

Let's Dance!

THE MAGAZINE OF INTERNATIONAL FOLK DANCING ☀ NOVEMBER 2020



Kolo Festival 1955. Photo by V. Morton.

MORE
ABOUT
THIS
YEAR'S
KOLO
FESTIVAL
ON P. 8-9



Kolo Festival 2019. Photo by L. Tucker

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Let's Dance!

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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.

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Folk Dance Federation Treasurer

153 Race Street

San Jose, California 95126

Join now: Membership rates:

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Group/Club rate \$40/year

Mail applications, renewals & checks to:

Folk Dance Federation of California, Inc.

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To post dance event flyers on the Federation's website, email:
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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.

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San Jose, CA 95126

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WELCOME NEW FEDERATION MEMBERS

Sue Fernstrom

Marion Snyderman

Paul and Susan Sugarman

Stuart and Jody Offer

PRESIDENT'S MESSAGE

by Marian Snyder

I receive emails now and then about various topics. Most of the time I have no idea what I'm supposed to do with them, so there is a lot of forwarding to previous Federation leaders, who then bestow upon me their sage advice.

Just a few weeks ago I received the following guidelines about safety while dancing alone. I was encouraged to share them with all of you. Traditionally we dance near friends who would help if an accident occurs or notice a risk, like untied shoelaces. That kind of support is missing for many of us while dancing online.

If someone in a virtual class or dance party sees someone fall while dancing alone, what could they do? Perhaps they know only their phone or network ID. An attendee might expose only their first name and an initial. Typically, only half the people in these events use a digital camera that allows us to see a fall.

Here are a couple of ideas to help protect oneself when participating alone in online dances.

- Have an instant 911 call button active on your phone and have the phone within easy reach.
- Use some kind of buddy system. Make a deal with a friend whom you trust to always connect with you after the dance/class.
- Make sure your buddy is aware of any medical alerts about you.

By the time you read this message, it will be seven months from the time California's governor issued the initial shelter-in-place orders. I read somewhere that it takes 66 days on average for a behavior to become automatic or a new habit. Our lifestyle during this pandemic is becoming the new normal, like when, following 9/11, we were required to remove our shoes and go through TSA



screening at airports. Now we wash our hands often, wear a mask, practice social distancing, and interact with family, friends, and work using Zoom. The year 2020 certainly has made me value my relationships with family and friends more deeply, with folk dancing right there at the top.

Dr. Fauci now predicts that this may go into next year, possibly until the summer. If that's the case, it's important that we as folk dancers stay connected. What better way is there than to renew your Federation membership and encourage a friend to become a member too? You might consider giving a membership as a holiday gift.

We added four new members in September.

Thank you, and welcome to our newest members!

It will be unbelievably amazing when we are allowed to gather and experience the fun of folk dancing again!

One last thing: VOTE!



UNSCRAMBLE THESE!

by Sabine Zappe

This is the November Challenge! They are all well-known dance teachers/leaders. The FIRST person to send an email with the correct answer to loui@louitucker.com wins a \$20 gift card.

1. all in bounds _____
2. knave keys tots _____
3. racy axle rod _____
4. rice belt mulch _____
5. liberator bongo _____
6. a mourner face _____
7. nix blond eels _____
8. mend lean energy _____
9. cut manhole rib _____
10. savory koala tanks _____

Calendar of Events

We reserve the right to edit all submissions; we assume no responsibility for accuracy.
Additional events can be found at www.folkdance.com (Community tab).

- October 25** **SECOND HARVEST FOOD BANK FUNDRAISER.** 3-5:30 pm on Zoom. Sponsored by the Moveable Feet club. Donations at: fundraise.shfb.org/goto/MoveableFeet. This event is in honor of Federation Past-President Lucy Chang who held a fundraiser through her Moveable Feet club for her favorite charity, Second Harvest Food Bank, in the fall of each year. Instead of collecting cans and checks, only funds will be raised this year. Over \$2300 was raised last year and the need for food in the Bay Area has doubled since the pandemic began. **Zoom Meeting ID: 555 444 300** More information on the Second Harvest webpage, Facebook, and folkdance.com. Info: hollisradin@pacbell.net
- November 26-29** **KOLO FESTIVAL.** All virtual, online via Zoom. Thursday through Sunday. See the article and advertisement in this issue: pp. 8-9. Info: KoloFestival.org or California Kolo Festival Facebook Page.
- December 31** **NEW YEAR'S EVE PARTY.** 10 pm-12:30 am, on Zoom. The later start is to allow dancers to share dinner with friends outdoors and then dance. Watch for the Zoom link in mid-December on Facebook and folkdance.com. **Zoom Meeting ID: 957 5454 0536.** Further details to be announced. Info: hollisradin@pacbell.net

Have you often wished you could get away on, say, a Sunday afternoon, and drive over to Turlock to visit the dancers there? Well, now you can - virtually!

FEDERATION CLUBS WITH VIRTUAL CLASSES

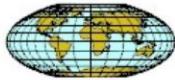
The Federation website manager, Kevin Greek, and *Let's Dance!* are in the process of developing a list of dance groups that are meeting both in person and via Zoom. Federation clubs have been contacted and many have already provided their information. Below is the list as of the day *Let's Dance!* went to press. **The list is also on folkdance.com and that list will be updated** as more clubs respond to the request for information.

