



Folk Dance Scene



Published by the Folkdance Federation of California, South

Volume 61, No. 10

December 2025, January 2026

Folk Dance Scene Committee

Coordinator	Michael Wright	editor@FolkDanceScene.org	707.484.4022
Calendar	Fran Prevas	calendar@FolkDanceScene.org	310.921.2860
On the Scene		ots@FolkDanceScene.org	818.368.1957
Club Directory	Steve Himel	directory@FolkDanceScene.org	949.646.7082
Dancers Speak	Sandy Helperin	ds@FolkDanceScene.org	310.391.7382
Last Dance		lastdance@FolkDanceScene.org	
Design and Layout Editors	Pat Cross, Don Krotser	design@FolkDanceScene.org	323.371.9921
Business Manager	Jan Rayman	business@FolkDanceScene.org	818.929.4346
Contributing Editor	Elizabeth Wayland Barber		
Circulation	Sandy Helperin	circulation@FolkDanceScene.org	310.391.7382
Subscriptions	Jan Rayman	subscriptions@FolkDanceScene.org	818.929.4346
Advertising	Steve Himel	ads@FolkDanceScene.org	949.646.7082
	Jan Rayman 4827 Grand Ave La Cañada, CA 91011	Sandy Helperin 4362 Coolidge Ave. Los Angeles, CA 90066	

Folk Dance Scene

Copyright 2025 by the Folk Dance Federation of California, South, Inc., of which this is the official publication. All rights reserved. *Folk Dance Scene* is published ten times per year on a monthly basis except for combined issues in June/July and December/January.

Folk Dance Scene is published to educate its readers concerning the folk dance, music, costumes, lore and culture of the peoples of the world. It is 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 the editor by the 10th of the month preceding publication. We reserve the right to edit all submissions for space considerations. Electronic submission (including all photos) is required. 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.

SUBSCRIPTIONS: Subscription orders and renewals should be addressed to Jan Rayman. Annual submission rates are: \$10 for pdf via email, or \$25 USA, \$30 Canada for a print version (other foreign subscriptions available by email only). Payment should be made to Folk Dance Federation of Calif., South. Change of address or circulation problems should be addressed to Jan Rayman; see table above.

ADVERTISING: Ads must be consistent with the purposes of the magazine, accompanied by full payment, and either camera ready on bright white paper or in 300 dpi electronic format (TIF, JPG, or PDF). Ads that are not camera ready will be returned. Payment should be made to Folk Dance Federation of Calif., South.

Size (width x length)	Federation Club	Others	Payment to:
1/4 page (3" x 3 1/2")	\$10	\$15	Folk Dance Federation of Calif., South
1/2 page (6" x 3 3/4" or 3" x 7 1/2")	\$15	\$25	121 101st Ave NE
Full page (6" x 7 1/2")	\$25	\$40	Lake Stevens, WA 98258

Cover: Attendees at Fall Camp photo courtesy of Marc Rayman



Folk Dance Scene

Volume 61, No. 10
December 2025, January 2026

Editors' Corner

We celebrate the season with Fall Camp, and Poetry Corner.

President's Column extends from The Corner to the following page.

Find out about events in On the Scene and Calendar.

Review or see what you missed in Recent Events.

Share memories in Last Dance.

Enjoy another adventure with Betchen in Costume corner.

Enjoy the holiday season with dance!

Be of good cheer!

Pat Cross and Don Krotser

Table of Contents

The Corner	3
On the Scene.....	6
Recent Events.....	8
Calendar	10
Last Dance	12
Costume Corner.....	13
Fall Camp.....	16
Poetry Corner	17
Club Directory.....	18

Federation South Officers

President	Greg Solloway	sollowayg@gmail.com
Vice-President	Chin Yu	yueugenia@yahoo.com
Secretary	Margaret Lange	
Treasurer	Mindy Belli	mindybg2019@gmail.com
Membership	Amy Dale	amydale@cox.net
Historian	Wen-Li Chiang	chiangwenli@yahoo.com

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

The Corner

PRESIDENT'S COLUMN

Hi Everyone

What a busy season! I understand Fall Camp went extremely well, and everyone had a fantastic time. I heard about the Witch's Dance and am eagerly waiting to see the photos!

