



Folk Dance Scene



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Folk Dance Scene Committee

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Folk Dance Scene

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On the cover: View of Statewide 2017 from the stage



Folk Dance Scene

Volume 53, No. 6
August 2017

Editors' Corner

It's good to be back home after a delightful trip to the East coast. Summer is sizzling, and we hope you are managing to keep cool.

This month's issue features a farewell from outgoing Federation president and Statewide chairman, Marshall Cates. Marshall has been a marvelous force in the Federation and in the Pasadena Co-op for many years.

The column next to this is usually *The Corner*, but it's on vacation this month. Remember that we want to feature members of your club who may not get the recognition that they should. Just write a brief bio and information about their contribution to your club and submit it to editor@FolkDanceScene.org by the 10th of the month. A picture of the person being recognized would be appreciated.

We hope you enjoy this issue. You can learn about string skirts, see what's happening at Narodni and enjoy some poetry.

Be of good cheer!

Pat Cross and Don Krotser

For information about dancing in the area, contact the Federation at 310.478.6600 or Federation website: SoCalFolkdance.org

Table of Contents

| | |
|-----------------------------------|----|
| Editors' Corner | 3 |
| Marshall's Farewell | 4 |
| Calendar | 8 |
| On the Scene | 10 |
| Recent Events | 11 |
| Dancers Speak | 12 |
| Poetry Corner | 14 |
| What's Happening at Narodni | 17 |
| Club Directory | 18 |

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MARSHALL'S FAREWELL

As I am now immediate past president (Valerie Daley is so happy), *Scene* asked me if I wanted to write a farewell address to our readers and my past constituency. I agreed.

I was raised in the state of Washington, where nearly every Saturday night, my family would go to a grange dance. A "grange" dance was a dance held at a local grange hall and usually consisted of a 4-person band doing couple dances from 9 'til 1 a.m. These were mostly Scandinavian dances along with polkas, waltzes, and fox trots, with some squares thrown in. I danced a lot in college, ballroom and new dances like the twist! Dancing was interrupted while I went to graduate school and had twins, and then a new job in LA. However in the early 80's it was time to start dancing again. At a local college alumni meeting, I, in small talk, mentioned that I couldn't find grange dancing anywhere in the LA basin. The person I was talking to replied that they knew of such a place and would put me in contact. They were wrong, but they spoke to a group in Long Beach (I know not which) who generously contacted the Pasadena Folk Dance Co-op, who invited me to come and dance with them. I soon learned that folk dancing was something very different, but it was dancing. I got involved, so soon I was doing jobs for the Co-op and was asked to be scholarship chair for the Federation. Two years of that under Dave Slater and I became Vice President under Lila Aurich. Lila asked me to organize a "Salute to the Olympics" festival in Culver City. We had about 200 people out on the grass along with food vendors. (Training for a Statewide.)

The first president of the Federation and the first president from the Pasadena Co-op was Allen Pelton. Forty years later I was the second Federation president from Pasadena. I am pleased to say that since then there have been five more presidents from the Pasadena Co-op. One of my first jobs was to get the Statewide planning going, but first we had to find a location. Using a contact on the school board, I finally arranged to use Blair high school in Pasadena. Lila Aurich and Dorothy Daw agreed to co-chair the event and I served as facility manager (very time consuming - I didn't get to dance). After that, I chaired five Statewides (Culver City-91, Arcadia-93, Pasadena-03, Santa Barbara-13, and Reseda-17) and served many years on the fiscal committee.

In the mid 80's the Co-op had to move to a room that had a cement floor and we lost many dancers, including our main teacher, Ray Augustine. I opened, closed, taught and led the Co-op while Cheryl covered all the social aspects of the group during the years that we were without a good floor. Finally, we were able to move to our current location for the last 30 years, which has a lovely floor. Ray returned and for many years Ray and I were the primary intermediate teachers and Ester Purcell did beginning. Now we are blessed with the likes of Marc and Jan Rayman, Valerie Daley, Pat Cross and Don Krotser, Ann Armstrong, and Betchen Barber along with several rising teachers.

During Valerie's presidency (2010-2011 and 2012-2014), it became clear that the Federation had no candidates to succeed her, so I, well-rested, agreed to fill in for a while. This second term lasted for three years, during which I accomplished two main goals. First, we needed to bring in some new leadership. We now have, new to Federation leadership, a president, vice president, secretary, treasurer, and director of membership, all recruited over the last 3 years. My second goal was to make our website a useful tool for folk dancers. Several years back after Dorothy Daw's passing, I inherited 6 file cabinets full of dance syllabi (un-indexed) and so, with the immense help of Dick Oakes, I have scanned over 15,000 dance notes along with all of the major Southern California camp notes, which now are accessible on our website. We've also added historical pictures and many videos.

I ended my presidency with my last Statewide, Statewide 2017 in Reseda. While I believe that this Statewide was an artistic success, it was not a financial one, much to my dismay. We had two great teachers: Ercüment Kılıç and Loui Tucker, two bands: The Garlic Band and Interfolk, a wonderful exhibition, a beginners' workshop, square dance session, an auction-bazaar, and for the first time in many years, we recognized at the installation luncheon three of our long time members with Outstanding-Service Awards: Lila Aurich, Dick Oakes, and Steve Himel (see next page).

Statewides are a lot of work and the following people have my heartfelt thanks and deserve yours:

Bob Altman: Sound equipment

Ann Armstrong: Signs & local donations

Betchen Barber: Costume display
 Beverly Barr: Hotels
 Rick & Lynn Bingle: Treasurer and pre-registration
 Valerie Daley: Teachers
 Leslie Halberg: Publicity
 Pauline Klak: Exhibition
 Robin Martell: Video DVD
 Jay Michtom: Facilities manager and the beginners' workshop teacher
 Kathy Molga: Auction-bazaar
 Marc & Jan Rayman: Recorded programs, decorations and golden oldies dance session
 Sylvia Stachura: On-site registration
 Loui Tucker: Afterparty
 Gordon Wall: Ice cream social
 Shana Winokur: Band coordinator, singing session leader and, in her role as VP, the installation lunch

As my last act as president, it is my great honor to bestow the Outstanding Service Award to three individuals whom I have known, trusted, and admired for decades.