Chang's International	Ulrike Narins	ulrike888@hotmail.com
Friday	7:30 - 9:30	Zoom #: 892 3870 4714 (PW=966035)
Global Folk Dance Party	Adony Beniares	adony408@gmail.com
3rd Saturday	3:00 - 6:00	Zoom #: 600 066 908
Kopachka Dancers	Susie Shoaf	president@kopachkafolkdancers.com
Friday (every 2 weeks)	7:30 - 9:00	Zoom #: 863 9451 5471
Razzmatazz Folk Dance	Marilyn Smith	marilynsmith@sbcglobal.net
Tuesday	7:00 - 8:00	Email Marilyn for log-on information
Peninsula Folk Dance Council	Adony Beniares	adony408@gmail.com
2nd Sunday	3:00 - 5:30	Zoom #: 555 444 300
Palomanians	Adony Beniares	adony408@gmail.com
Tuesday	7:00 - 9:30	Zoom #: 195 812 542
Tuesday Dancers	Bruce Mitchell	sfdc2000@icloud.com
Tuesday	7:30 - 9:00	Zoom #: 831 127 0586
Tuesday Santa Cruz Israeli	Alan Rothchild	rothdance@hotmail.com
Tuesday	8:00-10:00	Zoom #: 893 3862 3151 (PW=sapari)
Village Dancers Plus	Judy Kropp	judykropp40@gmail.com
Sunday	3:00 - 4:30	Zoom #: 825 5262 8923 (PW=697402)

If you'd like to publicize your virtual event to the folk dance community, send your email with any publicity flyers to

- Loui Tucker, Editor, at editor@folkdance.com or loui@louitucker.com
- Kevin Greek, Federation Website Manager, events@folkdance.com
- The Federation's Google Groups at FDF-CA@googlegroups.com

Jim Gold International Folk Tours: 2021-23



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broadens
one!

Our trips are for folk dancers, non-dancers,
and anyone with a love of travel and culture.

www.jimgold.com



2021

ALBANIA and KOSOVO: May 4-16, ext. 16-18, 2021

Led by Lee Otterholt. Tirana, Durres, Vlora Folk Dance Festival!
Kruja, Saranda, Berat, Shkodra, Gjirokastra

PERU, BOLIVIA, CHILE: May 22-June 3, 2021

Led by Martha Tavera. Cuzco, Sacred Valley, Machu Picchu,
Quechua Village, Lake Titicaca, Uyuni, La Paz, Atacama Desert

NORWAY, DENMARK, SWEDEN: June 8-21, 2021

Led by Lee Otterholt. Oslo, Gothenburg, Helsingborg, Copenhagen

BULGARIA: August 2-15, 2021 **Koprivshtitsa Folk Festival Tour!**

Led by Jim Gold, Lee Otterholt, Lee Friedman
Sofia, Plovdiv, Bansko, Veliko Turnovo

GREECE and the GREEK ISLANDS: October 9-22, 2021

Led by Jim Gold and Lee Otterholt.: Athens, Nauplia, Sparta, Olympia,
Delphi, Meteora, Mycenae, and Epidaurus, **Greek Island Cruise to**
Mykonos, Crete, Rhodes, Patmos, Kusadasi (Turkey)

2022

ISRAEL: March 13-24, 2022 or Germany in June

Led by Jim Gold, Joe Freedman, and Lee Friedman
Jerusalem, Masada, Tel Aviv, Galilee, Haifa, Tiberias, Safed,
and Golan Heights

ROMANIA: October 3-16, 2022 **Klezmer and Folk Dance Tour**

Led by Jim Gold with Nancy Hoffman and Lee Friedman
Bucharest, Brasov, Sibiu

2023

GERMANY, AUSTRIA, LIECHTENSTEIN, SWITZERLAND

June 14-27, 2023. Folk Dance and Yodeling Tour

Led by Jim Gold, Lee Otterholt, and Lee Friedman
Munich, Salzburg, Innsbruck, Swiss Alps, Lucerne, Zurich

IRELAND: August 5-17, 2023

Led by Jim Gold and Lee Friedman
Galway, Connemara, Aran Islands, Doolin, Killarney, Kerry, Cork, Blarney, Dublin
Malaga, Cadiz, Seville, Cordoba, Jaen, Granada

SPAIN: September 14-27, 2023: Led by Lee Otterholt

TOUR REGISTRATION: Can't wait to go! Reserve my place! Choose your tour. \$200 per person deposit. Or register and send deposits on line at: www.jimgold.com/folk-tours

Tour(s) desired _____

Name _____ Address _____

Phone(_____) Email _____

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THE FAMILY PHOTO ALBUM

I had so much fun with the Then and Now photos last month, I decided to share a few more. LT



IT HELPS TO STAY IN SYNC

by Loui Tucker

What do folk dancing, crew rowing, and being in a marching band have in common? What about them builds strong social ties and creates an enhanced sense of well-being? They all involved doing things *in sync*!

A *Let's Dance!* reader tipped me off to an article in the October issue of *Scientific American* by Marta Zaraska entitled "All Together Now –

Synchronized activities such as group dancing and exercise promote surprisingly strong bonds, probably through changes in brain chemistry." The title fascinated me (I will send a copy to anyone interested in reading it). It acknowledges that we humans are, for the most part, social creatures that like to form groups – from book clubs and sewing circles to churches and political parties. We tend to hang out with people who are like us and enjoy what we enjoy. However, what this article seems to indicate is that when we do whatever it is we do in our group in a *synchronized fashion*, it enhances the sense of well-being, connectedness, belonging, and loyalty to the group. If we don't know the group members well to begin with, our brain and body chemistry actually encourage us to bond with them.

It starts with the fact that our bodies are flooded with endorphins when we move strenuously. Anyone who runs, plays tennis, or has danced for a couple of hours knows that warm, buzzy feeling you can get. The studies mentioned in the article seem to indicate that, when these activities involved *synchronized movements*, the effect of the endorphins is *enhanced*. If you run alone, or run in a group that moved randomly, the endorphins flow. If you run in sync with someone or with a group, you get a boost! Athletes who row with a crew get more of a boost than solo rowers. Dancers in a group that move together get more of a boost than solo dancers (no mention was

made of dancing alone in your home while you watch people dancing in Zoom squares). One experiment in particular showed that, when it comes to dancing, synchrony boosts the effects of endorphins far more than dissonant moves around the floor.

It was also noted that brain activity is different when synchronized activities are involved. Brain analysis in one study showed that non-synchronous activity activated just the *left* side of the brain, whereas synchrony activated both hemispheres of the brain. This suggests that synchrony is a far more complex behavior than simpler movements and perhaps leads to a greater commitment to that activity. The camaraderie that is built is more than just "we share a common belief" (church) or "we're working toward a common goal" (political parties). It binds us as a group wordlessly, effortlessly!

