

# FOLK DANCE SCENE

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## Folk Dance Scene

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Folk Dance Scene is published to educate its readers concerning the folk dance, music, costumes, customs, lore and culture of the peoples of the world. It is also designed to inform them of the opportunities to experience folk dance and culture in Southern California and elsewhere.

**SUBMISSIONS.** Information to be included in the Scene should reach Jay Michtom by the 10th of the month preceding publication. We reserve the right to edit all submissions for space considerations. *Electronic submission is preferred.* Views expressed in Scene are solely the opinions of the authors. Neither Scene nor the Federation assumes responsibility for the accuracy of the information sent in.

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*Cover - Kypseli Folk Dancers*

# Club Directory

## Beginner's Classes (cont.)

Club	Time	Contact	Location
CONEJO VALLEY FOLK DANCERS	Wed 7:30	(805) 497-1957 Jill Lungren	THOUSAND OAKS, Hillcrest Center, 403 W Hillcrest Dr
ETHNIC EXPRESS INT'L FOLK DANCERS	Wed 6:30-7:15 except holidays	(702) 732-4871 Richard Killian	LAS VEGAS, Charleston Heights Art Center, 800 S. Brush St.
HAVERIM FOLK DANCERS OF VENTURA	Sun 7-9	(805) 643-2886 Ann Zacher	VENTURA, Temple Beth Torah 760 Foothill Rd (corner Kimball)
ISRAELI DANCE WITH NATALIE STERN	Tue 7:30-8:30 Wed 7:30-8:30 Fri 10:00-11:00am	(818) 343-8009 Natalie Stern	VALLEY VILLAGE, Shaarei Zedek, 12800 Chandler (Tu), L.A., Univ of Judaism Dance Studio 5600 Mulholland (W), THOUSAND OAKS, Temple Etz Chaim, 1080 Janss (F).
KAYSO FOLK DANCERS	Fri 10:00-noon	(619) 469-7133 Evelyn George	SAN DIEGO, Balboa Park, Casa del Prado room 206 St
OJAI FOLK DANCERS	Wed 7:30-9:30	(805) 646-0865	OJAI, Ojai Art Center
PASADENA CO-OP BEGINNER'S CLASS	Fri 7:45-8:30	(626)446-5160 Marsha Fenner	PASADENA, Throop Memorial Church, 300 S. Los Robles
SAN DIEGO INT'L FOLK DANCE CLUB	Wed 7:00-9:30	(619) 276-1765 Bob or Virginia Bigelow	SAN DIEGO, Balboa Park Club, Presidents Way off Park, Balboa Park
SKANDIA FOLK DANCE CLASSES	Mon 7:00-10:00 Wed 7:00-10:00	(714) 893-8888 Ted Martin (310) 827-3618 Sparky Sotcher	ANAHEIM, Community Ctr, 250 E Center CULVER CITY, Lindberg Park, 5401 Rhoda Way
SOUTH BAY FOLK DANCERS	2nd Fri 7:45-8:15	(310) 377-6393 Bea Rasoff	TORRANCE, Cultural Arts Center 3330 Civic Center Dr. (310) 781-7150
WEST LOS ANGELES FOLK DANCERS	Mon 7:30-8:30	(310) 202-6166 Beverly Barr	WEST L.A., Brockton School 1309 Armacost Ave
WESTWOOD CO-OP FOLK DANCERS	Thu 7:30-8:00	(310) 202-6166 Beverly (310) 657-6877 Rita	WEST L.A., F. Mahood Senior Center, 11338 Santa Monica Blvd.

## Exhibition Groups

Club	Time	Contact	Location
AVAZ INTERNATIONAL DANCE THEATRE	Wed 7-10	(323) 663-2829 Jamal	L.A. Church of Guardian Angel, 1118 N. Commonwealth Ave.
BALLET FOLKLORICO XIUXTLA	Fri 4:00	(760) 414-9245 Jose Lucero	CARLSBAD
CLAN MACLEOD DANCERS	Mon 7:30-9:30	(818) 761-4750 Deanna St Amand	EAGLE ROCK, Women's 20th Century Club, 5105 Hermosa Ave.
DUNAJ INTERNATIONAL FOLK ENSEMBLE	Wed 7:00-10	(714) 641-7450 Richard Duree	COSTA MESA, contact: 2332 Minuteman Way
INT'L ACADEMY OF MIDDLE EASTERN DANCE		(818) 343-4410 Suzy Evans	VAN NUYS, Dars Art Center, 7412 Balboa Blvd
NAMAH ENSEMBLE	Sun 6:00 - 9:00	(310) 592-7348 Bana Sayyad	SHERMAN OAKS
SCANDIA DANCERS		(714) 533-3886 Donna Tripp	LONG BEACH, Roosevelt School
UCSB MIDDLE EAST ENSEMBLE	Tue 7:00 - 10:00	(805) 967-7125 Scott (805) 687-8823 Alexandra	SANTA BARBARA, Gehringer Music Bldg., UCSB Campus
WEST VALLEY FOLK DANCERS	Sun 1:00 - 4:00	(818) 346-5152 Joan Waller	WEST HILLS

# Club Directory

## Federation Clubs

Club	Time	Contact	Location
WEST LOS ANGELES FOLK DANCERS	Mon 7:30-10:30 Fri 7:45-10:45	(310) 202-6166 Beverly Barr	WEST L.A., Brockton School 1309 Armacost Ave
WEST VALLEY FOLK DANCERS	Fri 7:30-10:15	(818) 348-6133 Wally Aurich	CANOGA PARK, Senior Center 7326 Jordan Ave
WESTCHESTER LARIATS	Mon 3:30-9:00	(310) 645-5078 Ann Stenglein	LOS ANGELES, Westchester Methodist Church, 8065 Emerson
WESTWOOD CO-OP FOLK DANCERS	Thu 7:30-10:20	(310) 202-6166 Beverly (310) 657-6877 Rita	WEST L.A., F. Mahood Senior Center, 11338 Santa Monica Blvd.

## Non-Federation Clubs

Club	Time	Contact	Location
ANAHEIM INT'L FOLKDANCERS	Wed 7:30-9:30	(714) 893-8127 Carol Maybrier	ANAHEIM, Unitarian Church, 511 S Harbor
CAFE DANSSA BALKAN DANCERS	Wed 7:30-10:30	(310) 474-1232 Gerda Worldance1@aol.com Sherry	WEST L.A., Cafe Danssa 11533 W. Pico Blvd.
CAL TECH INT'L FOLK DANCERS	Tue 7:30	(626) 797-5157 Nancy Mulligan	PASADENA, Throop Mem. Church 300 S. Los Robles
FOLK DANCE CLASS	Mon 10-11:30am Wed 10:15-11:45am	(310) 652-8706 Tikva Mason	L.A. Robertson Rec Ctr. 1641 Preuss W HOLLYWOOD West Hollywood Park, San Vicente at Melrose
ISRAELI DANCING WITH JAMES ZIMMER	Tues 8:00-11:00 Thu 8:00-9:30	(310) 284-3638 James Zimmer Israelidance@yahoo.com	WEST HILLS, West Valley JCC, 22622 Vanowen ENCINO, Community Ctr 4935 Balboa
ISRAELI FOLK DANCING WITH YONI	Wed 7:00-11:30 Thu 7:00-11:30	(760) 631-0802 Yoni	COSTA MESA, JCC, 250 Baker St LA JOLLA, Beth El, 8660 Gilman Dr
ISRAELI DANCE WITH NATALIE STERN	Mon 10:00a-1:00 Wed 7:30-10:00 Thu 10:15-noon Wed 11:50a-12:50  Mon 6:15-8:45, Tue 10:15a-noon	(818) 343-8009 Natalie Stern call for information	L.A., Univ of Judaism 5600 Mulholland (M,W,Th);  VALLEY VILLAGE, Adat Ariel 12020 Burbank Blvd.(W) L.A. Shaarei Tefila, 7269 Beverly (M,T)
OJAI FOLK DANCERS	Wed 7:30-9:30	(805) 646-0865 Carol Smith	OJAI Art Center 113 S. Montgomery
SAN DIEGO FOLK DANCE CENTER	Every Evening Call for Schedule.	(619) 281-5656	SAN DIEGO, 4569 30th Street
SAN DIEGO FOLK DANCERS	Mon 7:30-9:30	(858) 571-2730 Kin Ho	SAN DIEGO, Balboa Park Club, Balboa Park
SANTA BARBARA BALKAN FOLK DANCERS	Wed 8:00-10:30	(805) 964-3591 Jatila van der Veen	SANTA BARBARA, Unitarian Society, 1535 Santa Barbara St.
S.M.C INTERNATIONAL DANCE CLUB	Tue, Thu 11:15am-12:35	(310) 284-3637 James Zimmer	SANTA MONICA, Santa Monica College Clock Tower or LS bldg 1900 Pico Blvd
UCLA INT'L F.D. CLUB BALLROOM DANCE CLUB	Mon 9:00-11:00 Mon 7:00-9:00	(310) 284-3636 James Zimmer ballroom@ucla.edu	WESTWOOD, UCLA Ackeman Union Room 2414