Lila Aurich is an active member of the West Valley Folk Dancers and became president at the same time that I became vice president, 1982-1985. We worked well together and I learned a great deal from her about the Federation, its traditions, and how it all worked. When after two years I was not ready to become president, she agreed to serve one more year so that I would be able to run for president, which I did. During my first presidency, Lila, along with Dorothy Daw, chaired their first Statewide, held in Pasadena (1987). Following that, for most of the intervening years, Lila served as parliamentarian and as chair of the Federation's fiscal committee. Whenever the Federation needed to revise its by-laws or standing rules, once again Lila accepted the challenge to lead us in creating better up-to-date documents.

Dick Oakes was a master teacher in the LA area ("was" because he moved to Colorado) before we finally got him to agree to be president in 1987-1988. His first task was to try to get us better organized with binders for each job description and rules to get us to pass on our knowledge to our successors. Dick is an expert on names, spellings, and how to handle the issues of diacritical marks and area styles, such as no dots over the 'I' in certain Turkish names. In Colorado, he maintains an extensive website which has a multitude of folk dance information, needed

dance notes, a biography, and links to other important sites. See <http://www.phantomranch.net/folkdanc>. For the last three years, Dick has been maintaining the Federation's website, <http://www.socalfolkdance.org>. He has turned an underutilized site to a most useful research tool. Together, he and I have posted nearly all of the southern California camp syllabi on-line, along with thousands of individual syllabi. With the help of the historian, Wen-Li Chiang, many photographs are there for perusal. We have even posted most of the past historian albums. Most impressive to me is that when I send a 150-page syllabus to be listed dance by dance, I get a message back in a couple of hours that says "done."

Steve Himel has always worked in the background, yet he became indispensable after a short period of time. While living in Southern California, Steve worked on the Laguna festival, *Scene*, and when Camp Hess Kramer needed help with their syllabus, it was Steve who came to the rescue. For many years, Steve handled the technical aspects of our website, keeping us up and running in a world of ever-changing technical challenges. Now, even though he lives up in the state of Washington, Steve still serves as ad manager for the *Scene*.

It is tireless workers like these who make the Federation possible. I personally appreciate all of their work and I am proud that the Federation is able to acknowledge their countless contributions.

*Thanks for the memories.
 Marshall Cates*



Valerie center, Lynn, Marshall, Roxanna behind - Friday night at Statewide



Loui Tucker teaching



Ercument Kılıç teaching with Joan Hantman

Scenes from



elsewhere Jay Michtom taught beginning dances



Krakusy Polish Folk Dance Ensemble

Statewide

John Filich and Ercument Kılıç





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Inverness, Fort William, Glen Coe, Loch Lomond

ROMANIA August 5-17: <http://bit.ly/2IQNUvO>

Led by Jim Gold
Bucharest, Sibiu, Cluj, Sighetu Marmatiei, Piatra Neamt, Brasov

BALKAN SPLENDOR October 15-28

<http://bit.ly/2mp1Ydz>
Led by Jim Gold and Lee Otterholt
Serbia, Croatia, Bosnia/Herzegovina. Montenegro



Tours in 2018

ISRAEL: March 11-22, 2018. Led by Jim Gold and Joe Freedman
JAPAN: April 1-14, 2018. Led by Richard Schmidt
NORWAY/DENMARK/SWEDEN: June 12-25, 2018. Led by Lee Otterholt
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CALENDAR

Note: Federation events are in bold.

CALL TO CONFIRM ALL EVENTS

AUGUST

13 *Eunice Udelf memorial*. A celebration of her life, 5:00 at the Stagecoach Inn Museum, 51 S. Ventu Park Rd. Newbury Park. Take the Ventu Park Rd exit from 101, and head south. This will be held outdoors (so dress appropriately) and will NOT be a pot-luck, so the organizer of the event, niece Kim Udelf, needs to know how many are coming. Please RSVP to KimUdelf@gmail.com See OTS.

English Country Dance. 4:00 -7:00 at Lindberg Park Stone House, 5041 Rhoda Way, Culver City

8/13 Caller: Victor Lindsey, Guest band 'Phoenix'

8/27 Caller: Renee Camus, Band: Whirled Peas (Bob Altman, David James. Patty McCollom)

9/10 Caller: Annie Laskey, Band: Interfolk (Kriss Larson, Jim Garner, Aimee Aul)

9/24 Caller: James Hutson, Band: Knuckledraggers

27-28 Cerritos Harwood Weekend, sponsored by Cerritos Folk Dancers. At Harwood Lodge, Mt. Baldy Rd., Mt. Baldy, CA 91759. 1 night lodging and 3 meals. Members, family members, and friends are all welcome. One men's bedroom and one women's bedroom. Bring your own bedding and toiletries. Cost: \$50 per person. Signup and info: Tong Lu or Wen Chiang – 562.865.8854

SEPTEMBER

2 - 4 *Greek Festival*. 12:00 - 10:00 each day, at Assumption of the Virgin Mary Church, 5761 Colorado, Long Beach. Info: 562.494.8929

9, 10 *Greek Festival*. 10:00 am – 10:00 pm Saturday, 11:00 am – 9:00 pm Sunday. At Sts. Constantine and Helen Church, 3459 Manchester Ave., Cardiff-by-the-Sea. Info: 760.942.0920

15 – 17 *Greek Festival*. At St. John Church, 5300 E. El Camino, Las Vegas, NV. Info: 702.221.8245

16, 17 *Greek Festival*, 11:00 a.m. – 11:00 p.m. Saturday, 11:00 a.m.-10:00 p.m. Sunday. At St. Basil Church, 27129 Calle Arroyo, San Juan Capistrano. Info: 949.542.3445