It is well-known how our bodies react to conflict and stressful situations: headaches, insomnia, ulcers, increased blood pressure, chest pain, even PTSD. Those reactions are part of the body's "fight or flight" response. If our body and brain react negatively to stress and conflict, it appears they also reward and reinforce our efforts to build bridge and connect with others. When we are in sync – literally in step with others – we build a better, stronger community.

P.S. If you want another analysis of what dancing together does for us, read Trudy Baltz's tribute to Denise Lucero (see p. 12).



**When we are in sync
– literally in step
with others – we
build a better,
stronger community.**

GLOBAL KOLO FESTIVAL 2020

FRI & SAT, NOVEMBER 27 & 28

Let's come together to share dance, music, traditions and more
with old friends and new, locally and globally!



All your old favorites ...

- Dance Classes
- Singing Classes
- Instrumental Classes
- Dancing
- Sing-Alongs
- Instrumental Jam Sessions
- Kefanas
- Parties
- Culture Corners

... and soon to be new favorites!

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- Cooking Demos
- Recorded International Dance Music

Musicians from around the world playing folk dance music for you from:

- Albania ■ Bosnia ■ Bulgaria ■
- Canada ■ Croatia ■ Greece ■
- Hungary ■ Israel ■ Macedonia ■
- Norway ■ Romania communities ■
- Romania ■ Serbia ■ Sweden ■
- Turkey ■ United States of America ■

*These plans and programs are subject
to change, of course!*



KoloFestival

For more information, go to KoloFestival.org or email info@KoloFestival.org

Q & A With Kolo Festival

by Bill Cope, Kolo Festival Director

We received your input via our survey. Here's what you told us you'd love to see at our 2020 Global Kolo Festival!

Invite folks in the dance's original country to log on. – You betcha!

It was nice when the bands also had a dance leader. – Definitely a first choice!

Lots of practice with technology ahead of time; multiple sound checks.

Clearly communicate your expectations of performers, of volunteers. Make it EASY for your audience to find/access your program.

– It's in the works! Wanna help? Email Bill@KoloFestival.org!

Variety of bands as much as possible and keep some kind of Kafana scene. –

In the works are three Zoom-rooms during our evening parties: main floor, kafana and choral/dance performance rooms, plus after parties! Over 20 bands have replied to our invitation to play live and/or recorded!

Follow up materials are made available! – Definitely!

Include in Festival materials a good guide for optimum use of Zoom, schedule times just for visiting, maybe in smaller groups under some sort of categories. – Adony Beniares and others are working with us and we will make the best info available on KoloFestival.org, and we will have break-out rooms for folks to schmooze!

Do it. Aim for a fun, community feel. – Locally and globally!

Feel the Love from those all of us who are so grateful for KF & other dance festivals every year, and of course especially this year – Thank you! We do this because of our love for you, too!

Basically, I go to Kolo for the great teachers. The workshops are my favorite. – We hope you enjoy Sonia & Cristian, and Joe this year!

Thank you from all folk dancers. You are making my life bearable during Corona!!! – We are always at our best together, in-person, on-line or Zooming!

I liked when the sessions were live, and then available as a YouTube recording afterwards, same or next day.

That way I could see what I missed, or if I had a conflict or mix-up. – Everything we can put on the California Kolo Festival YouTube page will be there!

Actually? I'll be happy with anything you do with folk music, singing, and dancing! (Though would prefer NOT to start before 10 am Pacific Time, but that's just me. not a morning person.) – You'll be happy with this year's schedule, but don't tell anybody, yet.

Will the two Johns be in it? Lots of live bands - kafana! – In the plan!

Good to have a combination of pre-recorded demos (avoids synch issues, generally), and the live instructor (answer questions, be more "real time," etc.) – In the plan!

You always do such a great job, Bill. I trust your creativity even in this unprecedented situation. – Aw, shucks, thanks!

The best thing about the actual Kolo Fest is the live music! Whenever possible have bands play in a safe outdoor space for virtual dancing. When not possible, use non-standard recordings of Balkan music. – You got it!

Multiple-part sheet music of the notes of Michelle's songs would have helped, not just the words. I realize notating ornaments may be hard, but even notes for the basic melody would help. – Michele has heard you!

PLAY-ALONGS! – Definitely!

Dance group performances! – You'll be able to watch Radost and others during the festival!

Please join us at 2020 Global Kolo Festival. We're always at our best with each and every one of *YOU*!

**What are they saying about
KOLO FESTIVAL?**

The 2 Johns are both gems and I look forward to their daily hour every year.

Feel the Love from those of us who are so grateful for KF & other dance festivals every year, and of course especially this year.

Kolo Festival separates itself from the other festivals because of all the bands and the people who come to form different choirs.

The two days of Kolo Festival are two of my favorite days of the year!

Just please do it!

I go to Kolo for the great teachers. The workshops are my favorite!

Come see what all the buzz is about!
Thursday, November 26 through Sunday, November 29

For more information, check out the website, KoloFestival.org or join our California Kolo Festival Facebook page

NEWS FROM AROUND THE BAY . . .

RAZZMATAZZ – Marilyn Smith

I look back at a photo from one of our annual Red & Black Balls at Monroe Hall with a sense of nostalgia and wonder when we'll be able to dance like this again. The Red & Black Ball in early March 2020 was our last big folk dance party together.

Our group, which is based in Sonoma County, has other hurdles in addition to COVID-19. Though some groups are doing some outdoor dancing, Sonoma County has had to contend with smoky skies from multiple fires so outdoor dancing would be hit and miss depending on the latest Purple Air scores.

Meanwhile, we meet weekly on Zoom and just finished four weeks of our 15-week intermediate class for the Fall. I've continued to teach dances from last year's Stockton Folk Dance camp which were on my program for the spring before our class session was suspended due to the virus. I am enthused about teaching the new dances I've learned at the virtual Stockton Camp this year.

Each week our Zoom sessions not only give us the opportunity to dance together at a distance, but in this perilous time of fires, a chance to check in with everyone. **Many folk dancers in our group faced mandatory evacuations or chose to evacuate because of the smoke or because they were in an evacuation warning zone.** Many still logged on to our Zoom session even though they were no longer in their own home and staying in other communities. Sonoma County folk dancers are resilient, and our folk dance community sustains us in these difficult times.

