music: Sonia Dion & Cristian Florescu Romanian Realm Vol 3, Band 7 4/4 meter
Sonia Dion & Cristian Florescu, 60th Stockton Folk Dance Camp, Band 4

Formation: Couples in a circle face LOD, M inside, each turned slightly twd ptr. Inside hands are joined up in W-pos. WR hand is down at side, ML hand is fwd and up, with optional finger snapping.

Styling: Proud, elegant and "late" on the music.

Steps: Description of footwork is for M; W footwork is opposite on every count.

Measure 4/4 meter

PATTERN

16 INTRODUCTION (no action). This 4/4 music is faster than that of the dance.

I. BASIC AND WOMAN TURNS ONCE

1. Step L slightly fwd (ct 1); touch ball of R beside L (ct 2); step R slightly back (ct 3); touch ball of L beside R (ct 4). Inside arms move slightly fwd and down (softly extended parallel to floor) on cts 1,2; bkwd and up on cts 3,4.
2. Step fwd L,R (cts 1,2); turning slightly twd ptr, step R,L,R in place (cts 3,&4). Joined arms move slightly fwd, down (ct 1); up, back (ct 2), fwd, down (cts 3,&4).
3. Step-touch R-L bkwd as joined arms swing down and back (cts 1,2); step-touch L-R fwd as arms swing fwd and up (cts 3,4).
4. M steps bkwd R,L, turning to face slightly twd ptr, as W turns once, almost in place, under raised joined hands (cts 1,2). M steps R,L,R in place, as ptrs face (cts 3,&4).

Purtată de pe Mureș, pg 2

II BASIC AND COUPLE TURNS ONE-HALF TWICE

- 1 Turning slightly on ct 1 to face LOD, repeat FIG I, meas 1.
 - 2 Step fwd L, R as joined arms move slightly fwd and down (cts 1,2); step sideways L,R,L away from ptr with joined arms slightly extended (cts 3,&,4).
 - 3 Step-touch R-L twd ptr as arms return to original position (cts 1,2); step-touch L-R away from ptr, extending arms cts (3-4).
 - 4 Raising joined R hands above W head, M takes large steps R,L around W, turning 1/2 CW as she turns under 1/2 CCW (cts 1,2); facing RLOD, step R,L,R in place.
- 5-8 Facing RLOD, repeat meas 1-4 to end facing LOD in original position.

Sequence: Dance as written repeats for a total of 8 times.



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.

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.

ALBANY

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

BERKELEY

Advanced Balkan Dance class—January 20, February 17, March 16, April 20. January and February instructor is **Todd Wagner**. Every third Sunday, 2-4:00 pm in the Rear Dance Studio at Ashkenaz. Come out from behind the line and learn the great Balkan dances. Experienced instructors, friendly people. Please be on time--Ashkenaz requires us to lock the front door after the class starts. Entry via the left hand door at Ashkenaz, 1317 San Pablo Avenue,

Berkeley. Information: Gary Anderson, 415-488-9197 days or email: editor@letsdancemag.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.

December 31. BFD's Annual New Year's Eve Party. Join us for a fun-filled evening of all request dances to ring in the New Year at Live Oak Park Recreation Center, Shattuck at Berryman, Berkeley, from 9:00 PM to midnight. Dance, eat and drink all for \$5 for members and \$7 for others. Contact Emily Stoper 510-655-9332.

January 19. BFD's Inaugural Ball "Evening in Moscow." Leona Lodge, 4444 Mountain Blvd., Oakland. From 7:30 PM to 11:00 PM. Members \$10; others \$12. Tickets must be purchased in advance. Contact Emily Stoper 510-655-9332 or estoper1@yahoo.com.