22 - 24 *Greek Festival*. 5:00 – 10:00 Friday, 12:00-10:00 Saturday, 12:00- 9:00 Sunday. At St. Anthony Church, 778 S. Raymond Blvd. Pasadena. Info: 626.449.6945

22 – 24 *Greek Festival*. 5:00 – 9:00 Friday, 11:00 a.m. – 9:00 p.m. Saturday, 12:00 – 6:00 Sunday. At Sts. Constantine and Helen Church, 43404 30th St. West, Lancaster. Info: 661.945.1212

23, 24 International Harvest Festival, at Balboa Park Club, San Diego, 12:30 - 4:30 each day. Free. Dance lessons, dance performances, arts & crafts, vendors, food & drink sales. Information: 619.287.5014 or yueugenia@yahoo.com, Website: sites.google.com/site/harvestfestivalbalboapark

9/29 - 10/1 *Greek Festival*. 5:00 – 10:00 Friday, 12:00 – 10:00 Saturday and Sunday. At St. Nectarios Church, 20340 Covina Blvd., Covina. Info: 626.967.5524.

OCTOBER

6 - 8 *Greek Festival*. 5:00 – 10:00 Friday, 12:00 – 11:00 Saturday, 12:00 -10:00 Sunday. At St. Sophia Church 1324 S. Normandie, Los Angeles. Info 323.737.2424.

7 *Playford-to-the-Present Ball*. English Country Dance. 4:00 -7:00 at Lindberg Park Stone House, 5041 Rhoda Way, Culver City. Special Guest Dance Master: Graham Christian, Band: Offbeats.

14, 15 *Greek Festival*. 11:00 a.m. – 9:00 p.m. Saturday, 11:00 a.m. – 8:00 p.m. Sunday. At St. Nicholas Church, 41132 Guava St., Murrieta. Info: 951.296.6207.

20-22 2017 Camp Hess Kramer Camps Review Weekend in Malibu, CA. Teachers: Beverly Barr, Gary Diggs, Denise Heenan & Israel Yakovee. Info: Beverly Barr 310.202.6166 or dancingbarrs@yahoo.com See ad.

2018

JANUARY

14 Pasadena Winter Festival, sponsored by Pasadena Folk Dance Co-op. At Scottish Rite Center, 150 N. Madison Ave., Pasadena, CA 91101, 1:30 to 5:30. Contact: Marshall Cates, 626.792.9118

FEBRUARY

11 International Dance Festival. Join the dance clubs of the IDA as they teach and demonstrate various styles of social dancing and give you a chance to learn easy, enjoyable dances from around the world! At Balboa Park Club, San Diego, from 12:00 - 5:00 p.m. Free.

NORTHERN CALIFORNIA

9/2 *Fourth Annual Summer Camps Review.* 1:30-8:30 at First Baptist Church, 305 N. California Ave., Palo Alto. Sponsored by Moveable Feet club. Info: LucySChang@gmail.com

9/30 *Dance with Ira Weisburd.* 3:00 – 10:00 at First Baptist Church 305 N. California Ave, Palo Alto. Afternoon workshop, potluck dinner, evening workshop, dance party. Info: LucySChang@gmail.com

OUT OF STATE

FLORIDA

1/19-22/2018 *Florida Folk Dance Council Winter Workshop.* (Note change from Presidents' Day Camp). At Clarion Hotel Orlando Airport, 3835 McCoy Rd., Orlando, FL 32812. Teachers: Tineke van Geel, Armenian, Mauritz van Geel, Caucasas and Gypsy. Info: folkdance.org

MAINE

8/13-19, 8/20-26 *Mainewoods Dance Camp 2017* at Fryeburg, Maine. Info: www.mainewoodsdancecamp.org

MISSOURI

8/18-21 *Hora Eclipse*, an Israeli FD camp tied to the total eclipse of the Sun (which will happen on August 21). At YMCA Trout Lodge and Camp Lakewood about 75 miles from St. Louis, Missouri. Info: hora-eclipse.com

NEW MEXICO

8/3-6 *New Mexico Camp* at Montezuma. Teachers Andy Taylor-Blenis and Miroslav Marcetic. Info: www.swifdi.org or Dorothy Stermer, stermer@comcast.net

NEW YORK

8/5-8/12 *East Coast Balkan Music & Dance Workshops* at Iroquois Springs near Rock Hill in the Catskill Mountains. Info: <https://eefc.org/balkan-camp/east-coast-balkan-music-dance-workshop/>

OREGON

9/1- 4 *Balkanalia*, Balkan Music and Dance Camp at Camp Angelos, Corbett. Info [www.//balkanalia.org](http://www.balkanalia.org).

FOREIGN

BALKAN

10/15-29 *Balkan Splendor!* Led by Jim Gold & Lee Otterholt. Serbia, Croatia, Bosnia/Herzegovina, Montenegro. See ad. Info: Jim Gold jimgold@jimgold.com or www.jimgold.com

ROMANIA

8/5-17 *Romania!* Led by Jim Gold. Bucharest, Sibiu, Cluj, Sighetu Marmatiei, Piatra Neamt, Brasov. See ad. Info: Jim Gold jimgold@jimgold.com or www.jimgold.com

9/12-23 *Ethnographic Trips to Transylvania, Cluj & Napoca, Romania* with Sonia Dion & Cristian Florescu. Info: SoniaDion@hotmail.com or www.soniacristian.net

SCOTLAND

8/7-20 *Scotland!* Led by Richard Schmidt. Glasgow, Edinburgh, Stirling, St. Andrews, Aberdeen, Inverness, Fort William, Glen Coe, Loch Lomond. Info: Jim Gold jimgold@jimgold.com or www.jimgold.com

ON THE SCENE

VESELO SELO

Aug. 5 Shana Winokur teaching
Aug. 12 DARK
Aug. 19 Drina Johnson teaching Greek dances.
Aug. 26 Reviews of Drina's dances.