## Beginner's Classes

Club	Time	Contact	Location
CABRILLO INT'L FOLK DANCERS	Tue 7:00-8:00	(858) 459-1336 Georgina	SAN DIEGO, Balboa Park Club Balboa Park



# Folk Dance Scene

Volume 40, No. 1  
February 2004

## Editor's Corner

To all of our readers – welcome back to Folk Dance Scene and our first issue for 2004. Our theme this month is Greek Folk Dancing, with a cover story about one of our Federation clubs, the Kypseli Greek Folk Dancers, and a contribution by Greek teacher Athan Karras, who is also featured in our Teacher's Corner.

There are two major Southern California Folk Dance events worth mentioning. First, the long awaited Intersection Reunion took place on January 24th. Look for a full review next month. If you were there, you're invited to send us your comments about the event.

Also, the annual Laguna Folk Dancers Festival is coming up February 6, 7, and 8th. If you can't be there for the entire weekend, at least try to catch part of the weekend, which has some great teachers during the day (Joe Graziosi and Marilyn Smith), and some great dance parties and bands in the evening.

— Steve Davis

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February 2004

## Teacher's Corner



Athan Karras' name is synonymous with Greek dance. After dancing with major dance companies and researching Greek dance as an exponent of his career, he has successfully produced and presented folklore programs and events in the U.S. and Canada.

Athan is featured in many folk-dance manuals and is represented in the recently produced multi-cultural video by Human Kinetics. Currently, he is an instructor of Greek Dance and Culture at *Loyola Marymount University* (Fridays 7:15-10:00, info: (310) 338-1971). He is the U.S. coordinator for *Mazoxi*, an annual Greek dance conference held on the Island of Crete, which he helped organize with Kety Karekia Fragiadakis and Andreas Fragiadakis (see *Calendar for details*). In the early sixties, he founded the Intersection Folk Dance Center in Los Angeles, which subsequently became the landmark of folk cultures and a unique center for Greek music and dance.

Athan has paved the way for performers in the U.S. and was instrumental in bringing the Parthenon Dancers of Greece to the U.S. and Canada for several tours. He has conducted tours to Greece taking groups to dance festivals along with visits to ancient sites. He has also produced and presented several major Greek Festivals at UC Berkeley, UCLA, and Loyola Marymount University and created ethnic folklore programs for the Southern California Heritage Society. He was also the founder and served as Director of Laografia International Greek Folklore Society.

Athan has appeared on Broadway, television, and in motion pictures-starring in one of the first Greek-American films, *Dark Odyssey*, now available on DVD. He is the author of numerous articles on Greek dance and music that have appeared in several major ethnic and national publications. Currently, he has a regular column on dance in the monthly periodical *The Hellenic Journal*. He has successfully compiled several recordings and dance videos to further widen the scope of Greek folk music and dance appreciation.

Athan is a board member and advisor for several folk dance groups and foundations, and the recipient of many humanitarian awards for his continuing involvement in Greek Dance.

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Folk Dance Scene

# Kypseli Greek Folk Dancers



## KYPSELI GREEK FOLK DANCE CENTER

In 1985, shortly after the closing of the highly popular Intersection Café in the Silverlake area, a group of San Gabriel Greek dance devotees--Dick Angelos, Ed and Betty Krenz, Pat McClaren, Vicki Miller and Kimon Vogassarris--created a new dance meeting center to fill the void. "Kypseli," as it was soon to be called, means "beehive" in Greek, a place to gather. Housed in Vasa (now Skandia) Hall in Pasadena, the new Friday night Greek dance venue came complete with a huge room for dancing, hardwood floors, a stage and spacious kitchen facilities. Launched on January 18, 1985, and soon to celebrate its 19th year of operation, Kypseli first offered Greek tunes for dancing played on a portable cassette player. Within a short time, the original six founders added the talented Louise and Jozef Bilman to their ranks, offering both beginning and intermediate dance instruction to the interested public.

The dance "bees" flocked to this honey of a place. Over the years hundreds of Southern California folk dancers have become regular attendees. Today Kypseli has a rotating staff of regular teachers-Louise Bilman, Joan Friedberg, Arturo del Rio, Pat Karamanougian, Anne Sirota and Mike Smith. Kypseli also hosts professional dance teachers such as Dennis Boxell, Mary Coros, Joe Graziosi and Yvonne Hunt. Adding additional expertise are local young Greek dance directors who are themselves award-winners at the annual Greek Orthodox Youth Folk Dance and Choral Festival (FDF) mounted each year by the Western Diocese of the Greek Orthodox Church.

In Greece there are literally hundreds of regional village dances extant in such regions as Macedonia, Thrace, Epirus and Roumeli, among refugees from Pontos and other mainland areas, as well as in the various island groups – Dodecanese, Cycladic, Ionian, and others, plus nearby Cyprus. Add to all of these several "modern" taverna dances and the resulting dance repertoire is huge, perhaps the largest to be found in the folk dance world. Kypseli strives to teach and perpetuate a large number of these dances through its teaching and open dancing each week. Equipment is much improved these days, and Kypseli plays its numerous selections on highly sophisticated CD equipment and some of its regular dance selections are available for purchase on in-house CDs.

Special events are frequent. Over the years numerous Greek dance ensembles (both *bouzoukia* and regional bands) have played at such notable evenings as the annual anniversary celebration, Protomayia, Cretan Glendia, summer *panegyria*, holiday parties, birthday celebrations and other themed events. Each year for several weeks starting in early January, costumed dance groups who are competing at the annual President's Weekend FDF competition come to perform at Kypseli, adding youthful exuberance to each evening, their parents delighted to see the children mingling with adult folk dancers and all dancing with abandon.

Beyond dance, Kypseli is also a wonderful, sociable place to meet people and make lasting friendships. Many Kypseli regulars travel to Greece together, sharing not only their love of dance but also their immersion in Greek culture. Kypseli's mere existence also serves to disseminate Greek dance in the Southern California community to keep many esoteric dances alive.

Kypseli operates every Friday evening. Dance instruction is offered from 8 to 9 pm, with open dancing until 11:30 pm. Dances taught during class are repeated later on in the evening. Admission is \$5 on regular nights, \$8 to \$10 for special teachers, and more for live music/food events. Beginners (and intermediate and advanced dancers) are welcomed enthusiastically.

For more information, visit Kypseli's web site: [www.kypseli.org](http://www.kypseli.org). For immediate assistance, call (818) 990-5542, (626) 446-1346, or (323) 660-1030.