SAN FRANCISCO DANCE GROUPS – Linda Milhoan

Changs International Folk Dancers meet via Zoom on Friday evenings, dancing 7:30-9 pm, followed by a "get-to-know-you" time focused on a suggested topic. For example, one evening we talked about a favorite dance and why we liked it. Several people mentioned missing set dances and partner dances, difficult to do when dancing alone. Another week we shared new things we had learned, such as quilting, learning a new language, or playing the ukulele. An especially interesting theme one week was to tell about first jobs. Among them were delivering newspapers, babysitter, retail worker, agricultural worker (hard work for low pay!), teacher, dental assistant, and flight attendant for an international airline.

Since our homes are now our dance venues, another week we were invited to show something

special from our homes. Linda H. shared photos of her family before her grandparents emigrated from Russia; Michel H. showed a full-sized table of inlaid wood crafted by her grandfather; Wendy B. shared her children's art work; Craig B. shared some ethnic costume and dance postcards from around the world (from a total collection of over 150K!); and Marina C. shared some of her watercolor botanical paintings. These are just a few examples of some very special talents, interests and experiences of our fellow dancers, that we might never have learned about were it not for the isolation of the pandemic and the good fortune of having the technology to bring us together.

Edith and Paul Bourbin, the leaders of Mandala Folk Dancers, have continued their Sunday Happy House, a gathering of the neighbors in their court. Late summer in San Francisco means temperatures in the mid-eighties. They start with dancing, which everyone seems to enjoy, whether participating or watching. Since it was the last day of Rosh Hashanah, Edith decided to teach two easy Israeli dances, Zemer Atik and Kvar Acharey Chasot, using the basic dances with modifications for physical distancing. Most of the dancers are women; their husbands prefer kibitzing from the sidelines. Our photographer, Anthony Ismail, is the talented young son of the woman in the black and white skirt. Since she cannot dance at Mandala – yet – at least Edith can share her love of folk dance with her neighbors.



Edith Bourbin (right) leads the dancing for her neighbors. *Photo by A. Ismail.*

... AND BEYOND

NORTH BAY – Carol Friedman

We're dancing virtually in the North Bay, certainly through the end of this year, and likely beyond, and we're still having fun. I'm teaching Israeli on Sunday mornings, and Balkan/International on Monday nights.

My latest favorite dance is Furla, a lively contemporary Bulgarian dance introduced by Gergana Panova. I saw this at one of the Peninsula Folk Dance Parties. I also stumbled on an interesting version of Sa Cocek – this one is from Albania and is called Sa Gjijile (also spelled Xhinxhile). It has a similar structure (10-counts), but a subtly different pattern and geography.

Coming up this month, by request, I'm doing a virtual Balkan session with a focus on Pontic dances. I'm digging into my own repertoire and looking at online videos. Definitely on the list are Dipat and Samson, both Greek dances that I originally learned when I participated in Yannis Constantinou's annual folk dance seminar in Prespa. I'll also be including Tamzara (Armenia), Tik (Greece), Ordu (Turkey), and maybe more.

In my Israeli class, I've been bringing back old favorite line dances including Zodiak and Naomi, plus some top hits from Gadi Bitton's repertoire (Salamati, Ya Raya, Or Chadash).

I invite any of you looking for more opportunities to dance to contact me at 415-663-9512 or cjay@horizoncable.com if you'd like to join us.

PENINSULA COUNCIL – Adony Beniaries

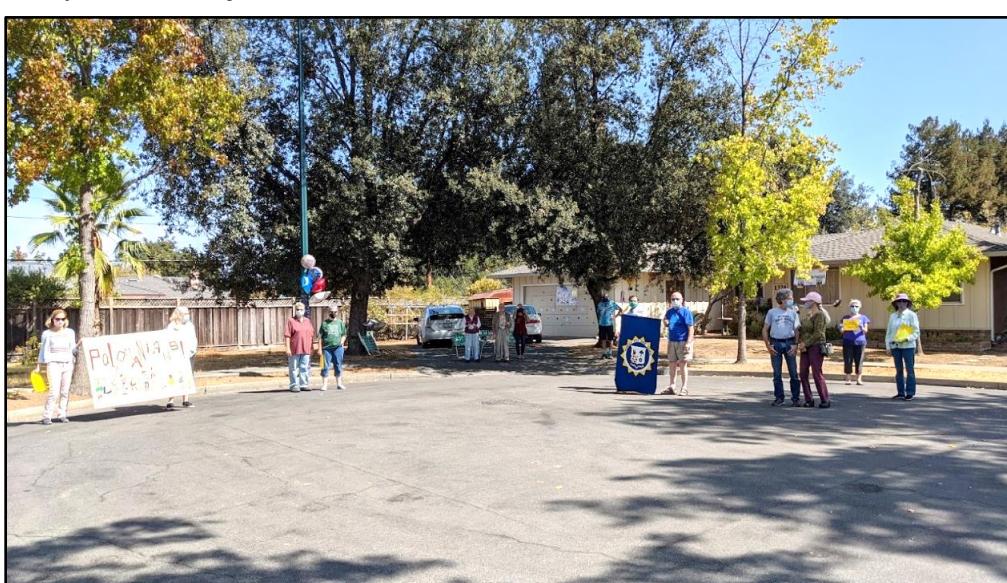
On September 18, the Peninsula Council celebrated **Don Burnham's 97th birthday** by decorating the house he shares with his wife Maxine. People decorated their cars for a drive-by and sang him a socially-distanced birthday song. Members of Don and Max's family also drove by, one of them driving in circles while playing happy birthday on a trumpet! Special thanks to Lesley Bone and Ann Kleiman for all the surprise decorating they do for people's significant events.

For the Peninsula Council, we have already begun **planning our party dates for 2021**, looking at scheduling online parties, as well as dancing in person whenever that becomes possible. We look forward to, and will be ready for, the day we can have monthly parties in person and the Global Folk Dance Party online.