Dues are now being taken to cover insurance. Still only \$10 a year. Please send checks to Lu Perry at 919 S. Westvale Dr., Anaheim, CA 92804. Or you can pay while attending Veselo. We would like to have completed this by end of September.

Lu Perry

NARODNI INTERNATIONAL FOLKDANCERS

August 3 & 10 – Camille Dull teaching *Sonata* and Julith Neff teaching *Katonti*

August 17 & 24 – Marshal Cates teaching *Polonez Royale*

August 31 – John Matthews will be teaching *Bruil Lui losca* and *Staro Planinko Kolo*

Our regular meeting night is Thursday at the Bellflower Woman's Club from 7:30 to 10:30. If you want to get on the mailing list to receive our weekly email announcements, you can sign up at narodni@callicomp.info

For more information contact Julith Neff at 562.881.9504 (cell). You can also visit our website at www.narodni.org for basic information.

Julith Neff

WESTWOOD COOP FOLK DANCERS

Westwood Coop Folk Dancers will be having a party night on Thursday, August 31 at the Felicia Mahood Senior Center in West LA at the corner of Santa Monica Blvd and Corinth Avenue, 1 block west of the 405 freeway. We start with an early program of non-partner dances at 7:30 p.m. followed at 8 p.m. by an all request dance program until 9:45 p.m. What a great way to spend a summer evening with friends and folk dancing. Pot luck snacks and hugs are welcome. Donation only \$4.

Rita Sklar has been elected as our President starting June 1. Gary Francesconi is vice-president after having served 5 years as president. Fran Rosen continues as secretary and Jan Chesne as treasurer. We are looking forward

to a fun year of dancing and parties.

We meet Thursday night at Felicia Mahood center in West Los Angeles. For more information please contact Rita at rwsklar@yahoo.com.

Saralee Kaufman and Rita Sklar

PASADENA FOLK DANCE CO-OP

Even as hot as it is, our teachers are cool! Marc and Jan Rayman will be teaching *Fado*, from Portugal, and *Ne Klepeci*, a dance from Bosnia. Pat Cross and Don Krotser will teach *Turning by Threes*, an English set dance. Visit our web site PasadenaFolkDanceCoop.org for our weekly dance program, teaching schedule, and more.

Marshall Cates

CAMP HESS KRAMER WEEKEND

Don't miss Camp Hess Kramer this year, October 20 - 21 - 22, 2017 There will be many surprises including the probability of **dancing on a wooden dance floor**. Teachers are Beverly Barr, Gary Diggs, Denise Heenan and Israel Yakovee. For more information: see flier in this issue of Folk Dance Scene.

Beverly Barr

EUNICE UDELF

Eunice Udelf passed away on July 1. She had metastasized cancer, but was starting some therapy that seemed very promising. She came briefly to Statewide in May, and was very optimistic at that time. But things suddenly took a turn for the worse.

She was a longtime folk dancer, heavily into Scottish dancing, but enjoyed all kinds. She was active in Folk Dance Federation in many capacities, including serving as president. She and Ruddy Beldner had a long happy marriage, enjoyed lots of travel, family, music events, charades and other interesting parties.

At 5:00 on Sunday August 13, there will be a celebration of her life at the Stagecoach Inn Museum, 51 S. Ventu Park Rd. Newbury Park. Take the Ventu Park Rd exit from 101, and head south. This will be held outdoors (so dress appropriately) and will NOT be a pot-luck, so the organizer of the event, niece Kim Udelf, needs to know how many are coming. Please RSVP to KimUdelf@gmail.com.

RECENT EVENTS

VARIMEZOVI AT CALTECH FOLK DANCERS

On Tuesday, June 27th, Caltech Folk Dancers hosted Bulgarian musicians Ivan Varimezov (bagpipe) and his wife Tzvetanka Varimezova (vocals), as we have for an evening in June over the past few years.

This year the evening available happened to conflict with an EEFC (Eastern European Folklife Center) Balkan Camp, June 24 - July 1, near Mendocino. In fact it's good that there are many things to do -- and that Southern Californians will travel a few hundred miles for folklore! We missed some familiar faces but still were joined by dozens, from Riverside to Santa Barbara.

I was glad to see Marge Gajicki, whose daughter Anna left us while so young. I was particularly glad Bulgarians came. They know the songs and are used to live music. One Bulgarian woman was particularly impressed with Ivan's playing and went over to tell him so.

Bulgaria, about the size of Virginia, has at least half a dozen folklore regions. The Varimezovi are from Thrace, so we did mostly that (like *Pravo Trakiysko* and *Trite Puti*), also some Shope (like *Graovsko*) and Macedonian (like *Makedonsko Pravo*). Some day we may have more *Severnyashko* (northern) and *Dobrudzhansko* (northeastern) material in our repertoire. Last year the fine Rhodope bagpiper Vasil Bebelevkov unfortunately passed away.

To start, John Hertz taught a few village-style dances. My adopted uncle John Filcich brought a wide display of sound and video to sell. He's a great resource. When you get and listen to the music it grows familiar.

The way village folk dance, the challenge is not so much performing a set of figures as in the choreographies many of us know, but understanding and being able to play with the dances. I think we may make dancing more like a school exercise than like a game. Also, I think we may shut out beginners by making it hard for them to just jump in.

My other adopted uncle Dennis Boxell, one of the greatest teachers, said the grandma-and-grandpa version of a dance is the root of the tree. At a wedding or a name-day party, dancing starts there.

Some may do fancy variations; some, of any age, may not.

Dennis quit teaching the choreographies he'd been famous for. When people asked "How many times are we to do this figure?" he said "Well, you have to hear it in the music." On the 27th, I saw some folk dancers puzzled when a dance started slower, got faster, or lasted longer than they were used to.