Weekly class schedules:

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

Tuesdays—Beginners, Louise and Bill Lidicker 510-528-9168

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

Thursdays—Second Year, Claire and Al George 510-841-1205

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

Cape Breton Step Dance at Ashkenaz—2nd Sundays, Dec. 9. 2:00 to 4:00 pm. 1st hour, beginners, (experienced dancers welcome); 2nd hour, experienced dancers only. \$20.00 for all 3 classes, \$8.00 drop-in. 14 years and up. Ashkenaz Music and Dance, back studio, 1317 San Pablo Ave., Berkeley. 510-525-5099. For info call Bob Schulheisz 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 ftjtripi@juno.com

PENINSULA COUNCIL

February 16, April 5, June 28. 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—New Years Party December 31, January 26, February 23, March 15. 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.

March 8, May 10—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.

February 2, June 7, October 4 and December 6. Palomians IFD Parties—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.

March 22. Docey Doe Pot Luck and Dance—First United Methodist Church at 2915 Broadway (corner of Brewster) in Redwood City. Pot luck at 6:30. Come a little early to socialize. Dancing starts around 8:00 pm after the potluck. Cost \$7.00. Call Bruce at 650-368-7834 to sign up.

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 International Folk Dancers Partiy: Annual Folk dance party with live music by Verna Druzina Friday, April 11, 8-11 p.m. Telephone contact: 707-546-8877. Hermann Sons Hall, 860 Western Ave., Petaluma,

Petaluma Snap-Y Dancers - class starting January 14. 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. Willowside Hall, 5299 Hall Rd., 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

Balkan Dancers of Marin Balkan Plus Party March 29. 8:00 11:00 pm, excellent wood floor, snacks provided. \$7.00 Masonic Hall, 1010 Loutens in San Rafael. Watch for ad. Info./flyer Irene Croft 415-456-0786 or Anne Arend 415- 892-9405.

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 alley. Programmed & request dances. Jerry Duke is main teacher/leader. Contact Toni Denmark 415-789-0061

SACRAMENTO

March 9 *BULGARIAN VILLAGE* Concert followed by a Bulgarian Dance Party! Traditional village music and dance featuring Nikolay Kolev on gadulka. 2:30-5:50pm, YLI Hall 1400-27th St. & Sacramento. Info Toba (916) 371-4441 or Lonna (530) 346-0099, Lonnawhipple@hotmail.com

SACRAMENTO VALLEY CAPE BRETON STEP DANCERS. Note address change. Our performance group is **Caper Duck**. Every Wednesday evening for step practice from 6-7:30 pm, and every 3rd Saturday for a dance workshop: 9-10:30 am, beginners; 10:30 am-12 noon, intermediates; 12 noon-1:30 pm, advanced. All classes are held in Galt. 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 cerponyexpress@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 Cir., 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 3rd Sat. Faith Lutheran Church, 2075 W 7th Ave., 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. YLI 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. 2nd Sat. monthly (Sept.-June). 7:00-9:00 pm. 1st Congregational Church, 627 Sunnyside Dr., Reno (off Keystone Ave.). Contact: 775-677-2306 or wigand@gbis.com

SUNDAY

* **DAVIS INTERNATIONAL FOLKDANCERS.** All levels. 7:00-10:00 pm, International House, 10 College Park, Davis. 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 3RD SUNDAY SOCIAL DANCES OF THE WORLD PLUS ISRAELI.** *2-4 pm beg. & int. Israeli line & couple. 4-5 pm international line couple & mixers. 5-6 pm all requests. YLI Hall, 27th & N, Sacramento. Contact: 916-632-8807 or 916-371-4441.

* **SACRAMENTO 4TH SUNDAY SOCIAL DANCES OF THE WORLD PLUS SCANDI.** All levels. 2-3:30 pm. International line, couple, & mixers. 3:30-5:30 pm Scandinavian. Requests till 6:30 pm. YLI Hall, 27th & 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 Twosome & 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 January 16 at the Dance Palace, 503 B Street, Point Reyes

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

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

International Folk Dance. City College of San Francisco. Contact the registration office 415-239-3285. www.ccsf.edu (search: dance)

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@loutucker.com

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

Monthly Scandiance, Third Sundays, beginner class at 2:00 pm, party at 3:00 pm. Misson Blue Center, 475 Mission Blue Drive, Bris-

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