If you read this before October 25, please remember to join us at **Movable Feet Club's Second Harvest of Silicon Valley fundraiser**. More info can be found on the Calendar of Events (see p. 4) and on the Federation website, folkdance.com. Please donate if you can as this was a charity dear to Lucy Chang's heart.

The Saratoga Folk Dancers continue to dance in person on the courtyard between the church and the social hall at St. Archangel Michael Serbian Orthodox Church. Contact Loui Tucker (loui@louitucker.com) for information. Also see her article on p. 15.

Continued on p. 12



Celebrating in the court outside the Burnhams' home. Happy 97th Birthday, Don!
Photo by A. Beniaries.

NEWS FROM AROUND THE BAY - *continued*

SACRAMENTO – Barbara Bevan

I am very sad to report that **Denise Lucero** passed away September 21, 2020. She was truly a star in our local folk dance community with boundless energy, enthusiasm, and a real passion for dancing. She went to all the northern California classes, workshops, parties, and festivals. She loved to teach new dances. We depended on her to lead so many favorite dances. Before moving to the Sacramento area, she lived near San Diego. I asked her why she didn't move to this area. She said that in San Diego she could dance every day! She did eventually move to Stockton to care for her aging mother. Living in Stockton enabled her to dance in Sacramento, Turlock, Davis, Shingle Springs, Roseville, even Palo Alto! In addition to dancing, she enjoyed her four chihuahuas, gardening, and developing her unique clothing style. She would often share vegetables and cuttings from her garden at dance events. She is survived by her daughter Nicole Ramos, grandson Wes, other family members, and her many folk dance friends. Rest in peace, dear Denise.

What a year 2020 has turned out to be! The California fires, the pandemic, the racial tensions, the election. Trying to remain positive is not easy, but possible. I have to admit that Zoom has been very helpful. I'm grateful for dancing in Italy with Roberto Bagnoli, in New Jersey with Murray and Randi

Spiegel, with Adony Beniares & the Peninsula Folk Dance Council, in Sacramento with Kolo Koalition, in Southern California with Lee Otterholt, and many more. Zado Singers in Sacramento sing on Zoom. Other singing, music, and language workshops abound. Check out the Kolo Festival November 26-29 online at KoloFestival.org and

Hadi Babazadeh

California Kolo Festival on Facebook.

Several folk dancers have asked me about **Hadi Babazadeh**. He is in good health at the ripe old age of 99. He keeps busy reading, watching TV, washing dishes, watering plants, with many naps in between. He has a very good house servant and cook...me!

All is not lost. We will rise and DANCE again!



Remembering Denise Lucero

by Trudy Baltz

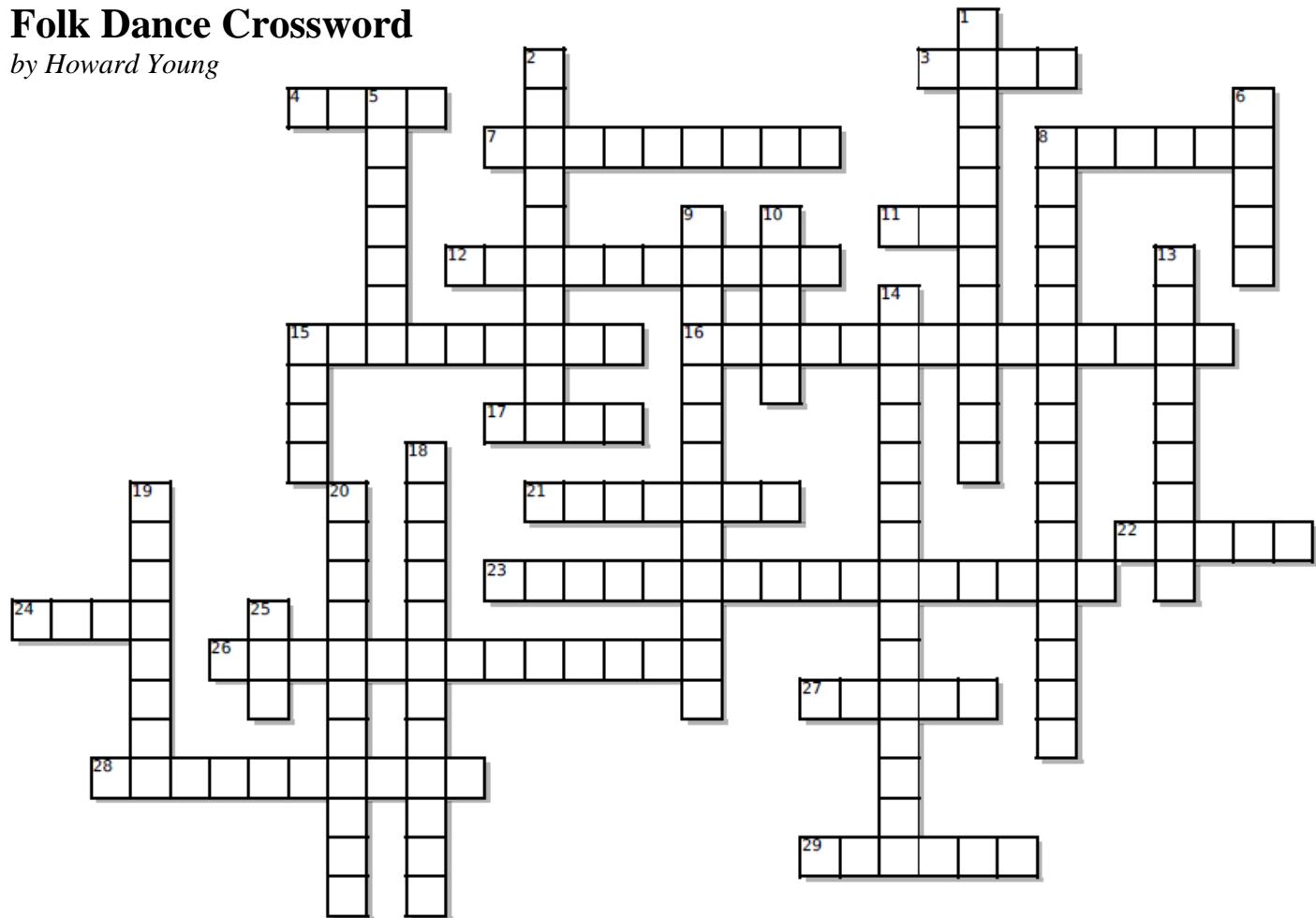
Over the years when we have lost a dancer who has been a presence as vivid as that of Denise, I have often thought how difficult it is to adequately respond to his or her passing. So much of how many of us know each other is contingent on dancing together. There is the music, with its myriad of scale modalities, foreign and exhilarating to our ears; the magic of complicated rhythms that carry us away to different times and places; **the smiles emanating across the room, tying one person's joy to another's; the deep, wordless connections felt as we hold hands.**