I've learned a lot going to ethnic events. I confess I'm in love with the *tamburitza* music of Croatia and Serbia, and know it best. There, or at a Greek festival, a *kolo* or *syrtos* may go on half an hour, people having more and more fun; it seems too short. With village-style musicians Bulgarian dance is that way. For us, ten or even five minutes of *pravo horo* is a mystery!

On the 27th, when the Varimezovi took a break, I put on some Israeli favorites and the main Pontian dances *Tik* and *Dipat*, for variety. We're an international-dance group.

Thanks to everyone who comes to dance. Thanks for your recyclables. These days we're usually home, Dabney Lounge on the Caltech campus; everyone wants Dabney, but we're sometimes at nearby Throop Unitarian Church. You can always call me, 626.797.5157, or email franprevas@yahoo.com.

Nancy Milligan



DANCERS SPEAK

ARCHAIC BRIDAL COSTUME

Wedding costumes everywhere tend to be archaic: our white wedding gowns mimic 19th-century fashions, as does the groom's tailcoat. East European folk dress was no exception, the girl's typically containing "marital" elements that can be traced directly back to the Stone Age. Yes, the Stone Age: one key feature can be spotted several times already 20,000 years ago, in the Upper Palaeolithic, the era of the famous cave paintings in France, and was still being worn on a daily basis in northern Albania in 1996, when a friend bought me an example right off its wearer. "It's my badge of womanhood," she reportedly said, and went to put on her other one.

But imagine living in Europe in the Palaeolithic and trying to find a bride. Humans were scarce: the whole *continent* contained barely half a million people, only about half of whom were female. And of the females, most were too young or too old or already taken. So now we're down to the proverbial looking for a needle in a haystack. It may be for this reason, then, that when women reached marriageable age they sometimes donned a special garment that could be spied at considerable distances, just like the squash-blossom hair-do of unmarried Hopi girls, which had a similar use. The Palaeolithic European signal,

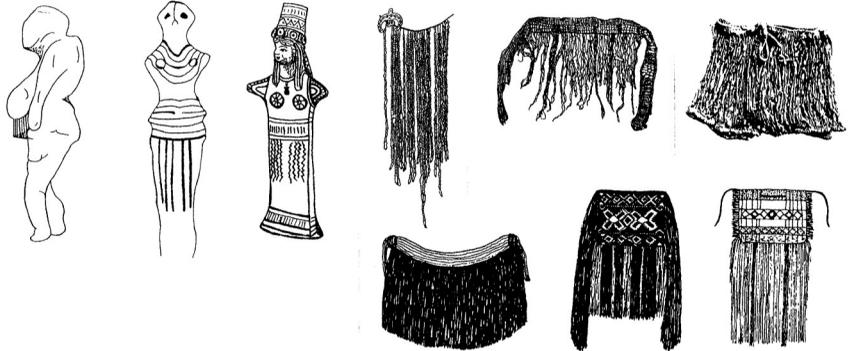
however, was a belt-band from which hung long strings: a sort of "string skirt."

Woman's string skirt from Mirdite area, northern Albania, 1996



How do we know, 20,000 years later, that it had this meaning? First, string skirts are of no use for either warmth or modesty. So for women to have used them so persistently both then (when clothing was hardly even a concept yet) and all the way up to now, they must have had some other use - they must have carried a strong cultural message. Second, the string skirt is always – *always* - associated with women of childbearing age. Third, we have European figurines

Clockwise: 3 figurines with string skirts from Palaeolithic (Russia, 20,000 BC), Neolithic (Ukraine, 4000 BC), Iron Age (Greece, 560 BC); 3 excavated Bronze Age skirts (Slovakia, 1600 BC; Caucasian immigrants in Chinese Turkestan, 1800 BC; Denmark, 1370 BC); 3 early 20th-century AD skirts (Romanian; Serbian Vlach; Mordvin, No. Russia).



of women wearing string skirts from the Palaeolithic through the Neolithic and Bronze Ages, when we begin to find actual examples buried on the bodies of nubile women. Fourth, Homer mentions them in Book 14 of the *Iliad*, specifically associated with women ready to make love, while the Greeks depict them a number of times. And finally, the garment survived all through the Balkans and East Europe in the folk costumes, where we learn that girls are/were awarded a string skirt (or its equivalent) upon reaching puberty, but not allowed to wear it before that. After people invented weaving, the traditional string skirt evolved in various ways while still keeping the same meaning. But that is a bigger story.

Elizabeth Wayland Barber,
author of Women's Work: The First 20,000 Years

Ed's Note: The following articles were printed in the July-August 2017 issue of Let's Dance, and are re-printed here, with permission.

THE NY TIMES URGES US TO DANCE

In the April 4, 2017 edition of the New York Times there is an article (p. D4) with the title "Dancing May Help Mental Illness." This was based on an essay by Gretchen Reynolds, published this month in *Frontiers in Aging Neuroscience*. It reports on a collaborative research project mainly centered at the University of Illinois in Urbana. The objective was to measure the effects of several different kinds of exercise on brain functions in older people.

This investigation involved recruiting 174 healthy folks in their 60s and 70s who were relatively sedentary. They were initially tested for their aerobic fitness and mental capacities, including the speed at which they processed new information. Memory capacity was measured by a look at the amount of the brain's white matter through MRI scans. The white matter can be thought of as the brain's infrastructure in that it connects various neurons and influences the speed of signal transmission. When brains age with gradually developing dementia, the amount of white matter declines accordingly. The white matter in the thalamus is especially well known to be related to memory capacity.

The volunteers were divided into three groups, all of which had a prescribed exercise program for one

hour three times per week. One group did brisk walking for their exercise, a second group did gentle stretching and balance training, while the third group learned to dance with "country dance choreographies," line dances, and progressive partner dances. The study lasted for six months, after which the participants were all re-tested.

All participants showed at least some subtle thinning and reduced connectivity of the white matter. Losses were most pronounced in the oldest participants and in those who previously had been the most sedentary. Those who reported doing some significant exercise prior to the study showed the smallest declines. The dancers, however, stood out with an increase in the thickness and quantity of white matter in the critically important thalamus, supporting the conclusion that this group would very likely enjoy better memory and signal processing speeds in the future.