— Dalia Miller

# Club Directory

## Federation Clubs

Club	Time	Contact	Location
CABRILLO INT'L FOLK DANCERS	Tue 7:00-10:00	(858) 459-1336 Georgina	SAN DIEGO, Balboa Park, Balboa Park Club
CONEJO VALLEY FOLK DANCERS	Wed 7:30-9:30	(805) 497-1957 Jill Lungren	THOUSAND OAKS, Hillcrest Center, 403 W Hillcrest Dr
CULVER CITY HOLLYWOOD PEASANTS	Wed 7:30-10:00	(310) 398-8187 Al Drutz	CULVER CITY, Culver West Park, 4162 Wade St. (park on Moore St.)
ETHNIC EXPRESS INT'L FOLK DANCERS	Wed 6:30-9:00 except holidays	(702) 732-4871 Richard Killian	LAS VEGAS, Charleston Heights Art Center, 800 S. Brush St.
HAVERIM INT'L FOLK DANCERS	Sun 7-9	(805) 643-2886 Ann Zacher	VENTURA, Temple Beth Torah 7620 Foothill Rd (corner Kimball)
KERN INT'L FOLK DANCERS	Wed 7:00-9:00	(661) 831-5007 Delphine Szczepkowski	BAKERSFIELD, Wayne Van Horn School, 5501 Kleinpell Ave.
KRAKUSY POLISH FOLK DANCE ENSEMBLE	Tu, W, F 7:15-9:30 Sat 2:00-4:30	(626) 286-6779 Steve Perzyna	LOS ANGELES, Polish Parish Hall, 3424 W Adams Blvd.
KYPSELI GREEK FOLK DANCING	Fri 8:00	(818) 990-5542 Dalia Miller	PASADENA, Skandia Hall 2031 E. Villa
LAGUNA FOLK DANCERS	Sun 7:00-10:00 Wed 8:00-10:00	(714) 893-8888 Ted Martin	LAGUNA BEACH, Community Ctr 384 Legion Ave
LEISURE WORLD INT'L FOLK DANCE CLUB	Tue 8:30am-11:00 Sat 9:00am-11:00	(949) 768-6039 Florence Tabor	LAGUNA WOODS, Club House 1, Leisure World
MOUNTAIN DANCERS	Thu 7:00-9:30	(626) 794-8889 Vicki Davis	S. PASADENA, Woman's Club, 1424 Fremont Ave.
MULTICULTURAL ARTS CLUB	Wed 5:00-7:30	(949) 770-7026 Miriam Kahn	LAGUNA WOODS, Leisure World Club House 1 Gym, 24232 Calle Aragon
NARODNI INT'L FOLKDANCERS	Thu 7:30-10:30	(562) 862-0521 Carol Wall	DOWNEY, Dance America, 12405 Woodruff Ave.
PASADENA FOLK DANCE CO-OP	Fri 7:45-11:00	(626)446-5160 Marsha Fenner	PASADENA, Throop Mem. Church 300 S. Los Robles
SAN DIEGO INT'L FOLK DANCE CLUB	Wed 7:00-9:30	(619) 276-1765 Bob or Virginia Bigelow	SAN DIEGO, Balboa Park Club, Presidents Way off Park, Balboa Park
SAN DIEGO VINTAGE DANCERS	Thu 8:30 - 9:30	(858) 622-9924 Marry Jennings	SAN DIEGO, Normal Heights Methodist Church 4650 Mansfield St.
SAN PEDRO KOLO DANCERS	Mon 7:30-9:30	(562) 924-4922 Dorothy Daw	SAN PEDRO, Dalmatian-American Club, 1639 S Palos Verdes St.
SANTA BARBARA COUNTRY DANCE SOCIETY	Sun 5:30-10:00 Tue 7:00-9:00	(805) 682-1877 Elliott Karpeles (805) 682-5523 Gary Shapiro	SANTA BARBARA Carrillo Rec Center 100 E. Carrillo St. (Sun) Westside Cmnty Ctr, 423 W Victoria (Tue)
SANTA MARIA FOLK DANCERS	Mon 7:00-9:00	(805) 528-0568 Jean Wheeler	SANTA MARIA, Veterans Memorial Ctr, Pine & Tunnell Sts
SKANDIA DANCE CLASSES	Mon 7:00-10:00 Wed 7:00-10:00 Call for others	(714) 893-8888 Ted Martin (714) 533-3886 Donna Tripp (310) 827-3618 Sparky Sotcher	ANAHEIM, Downtown Community Center, 250 E Center CULVER CITY, Lindberg Park, 5401 Rhoda Way
SOLVANG VILLAGE FOLK DANCERS	Sat 7:00-10:00	(805) 688-2382 Jean Menzies	SOLVANG, Santa Ynez School 3325 Pine St
SOUTH BAY FOLK DANCERS	2nd Fri 7:45-9:45	(310) 377-6393 Bea Rasoff	TORRANCE, Torrance Cultural Ctr, 3330 Civic Center Dr.
TUESDAY GYPSIES	Tue 7:30-10:30	(310) 390-1069 Millicent Stein	CULVER CITY, Masonic Lodge 9635 Venice Blvd.
VESELO SELO FOLK DANCERS	Fri 7:30-10:30 Sat 8:00-11:00	(714) 680-4356 Lorraine Rothman	FULLERTON, Hillcrest Recreation Ctr, 1155 N. Lemon
VINTAGE ISRAELI DANCING	4th or 5th Sat confirm	(818) 990-8925 Louis dovbyrd@aol.com	SHERMAN OAKS, Anisa's School of Dance, 14252 Ventura Blvd.

Statewide 2004 - May 28,29,30, 2004

## Valley Fever Registration

	Single event prices	
<b>Friday</b>		
Welcome Dance Party, Music by Chubritza	\$15	\$ _____
<b>Saturday</b>		
Institute I with Ned & Marian Gault	\$15	\$ _____
Institute II with Zeliko Jergen	\$15	\$ _____
Oldies, But Goodies Workshop with Ned Gault	\$7	\$ _____
Dance Party I (Music by Chubritza) and/or	\$15	\$ _____
Dance Party II (Balkan)		
<b>Sunday</b>		
Oldies, But Goodies Workshop	\$7	\$ _____
with Al & Teddy Wolterbeek		
Dance Concert	\$15	\$ _____
Dance Party	\$15	\$ _____
<b>Total</b>		\$ _____

- |   |          |
|---|----------|
| ✓ <b>Full Package Special Price \$69 before May 7</b> | \$ _____ |
| Includes all dance events – All Meals are Extra       |          |
| ✓ <b>Syllabus \$5 each</b>                            | \$ _____ |

### Sunday Special Meals (Reservation Only By May 7)

Installation Brunch	\$20	\$ _____
Greek Dinner	\$20	\$ _____
Tour of the Greek Orthodox Church of the Annunciation (Optional)		
<b>Total</b>		\$ _____

Name(s): _____			
Address: _____			
Street	City	State	Zip
Phone: ( ) _____	E-mail: _____		
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Mail to : Modesto Folk Dancers, c/o McElroy,			
1204 Moffet Road, Modesto, CA 95351			

For information, call Barbara Summers (209) 578-5551 or [bsumone@softcom.net](mailto:bsumone@softcom.net)

**HOTEL RESERVATIONS AVAILABLE: the DOUBLETREE 209.526.6000.**

Ask for "Folkdance Federation Special Rate" (available through May 7, 2004)

## Greek Traditions in Music & Dance



*Athan Karras leading Hasapiko at the recent Intersection Reunion*



*The Minoan Greek Dancers of San Francisco*

The tradition of music in Greece goes back thousands of years. It is part of a national heritage treasured by the Greek people like a precious heirloom from ancient Greece, since this divine gift was entrusted to them by Apollo and the patron Muse, Terpsichore, presided over their dances.

To this very day, music is an inseparable part of Greek life. In its dances and songs, the Greek gives vent to his dramatic expression to glorify his joys, to wallow in his sorrows, and above all, to record his inspirations, the history, and the lore of his people, and to store up legends and folktales.

Greek folk music is a superb combination of elements of ancient Greek music; a theoretical basis of scales and rhythm forms, some oriental influence, perhaps as a result of the expeditions of Alexander the Great, fused together under some mannered conditions from Byzantine life and the post-Byzantium ages. It is definitely, with very few exceptions, entirely free of any of the characteristics found in Western music.

This exception can be traced particularly to the Ionian Islands between Italy and Greece, and mostly due to the influence of the Venetian reign, which successively assimilated into the lifestream of European thought and art. The Ionian Islands remained under Venetian rule and influence until very late in the 19th Century.

The folk dances of Greece are accompanied by music played on traditional instruments and sometimes also with a song. The dances, for the most part, fall into

two classifications: the very lively *Pidiktos* and the more restrained *Syrtos*. The *Pidiktos* is a jumping and leaping dance, the *Syrtos*, a smooth flowing, dragging dance. Another category is the mixed dances where they alternate from *Syrtos* to *Pidiktos* and back again. The most common trait, however, is that they begin slow and quaint and then build to the leaping and jumping dances.

The *Pidiktos*, or leaping dances, are indicative of the rugged mountains of Greece. There, the life is bolder and thus the very strain of mountain life is depicted in movements, especially in the virile and stark movements of the men. The raising of the leg and the leaps in the air almost seem to rise to the need of man to challenge nature. There are expressions of a dancer, either during a dance or in describing him afterwards, as to how he leaped over the mountains in his dancing.