Denise was utterly devoted to folk dance. She was a life-giving presence for those of us blessed to dance with her. I told her during her final weeks that whenever I pictured the dance world we shared, she was at its heart, whether leading, teaching, being silly, or just plain lovely to watch. I want to believe that, during her final days of drifting in and out of consciousness, she found herself dancing through time and space, filled with all the ways the joy of dance had blessed her life.

Denise and her dancing spirit will be with me always.

Folk Dance Crossword

by Howard Young



ACROSS

- 3 cha-cha mixer
- 4 Norwegian waltz
- 7 perhaps Mihai's most famous
- 8 it translates as walking, and is often first on the program
- 11 first name in Polish dance
- 12 the newer version is sung by young boys
- 15 classic Mihai
- 16 a Scottish classic in Varsouvienne position
- 17 Levi Jackson and Salty Dog
- 21 express train
- 22 old time kolo
- 23 a classic from Sunni
- 24 an expressive solo dance from Cristian and Sonia
- 26 Scottish pyromaniacs favorite?
- 27 this Bulgarian line dance in 2/4 can be slow or fast
- 28 Italian arachnid
- 29 classic Czompo solo

DOWN

- 1 a Taiwanese thigh slapper
- 2 widely done in old Yugoslavia
- 5 Macedonian slow, quick, quick
- 6 Israeli dance most of us learned early on
- 8 a Polish snooze
- 9 marriage in New Zealand?
- 10 a Ukrainian classic
- 13 a sugar-coated female from Armenia
- 14 woman's dance from Moreau
- 15 Portuguese dance
- 18 Austrian dance with big and little windows
- 19 crossover from Africa
- 20 a blue gemstone English country dance
- 25 don't say gypsy

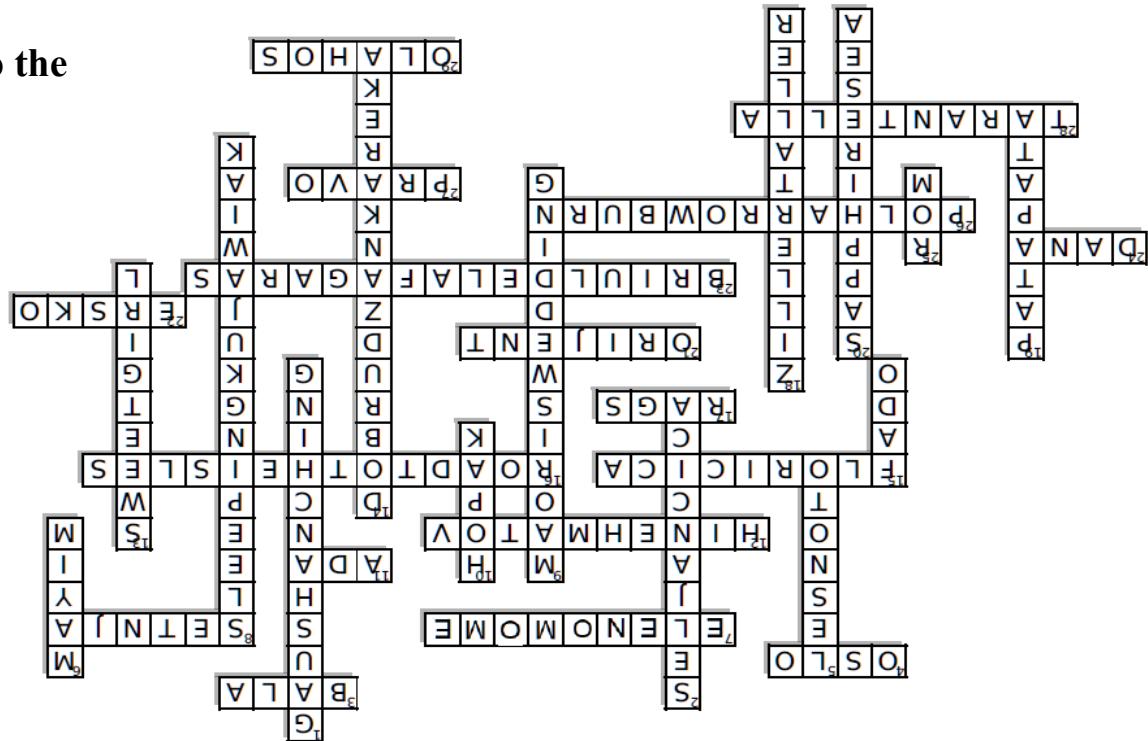
Answers on p. 14.

FROM THE *LET'S DANCE!* PHOTO ARCHIVES



Who recognizes them? This is NOT the Monthly Challenge! You'll have to look elsewhere for that this month.

Answers to the Crossword Puzzle



WE HAVE A WINNER!

The last *Let's Dance!* Challenge was won by Bruce Mitchell, a past president of the Folk Dance Federation and former director of Stockton Folk Dance Camp. He was the fourth person to correctly identify **Henry "Buzz" Glass and his wife Frances** in the photo above. Congratulations, Bruce!

Several people emailed some variation of “Buzz Glass and his wife – can’t remember her name.” Frances was very camera shy and there are very few photos of her.

Buzz called for the formation of California's Folk Dance Federation in May of 1942. He was the Federation's first president and Frances Farnell was the first secretary. They married in December of 1942.