This new research reminds me of one of the first papers in the medical literature to find a positive influence of dance on mental health (see Lidicker, B., 2003. "Dementia or Dance." *Let's Dance!* 60(10): 9-10). In this earlier research, dancing turned out to be the only one of 11 physical activities that resulted in a reduced risk of dementia. The authors were completely at a loss to explain this unexpected (by them) result.

I wish to acknowledge Lucy Chang with thanks for calling this NY Times article to my attention.

Bill Lidicker

DANCING MAKES YOU SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the *New England Journal of Medicine*.

% = *reduced risk of dementia*

0% = Bicycling, swimming or playing golf

35% = Reading

47% = Doing crossword puzzles at least four days a week

76% = Dancing frequently

POETRY CORNER

IF YOU WANNA BE HAPPY ALL YOUR LIFE

If you wanna be happy all your life, learn to dance
If you're bored outa-your-mind, take a chance;
It's the chancin' leads to dancin' and a-jiggin' and a-
prancin'
If you wanna be happy all your life, learn to dance.

It's outrageous how contagious it all is,
Just you try it and you'll find that you're a wiz
It's the prancin' gets you laughin'
And the laughin' gets to spreadin'
And the spreadin' gets your neighbors laughin' too.
Just like you.
It's all true.
And now *adieu!*



Camille Dull

P.S. The poem was inspired by the following Chinese proverb: *If you would be happy for a week, take a wife; if you would be happy for a month, kill a pig; but if you would be happy all your life, plant a garden.*

LIMERICK

Want to make your repertoire complete?
Learn the dance for folks with sore feet:

Lo Ahavti Dai.

It lets you holler: "Aye, aye."

(As long as it's on the right beat.)

Carl Pilsecker



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OY TSVETYOT KALINA: THE SNOWBALL TREES

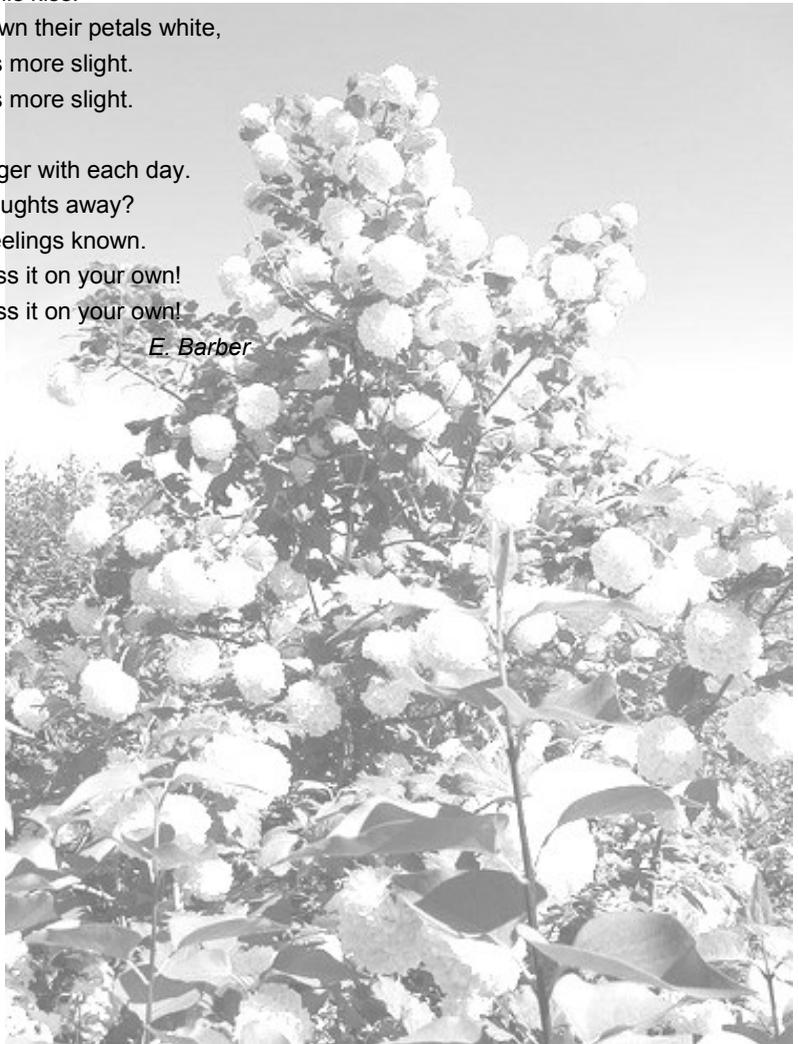
(a singable translation of the poem that is part of the music for the dance)

Snowball trees are blooming down along the shore.
I'm in love with someone, someone I adore:
Someone young and handsome— but pain now fills my mind:
I must keep it secret; no words dare I find.
I must keep it secret; no words dare I find.

He lives on not knowing anything of this,
That a girl is thinking, dreaming of his kiss.
By the brook the snowballs cast down their petals white,
Yet this girlish passion never grows more slight.
Yet this girlish passion never grows more slight.

But this girlish passion grows stronger with each day.
How can I reveal it and give my thoughts away?
I hesitate, not daring to make my feelings known.
Oh my darling charmer, please guess it on your own!
Oh my darling charmer, please guess it on your own!

E. Barber



THE FOLK DANCE FEDERATION OF CALIFORNIA, SOUTH, INC

PRESENTS.

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WHAT'S HAPPENING AT NARODNI



June 15 T-Shirt night at Narodni



Master Macedonian Accordionist Chris Bajkamovich presented Narodni with a delightfully memorable evening recently with his lively music and personality, creating a Village feeling as we sang and danced around him and drummer Ian Price. Thank you, Marge Gajicki, for recommending Chris!