The *Syrtos*, or 'dragging' dances, are usually seen in the lowlands, on the coastal regions, and of course, on islands. These dances tend to characterize the more peaceful landscape and lyrical moods of the seashores and the tender, easy-going Aegean Sea.

In areas where there are dramatic changes in the landscape, and both qualities of the valley and the mountains are mixed, we see a peculiar mixture of both these qualities described in movement. Most *Pidiktos* dances are danced specifically by men, whereas the *Syrtos* dances are performed by both men and women.

— Athan Karras

# Calendar

**Note: Federation Events are in Bold.**

**CALL TO CONFIRM ALL EVENTS.**

## FEBRUARY

- 3 *New Shanghai Circus*, Chinese acrobats. 8:00 at Pepperdine Univ., Malibu. Info: (310) 506-4522.
- 4 *African Soundscape*, performance by Hassann Hakmoun and Habib Koite. Cerritos Center. Info: (562) 916-8500.
- 4-8 *Riverdance*, Irish dance performances at Pasadena Civic Auditorium. Info: (626) 793-7172.
- 5, 6, 7 *Leahy*, Irish fiddling, singing, step dancing. Thursday 8:00 at Pepperdine Univ., Malibu. Info: (310) 506-4522. Friday, 8:00 at Beckman Auditorium, Pasadena. Info: (888) 2CALTECH, [www.events.caltech.edu](http://www.events.caltech.edu), Saturday 8:00 at El Camino College, Torrance. Info: (310) 329-5345, [artstickets@elcamino.edu](mailto:artstickets@elcamino.edu).
- 6-8 **Laguna Folk Dance Festival**. Teachers are Joe Graziosi and Marilyn Smith. Ensign School, 2000 Cliff Drive, Newport Beach. Info: (949) 646-7082, [info@LagunaFolkDancers.org](mailto:info@LagunaFolkDancers.org), [www.LagunaFolkDancers.org](http://www.LagunaFolkDancers.org).
- 7,8 *Riverside Dickens Festival* in downtown Riverside. English street fair, Victorian tea, a lecture by Mr. Dickens himself and Mr. Fezziwig's Ball on Saturday night. For information: (714) 641-7450 or see the website of Riverside Dickens Festival.
- 7, 8 *Tango and Malambo*, dance performances by State Street Ballet. Lobero Theatre, Santa Barbara. Info: (805) 966-2441.
- 12 **Valentine's Day Party. 7:30 - 10:30. Hosted by Narodni. See OTS for details. Info: (714) 932-2513, or [sjhansen@rc.org](mailto:sjhansen@rc.org).**
- 13-16 *Camp Yona*, Israeli dance camp. Highland Springs Resort, Beaumont. Israeli and US teachers. Info: (760) 631-0802, [yonic@cox.net](mailto:yonic@cox.net).
- 13 **Valentine's Day Party, West L.A. Folk Dancers (Friday), 7:30 at Brockton School in W.L.A. Request program & potluck snack table. See OTS for details. For info: call Beverly Barr at (310) 202-6166.**
- 14, 15 *Scottish Festival*, Queen Mary, Long Beach. Info: (562) 499-1650.
- 15 *Mimi Blais, ragtime pianist*. House concert in Northridge, 7:00. Info or reservations (essential): Jill or Jay (818) 368-1957, [JayMichtom@bigfoot.com](mailto:JayMichtom@bigfoot.com).

- 21 *Gypsy Spirit - journey of the Roma*. Music and dance from Turkey, Spain, Bulgaria, Romania, Hungary. 8:00 at Beckman Auditorium, Cal Tech, Pasadena. Info: (888) 2CALTECH.
- 26-29 *Int'l Folk Alliance Conference*. 16th annual get-together of musicians and dancers interested in promoting traditional folk music and dance. Town & Country Resort, San Diego. Info: (301) 588-8185, [Connie.allen@dulcimer.love.org](mailto:Connie.allen@dulcimer.love.org).
- 27 *Kitka*, women's a capella vocal group perform *Songs from Mama's Table*. 7:30 at Thousand Oaks Civic Plaza. Info: 805) 388-4411.

## MARCH

- 5-7 **Westwood Co-op's Hess Kramer Weekend. Malibu. See OTS for details. Info: (310) 391-7382.**
- 15 **St. Patrick's Day Party, West L.A. Folk Dancers (Monday) 7:30 at Brockton School in W.L.A. Request program & potluck snack table. See OTS for details. For info: Call Beverly Barr at (310) 202-6166.**
- 18 **St. Patrick's Day Party. 7:30 - 10:30. Hosted by Narodni. See OTS for details. Info: (714) 932-2513, or [sjhansen@rc.org](mailto:sjhansen@rc.org).**
- 13 *Social Daunce Irregulars Victorian Grand Ball*, 7:30 - 11:00 at Pasadena Masonic Hall. Music by the Philadelphia Quadrille Band; dances called by Jeff Bissiri and Athene Kovaci. Info: <http://www.lahacal.org/sdi.html>, or call the Dance Hotline at (818) 892-3454.
- 20-21 **Teacher Training Seminar, Las Vegas. Dick Oakes and Rich Duree. See ad for details, or (702) 732-4871.**

## APRIL

- 2-4 *Southern California Scottish Institute*, hosted by 4 branches of RSCDS. Camp Cedar Glen, Julian.
- 18 **Westwood Co-op's Festival, Culver City Memorial Auditorium, Culver City. Council Meeting 10:30 A.M., dancing at 1:30 P.M.**

## MAY

- 15 *Claddagh*, Irish folk music. 'Noble House' concert in Van Nuys. Info: (818) 780-5979, [efgcpa@pacbell.net](mailto:efgcpa@pacbell.net).
- 16 *Topanga Banjo & Fiddle Contest*, 9:00 a.m. - 6:00 at Paramount Ranch, Agoura. Irish, Scottish, English Country, contra and other dancing,

Folk Dance Federation of California, Inc  
Statewide 2004 - May 28 - 29 - 30

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The Doubletree Hotel at Area Code 209 526-6000  
Ask for the "Folkdance Federation Rate of \$69 per night"  
Special Rate is available through May 7, 2004

*This article appeared in the St. Louis Post-Dispatch, author unknown. Thanks to Rich Duree for sending it in.*

## THE HEALTH OF DANCING

There's this guy I dance with, Arnold Taylor. He has firm hands and shoulders, and his favorite eight-step swing move has this merry-go-round feel to it. Everything in the periphery is a blur except his face, which usually bears a broad grin.

He's strong - a fact he underscores by introducing himself, with a wink, simply as "Ahnooldt." This faux Schwarzenegger's dance card is usually pretty full. And when he walks, it's more like he's swaggering to a syncopated beat.

It's easy to mistake this 78-year-old retired clergyman for a ladies man. But really, when he's on the dance floor, he's just reflecting the spiritual joy he's gotten out of his favorite form of recreation.

"What do I like most about dance? Oh, well, the sort of happy human relationship. Being with somebody and having fun," he says. Long-time dancers such as Taylor know what the medical community is starting to find some evidence of: the realization that dancing is good for you. Particularly, as it turns out, for older people.

In a recent study of nearly 500 people by the Albert Einstein Center in the Bronx, N.Y., dancing was the only regular physical activity associated with a significant decrease in the incidence of dementia, including Alzheimer's disease. Alzheimer's, which slowly degrades brain and memory function, affects 4 million Americans over the age of 60. Dementia, a broader category of diminished mental ability, affects between 6 million and 7 million.

"Dance is not purely physical in many ways; it also requires a lot of mental effort," said Joseph Verghese, the lead researcher of the study, published in June in the New England Journal of Medicine. Though many studies have explored the relationship between activity and dementia, he said, "if you review them, the (activities) that are purely physical do not seem to have any effect reducing dementia.

"Certainly among my patients (who dance), their posture is different and the way they walk is different."

Among the participants in the Verghese study, those who danced frequently - three or four times a week - showed 76 percent less incidence of dementia than those who danced once a week or not at all. The same study showed that doing puzzles, mind games and other mentally stimulating activities also reduces the incidence of dementia, but that purely physical activities - swimming, bicycling, walking, climbing stairs - had no preventive value.

## Exercising the ya-yas

The results don't surprise Jamie Platt, 53, an analyst for the Social Security Administration who gets his kicks folk dancing, Balkan, Turkish and Armenian style. "I have a very sedentary kind of job. But when I go dancing, I get my ya-yas out," said Platt. "It keeps me very vibrant. The dances that we do have very complex footwork. You have to think about the complex rhythms. So it keeps you on the ball."