The Outreach Committee sponsored an event at the Lakeview Senior Center for the Irvine Multicultural Association. There were about 60 people attending. We talked about what recreational international folk dance is, a little about our history, and some of the unique instruments that create the rhythms and sounds we love. Marge Gajicki brought some of her dolls, representing a wide range of local cultures, and we had four authentic costumes there for people to look at.



Marge Gajicki with her dolls

The Corner continues on page 4

We finished up with some demonstration and audience participation dances, and a brief set from the DEBA Bulgarian group. About 25 people joined in the audience participation dances, and several inquired about local groups they might explore dancing with. We hope to see some of them in our regular dances soon!

We also presented some evidence about how folk dancing helps you live longer, healthier lives. Dr. Soon Shin is currently running studies in Laguna Woods and is building significant evidence of the benefits that lifestyle choices bring. This is particularly true relative to Alzheimer's Disease and Dementia. Some of the key points relative to dancing are as follows:

- Enhances memory and learning through dance sequences.

- Improves executive function (focus, planning, adaptability).

- Strengthens brain plasticity and neural connections.

- Reduces dementia risk — dancing linked to 76% lower risk (New England Journal of Medicine, 2003).

- Boosts cardiovascular health and circulation.

- Improves balance, coordination, and flexibility.

- Releases endorphins — reduces stress, anxiety, and depression.

- Builds social bonds and cultural connection.

In senior living and community settings, folk dance integrates:

- Physical activity – movement and coordination.

- Cognitive stimulation – memorizing patterns.

- Social engagement – group participation.

Together they support brain health and emotional resilience.

Healthy lifestyle protects brain cells and synapses

Major Lifestyle Factors affecting brain health:

- Physical Activities

- Social Engagement

- Cognitive Stimulation

- Sleep Quality

- Dietary Habits

- Cardiac Risk Factors

Adopting a healthy lifestyle for dementia prevention also lowers risk of heart disease, stroke, and diabetes.

Dr. Shin concludes Dementia Prevention with folk dancing is not optional –it's essential! Let's take his advice and take this message to our communities!

*Thanks,
Greg*



Costumes on display at Irvine multicultural event

A MATTER OF PERSPECTIVE

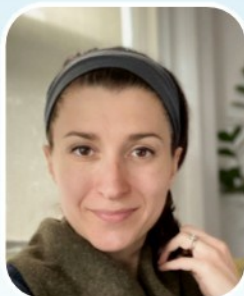
Those who danced were thought to be quite insane by those who could not hear the music.

Angela Monet

March 6-8, 2026

Laguna Folk Dance Festival

We are planning another
FUN-FILLED FESTIVAL



Featuring
Anna Angelova
teaching Bulgarian dances
and
Daniel Sandu teaching
Romanian and Rom dances



***Also, dance parties, happy hours with dance requests,
live music, great food & wine,
an ice cream social, a Sunday concert, and
awarding of the 2026 Lifetime Achievement Award***

Plus beach
dancing
on Monday!



In the beautiful Clubhouse 2 ballroom
at 24112 Moulton Parkway, Laguna Woods, CA

REGISTRATION SOON at lagunainternationaldancers.com

Questions? Call Greg Solloway at (972) 467-1406

Non-residents: For gate access, please provide your name by Feb. 28.
At the gate, say you will be attending the festival hosted by the
Laguna Internat'l Dancers as a guest of Marilyn Yurk, 949-939-0604

ON THE SCENE

PASADENA FOLK DANCE CO-OP

We are busy in the month of December preparing for our two Winter parties. Both events will be held at our new location, St James Episcopal Church in South Pasadena.