Camille Dull

CLUB DIRECTORY

Most groups welcome beginning dancers. The groups with an * below have sessions specifically for beginners.

Federation Clubs

Bay Osos Folk Dancers: Tue 1:00-3:00. South Bay Community Center, 2180 Palisades Ave, **LOS OSOS**. (805) 534-1501 Anne Tiber

***Cabrillo Folk Dancers:** Tue 7:00-9:30 (Beg 7-8). Balboa Park. Balboa Park Club, 2144 Pan American, **SAN DIEGO**. (858) 459-1336 gbsham@gmail.com Georgina

Cafe Asteria: 4th Sat 7:30-11:30. LA DanceFit Studio, 10936 Santa Monica Blvd, **WEST LA**. xorepse@gmail.com (310) 508-9676 Anne Sirota

Cerritos Folk Dancers: Tue 6:00-8:45. Cerritos Senior Center, 12340 South St, **CERRITOS**. (562) 338-2298 chiangwenli@yahoo.com Wen Chiang

Conejo Valley Folk Dancers: Wed 7:30-9:30. Conejo Rec Center, 403 W Hillcrest Dr, **THOUSAND OAKS**. (206) 849-1190 dancermm@gmail.com Marie Montes

Ethnic Express: Wed 6:30 except holidays. East Las Vegas Community Ctr, 250 N. Eastern Ave, **LAS VEGAS**. (702) 732-4871 rpkillian@gmail.com Richard Killian

Fantasy Folk Dance Club: Sun 4:00 - 7:00. St Thomas Aquinas Church, 1501 S Atlantic Blvd, **MONTEREY PARK**. tiggerbyc@yahoo.com (626) 458-8851 Sophie Chen. *Fri 8:15-10:45. El Monte Chamber of Commerce, 10505 Valley Blvd EL MONTE. (626) 429-9008 Vincen-tyhcheng@gmail.com Vincent Cheng*

Int'l Folk Dance Club - Laguna Woods: Tue 9:00am-11:00. Clubhouse 1, 24232 Calle Aragon, **LAGUNA WOODS**. (949) 454-0837 friedagorelick@hotmail.com Frieda Gorelick

Kypseli Greek Folk Dancing: Fri 8:30-11:30. The Tango Room, 4346 Woodman Ave, **SHERMAN OAKS**. www.kypseli.org (310) 508-9676 Anne Sirota xorepse@gmail.com

Laguna Int'l Dancers: Wed 6:00-9:00, Sun 6:00-9:00. Clubhouse 2, 24112 Moulton Pkwy, **LAGUNA WOODS**. (949) 770-7026 7kahnmiriam@gmail.com Miriam Kahn

Mountain Dancers: 1st & 3rd Tue 1:30-3:30. Woman's Club, 1424 Fremont Ave, **S. PASADENA** (626) 797-4453 rozwitt@gmail.com Roz Witt

Narodni Int'l Folkdancers: Thu 7:30-10:30. Woman's Club of Bellflower, 9402 Oak St, **BELLFLOWER**. (562) 881-9504 julithilona@yahoo.com Julith Neff

***Pasadena Folk Dance Co-op:** Fri 7:30-10:30 (Beg 7:30-8). Throop Unitarian Church, 300 S. Los Robles, **PASADENA**. mrayman@alumni.princeton.edu (818) 790-8523 Marc Rayman

Prescott Int'l Folkdancers: Sun 3:00-5:00. First Congregational Church, 216 E. Gurley St, **PRES-COTT, AZ**. (928) 925-8995 Dick Weston

Rainbow Senior Club: Sun 3:00-6:00. Joslyn Senior Center 210 N. Chapel Ave, **ALHAMBRA**. (626) 456-1900 ksun310@yahoo.com Kevin Sun

San Diego Vintage Dancers: Dance Place, 2650 Truxton Rd, **SAN DIEGO**. (858) 622-9924 drjenma@pacbell.net Mary Jennings

Scandinavian Dancers of Ventura & Santa Barbara: Some Sat 2:00-5:00. Briggs EleAmentary School, 14438 W. Telegraph, **SANTA PAULA**. (805) 216-9526 mdejounge@gmail.com Madeleine.

Skandia South Dance Club: Mon 7:00-10:00. Downtown Community Center, 250 E Center, **ANAHEIM**. (714) 893-8888 Ted Martin. *Sat 3:30-10:00 (once a month). Lindberg Park, 5041 Rhoda Way, CULVER CITY. (562) 732-4990 Cameron Flanders*

Solvang Village Folk Dancers: Sat 6:30-8:30 (except 3rd Sat). Bethania Lutheran, 603 Atterdag Rd, **SOLVANG**. 3rd Sat 1:00-3. Corner Alisal & Copenhagen, **Solvang** (805) 688-3397 dlh4362@gmail.com David Heald

Tuesday Gypsies: Tue 7:30-10:00. Masonic Lodge, 9635 Venice Blvd, **CULVER CITY**. (310) 390-1069 jstein1927@gmail.com Millicent Stein

Veselo Selo Folkdancers: Sat 7:30-10:30. Unitarian Church, 511 S. Harbor, **ANAHEIM**. (714) 828-2581 Lu Perry

Vintage Israeli Dancing: One Sat per month 8:16-12:00. Anisa's School of Dance, 14252 Ventura Blvd, **SHERMAN OAKS**. (818) 881-7494 (after noon) Louis, dovbyrd@aol.com

***West Los Angeles Folk Dancers:** Mon 7:30-10:00 (Beg 7:30-8). Brockton School, 1309 Armacost Ave, **WEST LA.** (310) 202-6166 Beverly Barr

West Valley Folk Dancers: Fri 7:15-10:00. Senior Center, 7326 Jordan Ave, **CANOGA PARK.** (818) 348-6133 lila@aurich.com Lila Aurich

Westchester Lariats: Mon 3:30-8:30. Westchester Methodist Church, 8065 Emerson, **LOS ANGELES.** (310) 689-9176 veniceii@yahoo.com Ina Hall