But what is it about dance that might make it life- and brain-enhancing? The short answer, said Verghese: "I really don't know."

True, it involves movement, and there are dozens of studies that show - even if the Einstein Center study didn't - a positive correlation between physical exercise of all kinds and mental health. Essentially, exercise seems to jazz the brain.

Sustained aerobic activity involves not just those parts of the brain that control motor and sensory functions, but also the hippocampus - the section responsible for memory and many other cognitive functions, said Carl W. Cotman, a neuroscientist at the University of California, Irvine.

"It's surprising, because you'd think, 'What's that got to do with movement?' but it does," said Cotman, who studies the influence of exercise on the brains of rats and mice. In animals that exercise, the connections between brain cells grow stronger, and a protein (brain-derived neurotrophic factor, or BDNF) shown to improve neuron survival increases.

In addition, Cotman says - citing a finding that supports the theory that dance is better for your brain than other fitness activities - physically active animals that have an "emotional support system," such as interacting with other animals, see even more benefits in their brains.

performances, crafts, jam sessions. Info: (818) 382-4819, [info@TopangaBanjoFiddle.org](mailto:info@TopangaBanjoFiddle.org).

**28-30 Valley Fever, Statewide 2004. Modesto. Sponsored by the Folk Dance Federation. Institutes, performances, dancing, after-parties. See ad and article. Info: (209) 578-5551, [rmcelroy@charter.net](mailto:rmcelroy@charter.net).**

## JUNE

6/18, 19, 20 *Huck Finn Jubilee*. Mojave Narrows Park, Victorville. Bluegrass and country music, barn dance, shows, contests. Info: (909) 780-8810, [www.huckfinn.com](http://www.huckfinn.com).

20 *MIKVEH*, women's klezmer band with Adrienne Cooper. 3:00 at Temple Israel, Hollywood. Info: (310) 478-6332.

25, 26, 27 *CTMS Summer Solstice*, Soka Univ. Int'l, contra, Celtic, Greek, belly dancing. Instrument classes, performances, sing-alongs, etc. Info: (818) 817-7756, [ctms@lafn.org](mailto:ctms@lafn.org).

## NORTHERN CALIFORNIA

2/9 *Sweetheart Festival*, Napa Valley Junior College.

2/14, 15 *San Francisco Tamburitza Festival*, at Slavonic Center. See OTS for details. Info: (510) 649-0941, [www.slavonicweb.org](http://www.slavonicweb.org).

Concerts by *Kitka*, women's Balkan choir:

2/15 Santa Cruz. Info: (831) 427-8023.

2/19 San Francisco. Info: (415) 292-1233.

3/12 Fremont. Info: (510) 659-6031.

3/27 Orinda. Info: (925) 254-4906.

2/29 *Festival of the Oaks*. Ya'akov Eden teaching. Oakland. See OTS for details.

3/13,14 *Camellia Festival*, hosted by Sacramento Int'l FD Council. Saturday at Rancho Cordova Community Center, featuring an institute with Atanas Kolarovski and Zeljko Jergan in the afternoon, and dance parties in the evening. Sunday will be at the University with a concert, followed by beginner level dancing. Info: [folkdance.com/sacramentocouncil](http://folkdance.com/sacramentocouncil).

3/20 *Brigham Young Int'l Folk Dance Ensemble*, perform 7:30 at Sacramento Memorial Auditorium. Info: (916) 765-2229, <http://alumni.byu.edu/tours>.

4/6 *Cherry Blossom Festival*, Veterans Bldg., Sonoma.

6/8 *Rose Festival*, Veterans Bldg., Sonoma.7

6/19-26 *Mendocino Folklore Camp*. Teachers: Helen & Stig Eriksson (Swedish), Sarah Anindo Marshall (West African), Larry Weiner (Balkan), Tzvetanka Varimezova (Bulgarian Singing). Mendocino Woodlands. Info: (707) 795-6926, [phyris@akamail.com](mailto:phyris@akamail.com).

6/26-7/3 *Balkan Music & Dance Workshop*. Mendocino Woodlands. Info: (510) 549-2124, [office@ewefc.org](mailto:office@ewefc.org).

7/30-8/7 *Lark Camp 2004*. English and many other dances and music. Mendocino Woodlands. Info: (707) 964-4826, <http://www.larkcamp.com>.

8/17 *Little Festival in the Redwoods*, Guerneville.

9/17 *Fiesta de Sonoma*, Veterans Bldg., Sonoma.

## OUT OF STATE

### HAWAII

2/13-15 *Aloha Winter Weekend*, Scottish Country Dancing. Honolulu. Info: Bruce (808) 538-7707, [mcewanb001hawaii.rr.com](mailto:mcewanb001hawaii.rr.com).

2/28-3/5 *English Week in Hawaii*. Ken McFarland tour, country dancing, music by Bare Necessities. Info: [farlands@ptialaska.net](mailto:farlands@ptialaska.net).

**5/8 - 19 Spring cruise to Hawaii and the Islands for 11 days on Royal Caribbean's "Serenade of the Sea" with Beverly & Irwin Barr and the West L. A. Folk Dancers. Call Beverly or Irwin at (310) 202-6166 for information.**

### ILLINOIS

3/19-21 *Spring Festival* with Atanas Kolarovski and Ahmet Luleci. Chicago. Info: (773) 342-1247, [balkanske\\_igre@yahoo.com](mailto:balkanske_igre@yahoo.com).

### MASSACHUSETTS

3/4-7 *National Folk Organization 2004 Conference*. Lowell.

8/22-29 *Balkan Music & Dance Workshop*. Mt. Washington, Berkshires. Info: (510) 549-2124, [office@ewefc.org](mailto:office@ewefc.org).

### OKLAHOMA

6/18-20 *German Folk Dance Weekend*. Tulsa. Featuring dances and folklore of the Heather District. Info: (800) 875-3559, [baumann@t-online.de](mailto:baumann@t-online.de).

### OREGON

3/4-5 *Veselo Festival*, Eugene. Zeljko Jergan teaching Croatian dances. Info: (541) 683-3688, [acadiadesign@comcast.net](mailto:acadiadesign@comcast.net).

# Calendar

## TEXAS

3/12-14 *Nelda Drury Folk Dance Festival*. San Antonio College. With Jacqueline Schwab (English Country), Lee Otterholt (International), Mihai David (Romanian). Contact: Texas International Folk Dancers [www.tifd.org/calendar.html](http://www.tifd.org/calendar.html).

## FOREIGN

### BAVARIA

2/11-22 *Fasching in Bavaria*, dancing at Mardi Gras Balls in Bavaria, Prague, Salzburg. Info: Karin Gottier, (800) 875-3559, [baumann@t-online.de](mailto:baumann@t-online.de).

### BOHEMIA & MORAVIA

7/21-31 *Folk Dance Pleasure*, tour hosted by Dvorana. Info: Spanielova 38/1275, 163 00 Praha 6, Czech Republic, [dvorana@mbox.vol.cz](mailto:dvorana@mbox.vol.cz).

7/31-8/7 *Summer Folk Dance Week 2004*, Czech and Moravian dance camp, hosted by Dvorana. Info: Spanielova 38/1275, 163 00 Praha 6, Czech Republic, [dvorana@mbox.vol.cz](mailto:dvorana@mbox.vol.cz).

8/8-15 *Vintage Dance Week*, with Richard Powers, Radek & Eva Rejsek, Jitka Bonusova, others. Info: Spanielova 38/1275, 163 00 Praha 6, Czech Republic, [dvorana@mbox.vol.cz](mailto:dvorana@mbox.vol.cz).

### EASTERN EUROPE

7/2-10 *Danube Cruise* to Romania, Hungary, Serbia, Bulgaria. Led by Lee Otterholt, sponsored by Dance on the Water. Info: Mel Mann (510) 526-4033, [meldancing@aol.com](mailto:meldancing@aol.com).

### GREECE

7/17-24, 7/25-31, 8/1-8 *Mazoxi, Greek Folk Dance Conference*. 3 one-week sessions on island of Crete. Dances, folklore, museums. Info: Athan Karras, (818) 609-1386, [mazoxi@prodigy.net](mailto:mazoxi@prodigy.net).

### INDIA

5/21-30 *International Folkdance Festival* in Mumbai (Bombay), inviting dance ensembles. Info: [president@cid-unesco.org](mailto:president@cid-unesco.org).