First is our New Year's Eve party on December 31st, held from 7-10pm (when it will be the new year in Chicago). Two sets of live music will be provided by Fifth Friday. The rest will be all requests chosen from our extensive playlist (one or two by you?), which you can find at our website, www.pasadenafolkdancecoop.org. Bring a treat to share if you like, there will be potluck refreshments.

On Saturday, January 26th, join us for our annual Winter Festival from 1-5 pm. Fifth Friday will play two sets of live music and there will be preprogramed recorded music. You will be able to view the program at our website starting in January.

Teaching in the month of December will be dances on the Winter Festival program that might need some polishing.

We are enjoying our new home and its wonderful floor. But on December 19 we are returning for one night only to our interim home of Westminster Presbyterian on Lake Avenue in Pasadena.

Hope to see you soon on the dance floor.

Pat Cross

BULGARIAN DANCE LOVERS TAKE NOTE

Dr. Anton Andonov will be teaching sessions in SoCal in January 2026.

Confirmed dates include:

January 10th, 2026 - San Diego Folk Dance Center, 5500 Grossmont Center Drive, La Mesa, 91942 Grossmont Shopping Center in La Mesa. Teaching session is likely to begin at 5 or 6 p.m. followed by a dance party.

January 11th, 2026 - Bulgarian Education and Culture Society - Pchela, 14281 Chambers Road, Lyceum Village Gymnasium, Tustin, CA, 6pm - 8pm

January 12th, 2026 - D.E.B.A. - University Community Center, Located at Culver Drive and University Drive, 1 Beech Tree Lane, Irvine, CA 92612. 7:15pm - 9pm



Let's Dance!

The Magazine of International
Folk Dance

Join the Folk Dance Federation of California
and receive *Let's Dance!*
10 issues for \$35/year

The where, when, how and who of International Folk Dancing

Membership application
available on line at www.folkdance.com.
Pay on-line or send application with check to
Marsha Rosenblatt, Membership,
927 Springfield Drive
Millbrae, CA 94030

New Year's Eve Dance Party

Hosted by
Pasadena Folk Dance Co-op

**Wednesday, December 31, 2025
7:00 till 10:00 PM**



At Our New Home

**Saint James Episcopal Church
1325 Monterey Rd.
South Pasadena, CA 91030**

**Live music by
Fifth Friday**
Plus all-request recorded dance music

Beautiful wood floor

**Potluck Refreshments
Admission: \$10**

www.pasadenafolkdancecoop.org/events

RECENT EVENTS

ROMANIAN FOR A DAY IN ANAHEIM

Several So Cal dancers enjoyed Romanian music, food, décor and dancing in the parking lot of the richly furnished St. Mary's Romanian Orthodox Church November 8. Volunteers served Sarmale (cabbage rolls) and Frigarui (skewers) plus tempting pastries. Children showed off their traditional shirts and blouses. The band featured Vasile Smical, Mitica Grigoriut, Marian Milita and Mircea Lazea with vocals by Teofil Munteanu. Alexandru Padureanu played keyboard for entertainment before the band tuned up. Lucia Sava, the Consul General of Romania in Los Angeles, joined the hora with Romanian American dancers. It was splendid being Romanian for a day!



Children's Group at Romanian for a Day



NORTH-SOUTH TEACHER'S SEMINAR

A group of us SoCal folk dancers piled into Adeline De Haan's van for a cheerful drive up the coast to Camp Monte Toyon in Aptos, California near Santa Cruz where the North-South Teachers' Seminar took place October 10 – 12. Teachers Sonia Dion and Cristian Florescu presented dances from Romania and French Canada. They demonstrated exemplary teaching strategies throughout the weekend.

We dancers were relaxed and smiling as we paid attention to the steps, and by the end of Sunday reviews were mostly on the correct foot. The workshop included a "roundtable"



discussion regarding “Ideal Teaching Practices for Regular Dance Groups.” Participants contributed ideas about how many dances to teach in a session, qualities of an effective teacher and how to balance the needs of experienced and new dancers. Some pet peeves that were voiced: not playing the music before starting to teach, mispronouncing names of dances. (Oops, I’m guilty of the latter.)