Westwood Co-op: Thu 7:30-10:00. Felicia Mahood Senior Center, 11338 Santa Monica Blvd, **WEST LA.** (310) 202-6166 dancingbarrs@yahoo.com Beverly Barr

Exhibition Groups

Karpatok Hungarian Folk Ensemble: Wed 8:00. United Hungarian House, 1975 Washington, **LOS ANGELES.** (310) 350-1135 Livia Schachinger

Krakusy Polish Folk Dance Ensemble: Tue 7:00-9:30 Sat 2:15-4:15. Polish Parish Hall, 3424 W Adams Blvd, **LOS ANGELES.** (626) 827-7338 Ela Romuzga

Scandia Dancers: Woman's Club, **BELLFLOWER.** (714) 356-7745 Stefanie Holzman

UCSB Middle Eastern Ensemble: Tue 7:00-10:00. Gehringer Music Bldg, UCSB Campus, **SANTA BARBARA.** (805) 729-6453 scottmarcu@aol.com Scott Marcus

Non-Federation Clubs

Beverly Barr Daytime Classes: Mon 1:30-3:00 Senior Center, 5056 Van Nuys Blvd, **SHERMAN OAKS.** Tue 10:45am-12:30. Roxbury Park Rec. Center, 471 So. Roxbury, Beverly Hills. Wed 12:30-2:00. Culver City Senior Center, northwest corner Culver & Overland, **CULVER CITY.** (310) 202-6166

Cafe Aman: 2nd Sat 7:00-11:00. Teach 7:45-8:45 LA DanceFit Studio, 10936 Santa Monica Blvd, **WEST LA,** madelyntaylor@hotmail.com ianprice@hotmail.com

Cal Tech Folkdancers: Tue 7:30. Cal Tech Campus, Dabney Hall, **PASADENA,** parking off Del Mar. (626) 797-5157 Nancy Mulligan

Claremont Israeli Dancers: Mon 7:00-10:00 Masonic Lodge, 272 W. 8th St, **CLAREMONT.** (909) 921-7115 Yael

Desert Dancers: Thu 7:00-9:00 Nov-April. Hi Desert Dance Center, 725 S. Gateway St, **RIDGECREST.** (760) 371-5669 Nora Nuckles

Desert Int'l Folk Dancers: Thu 7:00-9:00 Nov-Apr. Leisure Center Dance Studio, 401 S. Pavilion Way, **PALM SPRINGS.** (760) 342-1297 Helen Smith

Folk Dance Center: Every Evening. 4569 30th St, **SAN DIEGO.** (619) 466-4043, www.folkdancecenter.org

Folk Dance Class: Thu 10:15-11:45am. Pan Pacific Senior Center, 141 S. Gardner St, **L.A.** (310) 652-8706 Tikva Mason

***Foothill Folk Dancers:** Thu 7:30-9:30. Community Center, 4469 Chevy Chase Dr., **LA CAÑADA** (818) 790-8523 JanRayman@charter.net

Friday Night L.I.F.E.: Fri 8:00-11:00. LA DanceFit Studio, 10936 Santa Monica Blvd **WEST L.A** www.lifebalkandancers.com worldance1@gmail.com Sherry

Israeli Dancing-James Zimmer: Tue 8:00-12:00. Westside JCC, 5870 W Olympic, **L.A.** (310) 284-3638 James Zimmer Israelidance@yahoo.com

***Israeli Dancing-Natalie Stern:** Mon 10:00am-11:45 & noon-1:00(Beg); Tue 10:30am-noon; Wed 7:00-9:30; Thu 10:15am-12:00, 12:05-1:05(Beg). American Jewish Univ Dance Studio, 15600 Mulholland, **L.A** (818) 343-8009 Natalie Stern

Israeli Dancing-Yoni Carr: Mon 7:00-11:30 Beginners at 7:00. Infinity Sport Dance Center, 4428 Convoy St, **SAN DIEGO.** (619) 227-0110 Yoni

Kayso Folk Dancers: Fri 9:30am-12:00. Balboa Park, Casa del Prado room 206, **SAN DIEGO** (619) 463-7529 Joe Sigona

San Diego Folk Dancers: Mon 7:30-9:00. Balboa Park Club, Balboa Park, **SAN DIEGO** (858) 278-4619 Jeanne Cate

Santa Barbara Balkan Folk Dancers: Wed 8:00-10:30. Oak Park Stage, corner Junipero and Calle Real, **SANTA BARBARA.** (805) 682-4511 Luis Goena

Santa Monica College Int'l Dance Club: Tue, Thu 11:15am-12:35. Santa Monica College Clock Tower or LS Bldg, 1900 Pico Blvd, **SANTA MONICA.** (310) 284-3638 James Zimmer

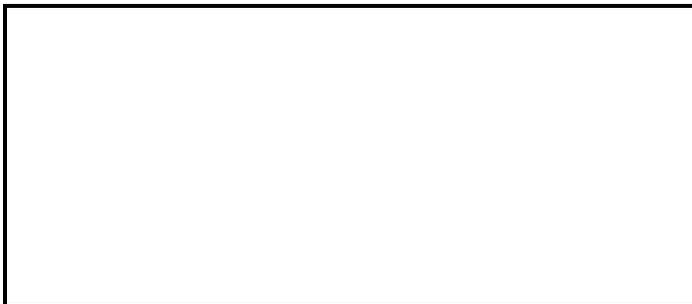
Topanga Canyon Int'l FD: Fri 9:30am-11:00am. Froggy's Restaurant, 1105 N. Topanga Canyon Blvd, **TOPANGA .** (310) 455-1051 Melanie Kareem

UCLA Ballroom Club & UCLA Int'l Folkdancers: Mon 7:00-9:00(ballroom), 9:00-11:00 (folk). UCLA Kerckhoff Hall, **WESTWOOD.** (310) 284-3636 UniversityDanceClubs@yahoo.com James Zimmer

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