### MACEDONIA

3/25-28 *CID Congress*, Ochrid. Official CID dance research congress and festival at Lake Ochrid. Info: [president@cid-unesco.org](mailto:president@cid-unesco.org).

### SERBIA

7/20-8/3 *Folklore Treasures of Serbia*, tour led by Cheryl Spasojevic. Festivals, art, museums, crafts, dance camp. See ad. Info: [CSpasojevic@webtv.net](mailto:CSpasojevic@webtv.net)

\*\*\*\*\*

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ACCOMMODATIONS:   A     B     C     D        TOTAL AMOUNT \$           

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IN CASE OF EMERGENCY, CONTACT \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ Relationship \_\_\_\_\_

Special Dietary Need: Vegetarian \_\_\_\_\_

WESTWOOD CO-OP IS A MEMBER CLUB OF THE FOLK DANCE FEDERATION OF CALIFORNIA, SOUTH, INC.

# Statewide 2004

## MORE ON VALLEY FEVER - STATEWIDE '04

*What do you get when you cross Valley Fever with a festival? (Answer at end of article)*

Statewide in '04 is being presented by a group that has never sponsored a festival, dealt with international teachers, hired bands, coordinated dance programs, made housing arrangements for all sorts of performers, decorated a large hall, arranged a great brunch, nor done any one of a myriad of things that enter into the making of a really great Festival. But we believe! We believe we can do it and do it we shall!

Due to our lack of experience, and probably fortunately so, we are planning a Statewide weekend you won't soon forget. It will be Memorial Day weekend: May 28-30. This won't be a run-of-the-mill festival. Although our intent is to follow tradition, there are moments in this weekend when we will try some new things that might become traditions.

We hope you'll take time to laugh with us, at us, and at yourselves and not take the dancing too seriously. It should be fun and we will poke fun at some dances in our OMG Dance Vignettes. The evening dance programs have been painstakingly arranged to offer a wide variety of dances with only very limited repeats. And there will be live music on Friday and Saturday nights and possibly even Sunday. Something you don't usually find at Statewide will be a separate, all-Balkan program on Saturday night. Just think of it, **two** Saturday night dances not just one.

Following tradition we will have a Dance Concert that will feature the best of our local area performing groups that many of you have not seen before. We have a Turlock Portuguese dance group, Mar Alto, that is beautifully costumed and highly energetic. You will appreciate their performance. We also will feature an African Dance Ensemble that will show you a progression of African Dance from a very old tradition to the latest in Afro-American styles of dance. Modesto's own Scandinavian performers will appear and you will be wowed by the performance of Halling, a traditional Norwegian dance.

For the ladies there will be Middle Eastern Dancing with a difference - - featuring Arturo! Some of you have seen him before. He performed for our Federation at age 16. Well ladies, he's now 21 and more polished than ever. This will be for you, the most exciting belly dance performance you have ever seen. Our Dance

Concert will conclude with an award winning performance by Modesto's Church of the Annunciation's Greek Dancers. You will see how Greek dancing should be done as judged by the Greeks themselves and view authentic costumes that are worthy of being shown even without the dancing.

Our Greek dancers will cook an authentic Greek dinner for us after the Dance Concert. The only foray away from Centre Plaza will be the Greek dinner and awe-inspiring tour at the Church of the Annunciation in Modesto. The church recently underwent a renovation that concentrated on the addition of icons on the walls and ceilings reminiscent of the Sistine Chapel (sans Michelangelo, of course.) Along with the dinner will be a tour of the Church and a viewing of the glorious icons. Be sure to purchase a ticket in advance as at the door sales will be limited. (Maps provided.)

Hotel Registration is due by **May 7th** for discounted rates. At only \$69.00 a night including parking they are a bargain. Be sure to mention the Folk Dance Federation. For more info call (209) 578-5551

Ans: "A Hot Time in the Old Town Tonight" and Saturday, and Sunday!

- *Barbara Summers, Co-Chairman - Valley Fever*



**FOLKLORE TREASURES**  
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For further information:  
FTS, c/o Spasojevic, 17626 - 68th Ave. West,  
Edmonds, WA 98026  
E-mail: CSpasojevic@westtv.net  
after March 2:  
Selo Vukovica, 34240 Z.P. Knjic,  
Serbia, YUGOSLAVIA  
E-mail: cspasoo@eunet.vu



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**The National Folk Organization**

and

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**Saturday & Sunday – March 20 & 21, 2004**

Saturday 12:00 noon to 4:00 p.m.; Sunday 10:00 a.m. to 2:00 p.m.

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Special room rates are available at **Arizona Charlie's Hotel & Casino**

(1 ½ blocks away; ask for Folk Dance Teacher Group rates)

(800) 342-2695



# On the Scene

## IMPORTANT NEWS – AN EARLY DATE

This year's Westwood Camp Hess Kramer will be held earlier than usual, so please make note of the dates—March 5th, 6th and 7th. Plans are shaping up for a weekend of relaxation and dance. Although the camp is put on by Westwood Co-op Folk Dancers, it is open to all, and newcomers are welcomed with open arms. Besides dance teachings and evening dance parties, there are many activities to interest the non-dancer as well as the seasoned dance enthusiast.

Our days begin with a bird walk on the beautiful, mountainous grounds, for early risers. If the out of doors doesn't call to you in the morning, there is also a yoga stretch class available. Or, of course, you can sleep in! The rest of the day you can take part in crafts, art or writing workshops, outdoor sports, indoor games, etc. There is always music available for those who can't stop dancing. And the food is abundant and delicious, including our traditional ice-cream social on Saturday evening. The weekend starts on Friday afternoon and continues through lunch on Sunday.

We hope to see you there! See our ad in this issue, or call Sandy for information, at (310) 391-7382.

— *Sandy Helperin*

## NARODNI INTERNATIONAL FOLKDANCERS.

**Valentine's Day Party** --- Thursday, February 12th, 2004. Please join us from 7:30 - 10:30pm for an all request evening. Enjoy our springy wood floor and please bring a finger food to share. Cost: \$4.00. We are located at: Dance America, 12405 Woodruff Avenue, Downey, CA 90241.

Also – save the date for our next party: **St. Patrick's Day Party** --- Thursday, March 18th, 2004.

For more information, please contact Shirley at (714)932-2513, or [sjhansen@rc.org](mailto:sjhansen@rc.org).

— *Shirley Hansen*

## YA'AKOV EDEN AT FESTIVAL OF THE OAKS

56th Annual Festival of the Oaks will be held at Laney College Gym, 900 Fallon St., Oakland, CA, Sunday February 29, 2004 from 10:00 AM to 5:00. \$12 all day or \$7 per session. Israel folk dance workshop 10:00 AM to Noon led by Ya'akov Eden. Enjoy varied folk dancing 1:30 to 5:00. Exhibition dancing at 3:00; refreshments available.

Co sponsored by Berkeley Folk Dancers, California Folk Dance Federation and Laney College Dance

Department. For more information contact Mel Mann [meldancing@aol.com](mailto:meldancing@aol.com) or (510) 527-2177.

— *Mel Mann*

## WEST L.A. FOLK DANCERS PARTY NIGHTS (MONDAY & FRIDAY)

### Valentine's Day Party, Friday - February 13, 2004

On the Eve of Valentine's Day, the West L.A. Folk Dancers will celebrate with a Valentine's Day Folk Dance Party, Friday, February 13, 2004, an evening of lots of fun and dancing. The evening ends when you are too tired to dance.

### St. Patrick's Day Party, Monday - March 15, 2004

Wear your green and come to a fun evening and celebrate with the Irish on St. Patrick's Day. It's a Monday, and we will dance and dance. The people are great, and party evenings are always special and so much fun. An "All-request program" will be played by Beverly & Irwin Barr. Bring snacks or desserts for the potluck table.

7:30 is the time that both of the above parties begin. The place is Brockton School, 1309 Armacost, W.L.A. (Between Barrington & Bundy, 1 1/2 blocks north of Santa Monica Blvd.).

We look forward to seeing you. For information call (310) 202-6166.

— *Beverly & Irwin Barr*

## DANCE AWARD "EUROPE" 2004

These dance competitions will be held in Barcelona/Costa Brava (Spain) from 8th to 12th April during the Easter Time 2004, and will be held in Italy from 18th to 23th June 2004, and will include Ballet-Contemporary-Modern-Hip Hop-Latin-Swing-Folk-Tap.