Monte Toyon Camp, set among tall conifers, features a superb dance floor and extra delicious meals. Adeline, Toti O’Brien, Julith Neff and Diane Baker applaud the volunteer committee and instructors for a wonderful learning experience! The annual North-South Teachers’ Seminar is open to all dancers who want to improve their skills as instructors of social folk dance.

Diane Baker

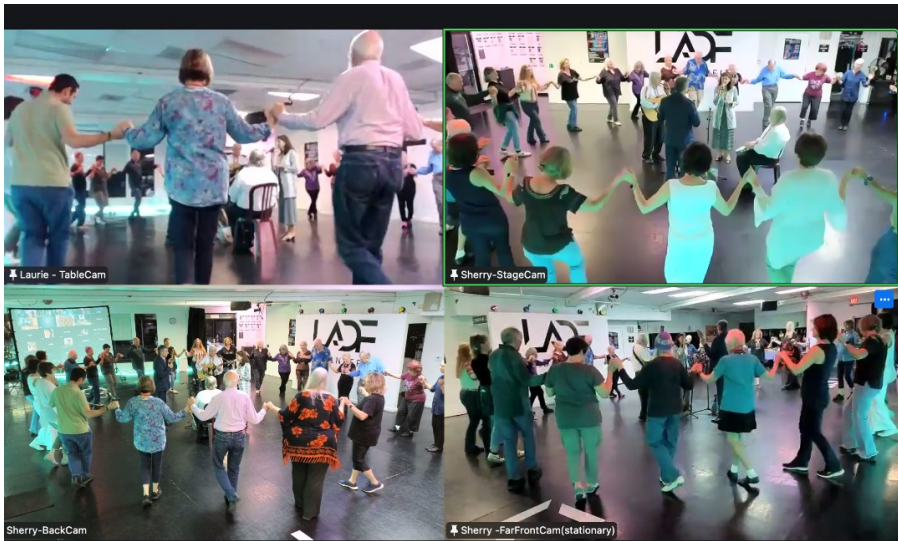
Attendees from So Cal at North-South along with teachers Cristian and Sonia.

BULGARIKA ELECTRIFIES WEST LA'S FRIDAY NIGHT L.I.F.E.!

The curtain has closed on a stunning performance! The globally celebrated Bulgarian folk band Bulgarika concluded their 2025 Los Angeles area visit with an unforgettable night at LA DanceFit in West Los Angeles, returning to the popular Friday Night L.I.F.E. group on October 24, 2025.

The master quartet—featuring the powerful vocals of Donka Koleva, the virtuosic gadulka of Nikolay (Kotata) Kolev, the masterful tambura of Stoyan (Pileto) Kostov, and the essential tupan & tarambuka played by Dan Auvil, stepping in for Anton (Shekera) Shekerdjiev—treated the audience to a mesmerizing showcase of traditional Bulgarian music.

Attendees in-studio and via Zoom were immersed in the complex, joyous rhythms and haunting melodies of the Balkans, affirming Bulgarika's reputation as a world-class ensemble.