SARATOGA FOLK DANCERS ARE DANCING IN PERSON!

by Loui Tucker

By the time you are reading this in late October/early November, the Saratoga Folk Dancers will have been meeting to dance in person, once a week for nearly three months – since August 7. We dance from 7-9:15-ish every Thursday, in the courtyard between the church and the social hall at St. Archangel Michael Serbian Orthodox Church in Saratoga.

Yes, we are all wearing masks. Yes, we are dancing 6' apart. Yes, we are dancing on a concrete surface. There are no snacks and we bring our own water bottles. We are not doing couple dances or set dances, except for an occasional couple dance where dancers are willing to dance their part with an imaginary partner. **BUT WE ARE DANCING TOGETHER!**

I have been asked by many people: Why has it been so important for me to get these groups back together? Isn't Zoom dancing enough? Isn't dancing in person risky? Why dance on a concrete surface when it's so hard on your knees, backs and hips?

The first two questions are flip sides of the same coin. No, Zoom dancing isn't enough – for me. I understand that, for many dancers, it has filled a void, even brought them joy. I, on the other hand, tried it way back in March and April and I came away more depressed than uplifted. Instead of feeling connected, I felt *disconnected*. It made me long even more for a circle of smiling dancers in the same room. I tried Zoom dancing once a month after that, just to be sure, and it simply does not work for me. I can *learn* a dance via Zoom, and I did, but I cannot dance for my own pleasure.

Isn't dancing in person risky? In 2020, I suppose any activity that removes you from the safe environment of your own home is risky. However, we are taking the same precautions we would take for a trip to the grocery store. With the hospitalization rate, as well as the percentage of tests coming back positive, both dropping here in the San Francisco Bay area, I felt the risk was diminishing and, with the passing months, has diminished further.

Dancing on concrete is not ideal, of course, but there were few alternatives. I could not find any easily-accessible, wooden dance floor of any size outdoors. Dancing in a park was a possibility, but the vagaries of grass fields make dancing treacherous in other ways. The choices were concrete or not at all.

I trusted the dancers to weigh the choices and make decisions based on their own needs, willingness to take risks, and physical limitations.

So how is it going? From my personal perspective: great! Pre-COVID, there were typically 45-50 dancers in our dance hall; now 10-15 gather to dance in the courtyard. We start with easier, slower dances, and build up to more complex and energetic ones. Turns are optional. I occasionally review/refresh a dance that has developed mental holes. When the sun goes down, we turn on portable lanterns. As I am writing this in early October, the evenings are still warm enough to dance outdoors and the winter rains have not started. Eventually we will have to go on hiatus again but, for now, we will dance.

Should I point out that, as Marian Snyder posed in her President Message (see p. 3), if you fall while Zoom dancing, who will notice, pick you up, check for injuries, call 911? If one of us falls – and no one has – there are plenty of people around to handle the situation.

Best of all, when I drop into the front seat of my car at 9:30, my body is warm with the old joy of having danced with other people.

It may be too late now for your group to consider an outdoor event, but if it isn't, wouldn't dancing together just once be worth it?





Are you a Folk Dance Federation member?

All dancers from beginners to seasoned veterans should be. If you don't know what the Federation is or what it does, go to www.folkdance.com to find out. Help support our dance community that provides us with friends, family and fun. Now is the perfect time to join. See below for the **special new member benefit.**

Join the Folk Dance Federation as a new individual member or family member (no membership for the past five years), and receive a coupon good for **ONE FREE DAY at any Federation sponsored or co-sponsored event.**

Officers Ball (October)
Festival of the Oaks (February)
Heritage Festival (March)
Camellia Festival (March)
Blossom Festival (April)
Statewide (May) [Friday or Sunday only]

Name: _____
Address: _____
Phone: _____ Email: _____
Club/Group Affiliation (if any): _____

Enclose annual dues:

Individual	Family	Group/Club	Students
\$35	\$45	\$40	\$25



Make check payable to Folk Dance Federation of California
Mail this form and your check to:

Marcia Rosenblatt
927 Springfield Drive
Millbrae, CA 94030

For additional information about membership
e-mail membership@folkdance.com

Manastır

(Turkey, Thrace)

Manastır (mah-nahs-tur) means Monastery. Manastır was the old Turkish name for Bitola, the city in the current day Republic of North Macedonia, which is featured in the song. The dance is from Thrace in the Northwestern Turkey. It was first taught in Japan in 2018, and subsequently at the 2019 North-South Folk Dance Teachers Seminar. It was presented by Ahmet Lüleci at the 2020 Stockton Virtual Folk Dance Camp held on Zoom.

Music: 4/4 meter Videos and music are also available on CD and DVD #12 and a Stockton Virtual CD/DVD from Ahmet at luleci.com.

Video: 2020 SVFDC Downloads. To view, contact a camper who donated to Stockton Folk Dance Camp and received access to the downloads.

Formation: Mixed open circle of dancers facing CCW, hands joined arms in V-pos.

Steps & Styling: Slow, elegant, light, and meditative, with small steps.

Skip-step: 2 quick steps on the toe of the first foot and the sole of the second (also called ker-plunk or bloop-bloop).

Measures	4/4	PATTERN
4 meas		<u>INTRODUCTION</u> . Wait 4 measures or one time through the instrumental melody.
I.		<u>FIGURE I. TRAVELING CCW</u> .
1		Facing and moving CCW, step R fwd (ct 1); Skip-Step L, R (cts &, 2); two slow steps fwd L, R (cts 3, 4).
2		Repeat meas 2 with opp ftwk, continuing fwd, CCW.
3		Turning to face ctr and bringing arms up in W-pos, step R to R (ct 1); step L behind R (ct 2); quick step R in place (ct &); repeat with opp ftwk and direction (cts 3, 4, &). Optional: small lift of free ft on the “&” before ct 1.
4		Facing ctr, step R to R (ct 1); lift L leg fwd (ct 2); step L to L (ct 3); lift R leg fwd (ct 4). Bring joined hands down to V-pos to repeat Fig I, or to continue to Fig II.
II.		<u>FIGURE II. IN AND OUT OF CENTER</u> .
1		Skip-Step fwd twd ctr, R, L (cts &, 1); three steps fwd R, L, R (cts 2, 3, 4).
2		Repeat meas 1 with opp ftwk, continuing twd ctr.
3-4		Repeat Fig 1 meas 3-4.
5-6		Repeat meas 1-2, but all steps are bkwd, moving away from ctr.
7-8		Repeat meas 3-4.