If you are interested, we will send you the informational package. Please send a message twice to: [www.dancegrandprix.com](http://www.dancegrandprix.com) @tiscali.it, and [www.valterrossi2@virgilio.it](mailto:www.valterrossi2@virgilio.it).

## VESELO SELO FOR FEBRUARY

Here's what we're doing in Fullerton this month:

- 7 Closed for Laguna Festival
- 14 Valentine's party; **Lee Otterholt** teaching
- 21 Best of Laguna Festival
- 28 Sadie Hawkins party

**Sandy Wodicka** will be teaching intermediate dances at 7:30 on February 14, 21, & 28.

— *Nancy Atwood*



LAGUNA FOLKDANCERS

34th annual

# FESTIVAL

## February 6-8, 2004

Laguna Folkdancers is a member of the Folkdance Federation of California, South

e-mail: [info@LagunaFolkdancers.org](mailto:info@LagunaFolkdancers.org)

website: [www.LagunaFolkdancers.org](http://www.LagunaFolkdancers.org)

Numbers to call:

(714) 891-0788, 893-8888  
(714) 255-1433  
(949) 646-7082, 494-7683

**Presenting Master Teachers**

**Joe Graziosi**  
Dances from Greece

**Marilyn Smith**  
Dances from France

**Eva Primack**  
Singing workshop Sat. 3-4:30

**Featuring Live Music by**

**John Bilezikjian**  
Friday Afterparty

**Madison Avenue Folk**  
Valentine Party

**The Baksheesh Boys**  
Saturday Afterparty

**Veselo Selo Folkdancers**  
hosting the Valentine Dance Party Saturday night 7:30-11:00

**Schedule of Events**

**FRIDAY EVENING**

Dance workshop	7:30 - 10:30	\$12
Afterparty	10:30 - 1:00	incl

**SATURDAY**

<b>Workshops</b>		
Advanced	9:30 - 11:30	\$8
Intermediate (Joe)	1:30 - 3:00	\$10
Intermediate (Marilyn)	3:00 - 4:30	incl
or Singing wkshop	3:00 - 4:30	incl
Valentine Dance Party	7:30 - 11:00	\$12
Afterparty	11:00 - 1:00	incl

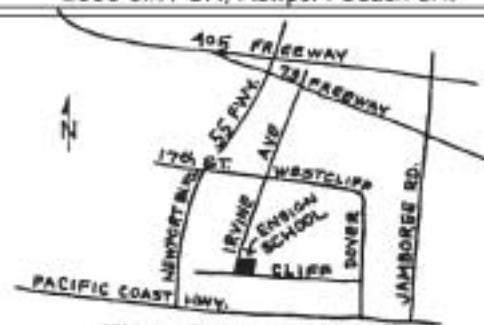
**SUNDAY**

Balkan Dance	12:00 - 1:15	\$10
Dance Concert	1:30 - 3:00	incl
Dance Festival	3:00 - 5:30	incl

**Passport for all events \$40.- in advance**  
(\$44.- when purchased at the door)

**Festival location**

Ensign Intermediate School Gym  
2000 Cliff Dr., Newport Beach CA.



(Thomas Bro's pages 888-889)

**Area Motels**

Ramada Limited, 1680 Superior, Costa Mesa  
(949) 645-2221 \$65.- \$85.-

Travelodge, 1951 Newport Blvd., Costa Mesa  
(949) 650-2999 \$48.- \$53.-

mention Laguna Folkdancers for these rates

February 2004

15

Folk Dance Scene

# Ethnic Music

*A number of CD's have recently been released featuring ethnic music., Here are several that should be of interest.*

## CD OF ACCORDION "MACEDONIAN MUSIC".

The popular Macedonian accordionist **Goran Alachki** is one of the best musicians in Macedonia, a teacher at the musical school in Skopje.

The present CD includes 15 folklore dances - the most popular musical themes from Macedonian dance folklore. The arrangements of all dances are by Goran and show an incredible moderate style emphasizing the unique character of the musical themes.

For further information contact: <http://www.music-bulgaria.com> or [www.balkanfolk.com](http://www.balkanfolk.com).

— *Boris Dimitrov*

## RAGTIME MUSIC FOR DANCING

**Stanley Stern**, whom many of you know as a Southern California folk dancer and musician, has produced a CD of ragtime music, along with his piano-playing partner, **Nancy Piver**. This differs from other CDs of early 20th Century music in that it is specially created for dancing. Tempos have been carefully selected and kept constant, and all of the tunes are very danceable (one-steps, two-steps, waltzes, tangos, foxtrots, cakewalks, etc.)

For further information, or to purchase the CDs (\$15) contact Stanley at (805) 528-6557, or go to [carolstanleyosos@charter.net](mailto:carolstanleyosos@charter.net).

## HARMONIA: MUSIC OF EASTERN EUROPE

Harmonia's new CD, *Harmonia: Music of Eastern Europe* on the Traditional Crossroads label (CD 4313) is now available. Two generations of musicians celebrated for their performances of the music of their Eastern European homelands join forces to explore the shared musical roots of the culturally rich territories east of the Danube, from Hungary and Romania to Croatia, Slovakia and western Ukraine.

Notes include song histories, lyrics and translations.

Review by **Wilma Salisbury**, *The Plain Dealer*, 11/23/03: "Harmonia brings authenticity to its lusty arrangements of roots music from Hungary, Ukraine, Slovakia, Croatia and Romania. Some of the ensemble members were born in Eastern Europe. Others grew up with traditional music or discovered it in adulthood.....Tempering infectious enthusiasm with

solid musicianship, they express the wildness of whirling circle dances, the sweetness of nostalgic folk songs and the high spirits of village celebrations."

Please mail a check made payable to **Beata Begeniova** in the amount of \$17 plus \$2.50 shipping and handling costs to: Beata Begeniova, P.O. Box 21312, South Euclid, OH 44121.

For questions concerning your order, e-mail [BeaBegi@aol.com](mailto:BeaBegi@aol.com).

## CD FROM 'ZADO', WOMEN'S A CAPELLA GROUP

The 1985 LP *Zadovoljan* is now available in CD form! The group, now called *Zado*, is an *acapella* women's group which sings the traditional folk songs of Eastern Europe, especially Bulgaria, Russia, Croatia, and Macedonia. We sing the songs in their original languages, doing extensive research and rehearsal to ensure that our songs are as authentic as possible.

The group was formed in 1980. We produced a stereo record in 1985, which is now available as a CD, and hope to have another CD of new material available in 2004. Sometimes we include instrumentation and male singers. Most of all, we are friends who love to sing, and who enjoy each other's friendship.

Visit our website at [www.ZadoSingers.org](http://www.ZadoSingers.org). If you are interested in purchasing the CD (\$10 + postage) contact me privately at [ccrocke@ucdavis.edu](mailto:ccrocke@ucdavis.edu)

— *Carrie Roche*

## BULGARIAN MUSIC BY GRUPA MAISTORI

SongPeddler, Inc. is pleased to present the newest release from Vassil Bebelev and Grupa Maistori. This album, *Grupa Maistori*, has been acclaimed as one of the best ever produced of Bitov music.

In Grupa Maistori Vassil Bebelev gathered masters (all old friends) of the gadulka, kaval, tupan and tambura to join him on gaida for an American tour in 2003. This album represents the culmination of their combined talents:

Featuring music performed so well that you'll want to listen to it as much as your feet will make you want to dance, here is traditional Bulgarian music at its best!

This CD is available for online purchase. Go to: [www.songpeddler.com/VassilBebelev/](http://www.songpeddler.com/VassilBebelev/) [CDGrupaMaistori\\_VBebelev.asp](http://CDGrupaMaistori_VBebelev.asp), or go to [www.songpeddler.com](http://www.songpeddler.com) and in the Keyword search box, type in Grupa.

# On the Scene

## HAWAII CRUISE WITH BEVERLY & IRWIN BARR

Join us May 8-19, 2004 for an 11 day cruise to the Hawaiian Islands on Royal Caribbean Cruise Line's "Serenade of the Sea".

Our ports of call will be the big island of Hawaii, both Hilo and Kona, Kauai, Maui, and Honolulu on Oahu. The ship stays in each port for a full day and two full days in Maui and Honolulu. The price includes all ground and air transportation and all port charges and government taxes.

Another wonderful time will be enjoyed cruising and folk dancing on board with Beverly & Irwin Barr and the folk dancers. See ad and price in this issue of Scene.

Early deposits get the best choice of cabins. Deposits are due now and final payment is due Feb. 18, 2004. Detailed information is available. Call (310) 202-6166.

— *Beverly & Irwin Barr*

## CAL TECH FOLKDANCERS



Recently **Dennis Boxell** was here for 2 weeks of workshops at Cafe Dansa, Kypseli, Laguna Beach, Caltech, and many private classes. The women's dances at Cafe Dansa were refreshing because women's dancing and styling are often neglected. This was a chance to learn what "women" do.

Each workshop was geared to the group that came, giving beginners and longtime dancers something at their level. Personal attention, like getting in the line and helping, or rewording, till the concept was grasped helped a lot. Also, leader swapping made the dances fun for everyone. Dennis said he had fun at all the workshops, and wants to come back. The next opportunity will probably be Orthodox Lent, or, if he is judging, the Greek FDF Event in Feb. He can be reached personally at [dennisboxell@msn.com](mailto:dennisboxell@msn.com).

— *Nancy Milligan, President Caltech Folkdancers*

## SAN FRANCISCO TAMBURITZA FESTIVAL

February 14 and 15 at Slavonic Cultural Center, 60 Onondaga Ave, SF, 94112 [www.slavonicweb.org](http://www.slavonicweb.org). 2 day event featuring Sarena Orchestra, all women Tamburasa from Cleveland, Ohio. Tommy Yeseta with St Anthony's Tamburitza & Kolo Dance Ensemble "Croatia". Westwind performing Ladarke, Blue Adriatic Tamburitza Orchestra, Slavonian Traveling Band, and Novi Stari Tamburasi. \$12 p/day. (\$2 off, if you bring a tamburitza)

A concert on Sunday at 2:30 PM, followed by dancing and singing, and a Valentines Dance on Saturday at 8PM. Food available on Sunday, light snacks and drinks only on Saturday

Kolo lessons in afternoon on Saturday, time and teacher TBA. A BYO Tamburitza Orchestra is being proposed for Saturday TBA. Email or call 510-649-0941, if interested.

## SCHEDULE FOR GREEK FESTIVALS

Every year there are numerous Greek festivals throughout Southern California and Las Vegas. These run for 2 or 3 days, and include lots of music, dancing (both participatory and exhibition), Greek food, crafts. **Pat Karamanougian** kindly puts together a complete schedule of them, including maps of location, dates and hours, contact information, etc.

To get a free copy schedule, just send a SASE to: Greek Festival Schedule  
3608 Country Club Dr.  
Long Beach, CA 90807

## SCOTTISH DANCE SCENE

**The Ridgecrest Scottish Weekend** - Plans are underway for the Ridgecrest Scottish Weekend and Outing, scheduled to be held on April 17-18 in Ridgecrest Hi Desert Dance Center. This two-day event is held biennially in conjunction with the San Gabriel Valley Branch's monthly party and the Desert Dancers' Spring Festivity. The Saturday program includes a workshop in the afternoon and the Scottish dance party in the evening.

On Sunday, an outing to the local petroglyphs in the Coso Mountain Range on China Lake Naval Air Weapons Station will be conducted. These carved figures on volcanic rock (basalt) can be traced to over 10,000 years ago and the sites were listed in the National Register of Historic Places as Little

## On the Scene

Petroglyph Canyon. The tour is free of charge to participants and is approximately from 9 AM to 3 PM. Unfortunately the canyon is located inside the Navy Base and, therefore, several ground rules need to be followed in order to visit the area. The security is much tighter on the base since 9/11/ 2001. Every one visiting the area needs to submit their request through the local POC (Frank Wu) in writing at least two weeks prior to the visit. The Scottish group is now limited to 20. No replacements can be made once the request is confirmed. Please let Frank know if you are interested in visiting the rock art area. Nevertheless, the outing to view the local ancient Indian rock arts is an interesting experience and, in particular, it's also a time the wild flowers are blooming in the desert after this year's good winter rain.

This will be our fifth biennial weekend activity and will also celebrate the Ridgecrest Scottish class' silver Anniversary. The class started in 1979 by Dwight Fine with L.A. Branch. Dwight was our teacher until his retirement and his move out of Ridgecrest in 1992. Scottish dancing continues ever since. Dance program and fliers will be out soon. Please come and help us celebrate the occasion.

**The Alexander Strathspey** - Frank briefly taught the dance at Beverly Barr's Friday night class on November 21. Someone may have figured out that there is a side note associated with this dance. The dance starts with two half Right-Hand Acrosses (2 crosses or 2X), followed by a full Left-Hand Across (one cross or one X), then another two Right-Hand Acrosses (2X). Consider X as one RA or LA regardless of a full or a half, there is a total of 5X's. The X in Roman numeral is ten and five of them make 50. The dance was devised for the occasion of Gerri and Bob Alexander's Golden (50th) Anniversary.

**Scottish Website** - Chuck Olsen of the Orange County Branch has created a website for Scottish activity photos. There are many Scottish dance photos available for viewing from the San Gabriel Valley Branch's Scottish Luau and the Anniversary Ball, the Asilomar Weekend Workshop, the OC's Christmas Ball and the LA's Hogmanay Ball. There will be more to the site when the Burn's Ball and Burn's Supper are held in January.

The site is <http://www.rscds-oc.org>.

— *Frank Wu*

## Ethnic Food

### VEGETARIAN STUFFED GRAPE LEAVES

- 1 jar of grape leaves, drained and rinsed
- 2 medium onions, finely chopped
- Olive oil
- Salt and pepper to taste
- Water
- Juice of 2 lemons
- 2 tablespoons parsley, chopped (cilantro can be added or substituted)
- 1 can tomato sauce
- 2 cups white beans, pre-cooked until tender

Saute the onion in 4 tablespoons of oil, until tender. Add the rice, salt and pepper, and saute briefly. Add the water to cover the bottom of the pot by about 1", and cook, covered for about 25 minutes. When nearly done, add the juice of one lemon and the parsley and continue to cook until the water is absorbed.

Fill and shape the grape leaves, with the vein side up. Fold and roll to make cigar shaped packages, tucking the ends in. Put enough pre-cooked beans on the bottom of a large pot to cover the bottom and arrange the stuffed leaves on top.

Cover the leaves with water and tomato sauce and add the juice of the second lemon and about 3 tablespoons of olive oil. Cover with extra unfilled grape leaves and add the remaining beans to the pot. Cook for about 10 minutes over medium heat, reduce heat and continue cooking for about an hour, or until the water is absorbed.

This recipe is a lot of work and takes time, but turns out well. It was tested by **Ike Hasson**, of Greek heritage, and a long time member of Westwood Co-op.

— *Sandy Helperia*

### STIFAIDO

- 1 lb. top beef round, cut in chunks
- 12 little onions, whole
- 1 glass white wine
- 1 clove garlic
- 1 Tbs. flour
- 3 tomatoes, sliced
- 1/2 tsp. sugar (opt.)

Brown the beef in a little fat, add water and simmer till tender (about 1- 1/2 hours). Meantime, brown onions and garlic, add tomatoes. Add white wine. Mix the flour with a little of the liquid and add, stirring in well. Cook until onions are done, stirring frequently. Add the meat, and boil up. Serves 3-4.

This recipe from the Satis Taverna in Athens.

— *Jill Michtom*

## Recent Events

### PASADENA COOP FESTIVAL



### WEST L. A. NEW YEAR'S EVE PARTY WITH ARIZONA FOLK DANCERS



Wow! What a great New Year's Eve Party! We folk dancers from Los Angeles and surrounding areas had such a wonderful time on our trip to Arizona over the New Year's holiday. There was so much to do and see.

Let's start with just being there and sightseeing in their beautiful state. We visited some wonderful sights and enjoyed some of the magnificent natural wonders that Arizona has to offer. Of course, we folk danced in the charming city of Prescott with the very friendly Prescott Folk Dancers. An exciting and successful New Year's Eve Folk Dance Party was a cooperative long distance effort between the folk dance leaders of the Phoenix and West Los Angeles groups. Folk dancers from other areas of Arizona and from as far away as Iowa attended the New Year's Eve Party and helped us welcome the New Year with a champagne toast. A good time was had by all.

— *Beverly & Irwin Barr*