Sequence: Leader indicates the sequence by either pointing to R (CCW) or pointing twd ctr. Dance can also be done with Figure I during the vocal part and Figure II during the instrumental.

Lyrics

Manastırın Ortasında

Manastır’ın ortasında var bir havuz
Canım havuz
Bu yurdun kızları hepsi de yavuz
Biz çalar oynarız

Manastırın ortasında var bir çeşme
Canım çeşme
Bu yurdun kızları hepsi de seçme
Biz çalar oynarız

Manastırın ortasında var bir pınar
Canım pınar
Bu yurdun kızları hepsi de çınar
Biz çalar oynarız

In the middle of the Monastery (Bitola)

There’s a pool in the center of the Monastery
Sweet pool
All the girls are strong
We play (musical instruments) and dance.

There is a fountain in the center of the Monastery
Sweet fountain
All the girls have been chosen (beautiful)
We play and dance.

There is a spring in the center of the Monastery
Sweet spring
All the girls are like maples (memorable)
We play and dance.

SOCIETY OF FOLK DANCE HISTORIANS (SFDH)

by Dick Oakes

The Society of Folk Dance Historians (SFDH) is on the web at sfdh.us. Sections include About, Encyclopedia, Periodicals, and Members. There are also Can You Help?, Ron’s Section, and Videos.

If you’d like to see what documents are held, click on SFDH Document Holdings from the main page. Also, from the main page, you can get a copy of the 2020 Group Directory of Folk Dance, Song Groups, and Ensembles.

Want to know what dances have been published in the *Folk Dance Problem Solver* to date? Go to the Encyclopedia, click on Folk Dance and scroll down to Problem Solver Alphabetical Index or Problem Solver Regional Index.

The SFDH has added many files to its Encyclopedia. They are divided into several categories, including Camps Active, Camps Closed, Cultures, Dances, Folk Dance, Geography, Music, Organizations, People, Publications, Recordings, Songs, and Miscellaneous. There are over 1,400 articles on the SFDH website.

The SFDH is seeking an Executive Director who will –

- increase public access to the Society archives and library, and
- direct research about the history and practice of recreational folk dancing.

Please send a cover letter and vita to SFDHist@gmail.com.



What's Up Down South?

~ News from Southern California ~

JOHN FILCICH RELOCATES

After many years of living in Southern California, John Filcich has moved north to Arcata. We wish him well in his new home. In addition to being an excellent dancer and teacher, he supplied all of us with the needed music to dance to with Festival Records. He organized and started many festivals, including Kolo Festival, in addition to attending as a teacher and provider of music. He will be living in Arcata with his daughter, Jana Ashbrook.

Message from John

Yes, it has been a major change in my life, and it will take some time to acclimate. Maybe it was time, plus I'll have someone to assist me when I get old and need it. My son, Mark, lives in Burbank and will take care of things as best he can. I was not totally enthusiastic about leaving Los Angeles and the folk dance world there, but was encouraged by family and I realized it was for the better. I will be in Arcata, a few miles from Eureka, on what was a horse ranch before, at the end of a dirt road. Redwood trees have been my favorites since I saw the first one, and I actually used to live and work here decades ago, in the shadows of the famous Carson House. Legend has it that Carson used to sit at the window to make sure everyone was working.

Arcata is also not new to me in the world of folk dance. I attended and taught at all the weekend festivals held in recent years. It's the home of the fabulous Chubritza folk orchestra and a very nice dance group. All these factors should make for a great retirement location, and I intend to enjoy it all! Dance nights are Fridays (when the air is clear...) with Chubritza playing!

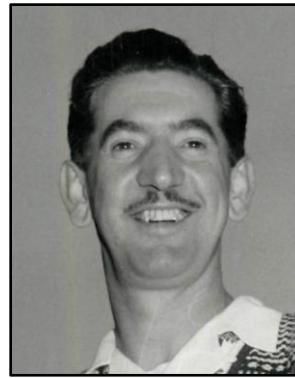
I refer to my new home as Arcata-near-Eureka. Did you know that Eureka is Greek for "I found it!"?

When You Can't Dance

by Nancy Milligan

As I write in September 2020, the COVID-19 pandemic is still with us. It's hard to say when this will ease up. Meanwhile, what to do?

There are plenty of things that don't have much to do with dance. For me there's always garden work.



John Filcich then now

There are those household projects that never got done while you were out dancing. If you play a musical instrument you can practice. Flutes and recorders, guitars and *tamburitzas*, and fiddles all come to mind. If you don't play an instrument you might start. Can you sing? You can practice some songs.

That brings up my next thought: *listening to music*. You can do that whether or not you can play or sing. We folk dancers often have only a little of anyone's music. We'll do a Macedonian dance followed by a Swedish dance followed by an Israeli dance. Mostly we use recordings – once phonograph records, now computer files – and they are typically only two or three minutes long. We have breadth, but not so much depth. Firsthand students of folklore like Dennis Boxell and Dick Crum suggested we'd get more out of a dance if we were better acquainted with the music.

I discovered this for myself when, a few years ago, I happened to fall in love with *tamburitza* music. These are the plucked-string instruments of southern Croatia, northern Serbia, Bosnia, and thereabouts. I joined the Tamburitza Association of America. No, I can't play any instruments, but whenever the annual Tamburitza Extravaganza was anywhere nearby, I saved my pennies and went. After a weekend of *tamburitza* music, I felt a lot more at home with it.

You can get some of that by just generally listening to music more. Play it while you wash dishes or mop the floor. The more, the merrier.

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**When you dance, as in life,
your purpose is not to get to a
certain place on the floor. It's
to enjoy each step along the
way.**

~ Wayne Dyer

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
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