CALENDAR

DECEMBER

- 3 **Dance to Bulgarian music with Filip Filipov at Laguna Woods** (depending on air travel), 6-8:30 pm, Clubhouse 2 in Laguna Woods \$10
www.lagunainternationaldancers.com/
- 5 **DakhaBrakha** Ukrainian "ethno-chaos" at The Wallis, 9390 N. Santa Monica Blvd. Beverly Hills, CA 90210, 7:30 pm <https://thewallis.org/show-details/dakhabrakha>
- 6 **Bulgarian music with Filip Filipov at S.D. Folk Dance Center** (depending on air travel) <http://www.folkdancecenter.org/newsletter.html>
- 6 "World Voices and Strings" at Corazón Culture & Arts Resource Center, 125 South Topanga Canyon Blvd., Topanga, CA 90290 with Dave Cipriani, Jamie Papish, and Balkan singing group Mezečina. www.brownpapertickets.com/event/6733166
- 6 **Pasadena Folk Music Seasonal Concert** featuring "Broceliande" at Knox Presbyterian Church. 7:30-9:30 pm <http://pasadenafolkmusicsociety.org/event/a-joyful-seasonal-concert-featuring-broceliande-on-dec-6th/>
- 7 **St. Nicholas Ball dance review** - <https://historicalteaanddance.org/>
- 12 **Bulgarian music with Filip Filipov and Ian Price** at LIFE Balkan Dancers, hybrid Zoom (email worldance1@gmail.com for link and info) and in person at LADanceFit, 10936 Santa Monica Blvd #4539, LA CA 90025, 8 pm, \$20
- 14 **Hanukkah Festival at the Skirball** noon-5pm www.skirball.org/programs/hanukkah-festival
- 14 **St. Nicholas Holiday Ball** - info historicalteaanddance@gmail.com registration at <https://historicalteaanddance.org/>
- 16 **Arab Blues** at 2220 Arts, 2220 Beverly Blvd., Los Angeles doors 7 pm, showtime 8 pm <https://tickets.worldclassmusic.live/events/wcml/1939682>
- 17 **Klezmer & Yiddish Swing – A Hanukkah Celebration with Mostly Kosher** at Cicada, 617 S. Olive, Los Angeles - an evening of Klezmer and Yiddish Swing with special guests, Marco Palos of Phat Cat Swinger fame, and Yiddish dance leader. \$15 per person at the door. Visit <https://www.cicadarestaurant.com> for dinner reservations. Seating not guaranteed if not purchasing dinner. www.eventbrite.com/e/klezmer-yiddish-swing-a-hanukkah-celebration-with-mostly-kosher-tickets-1866181582349
- 20-21 **Nouveau Chamber Ballet's annual Nutcracker** 2 pm at Fullerton College Campus Theatre, 321 E. Chapman Ave., Fullerton CA 92832. Tom Bozigian will again stage the Russian dance. <https://nouveauchamberballet.com/> for more info.
- 29 **Grandeza Mexicana Folk Ballet Company Diciembre Mexicano** at the Luckman, Cal State LA <https://theluckman.org/events/grandeza-mexicana/>
- 31 **New Year's Eve Dance Party at Pasadena Folk Dance Co-op, St James Episcopal Church, 1325 Monterey Rd, South Pasadena, CA 91030. 7-10 pm. Live music by Fifth Friday, plus all-request recorded dance music** Admission: \$10, Potluck refreshments. See ad.

JANUARY 2026

- 10 **Bulgarian workshop with Dr. Anton Andonov** San Diego Folk Dance Center, 5500 Grossmont Center Drive, La Mesa, 91942 Grossmont Shopping Center in La Mesa. Teaching session at 5 or 6 p.m. followed by a dance party
- 10 Probable date of *Macedonian Old New Years Party* St. Mary Macedonian Orthodox Church, 10550 Whittier Blvd., Whittier, CA 90606
- 11 **Dr. Anton Andonov** at Bulgarian Education and Culture Society - Pchela, 14281 Chambers Road, Lyceum Village Gymnasium, Tustin, CA, 6pm - 8pm
- 12 **Dr. Anton Andonov** at D.E.B.A. - University Community Center, Located at Culver Drive and University Drive, 1 Beech Tree Lane, Irvine, CA 92612. 7:15pm - 9pm
- 17-19 **Sagi Azran & Orly Star Mini-Camp** featuring Yaron Ben Simhon (pre-camp parties Jan 14, Jan 15 www.facebook.com/orly.setareh/photos/save-the-date-milk-weekend-2026-2-la-power-houses-unite-for-a-magical-eventsagi-a/10161823821886526/)
- 18 **Southern California Slack Key Festival** Redondo Beach Performing Arts Center, 1935 Manhattan Beach Blvd, Redondo Beach, CA 90278 <http://tix.com/ticket-sales/kalakoa/1723/event/1416558>

- 23 *Winter party with Orchestra Unbound* at LIFE Balkan Dancers, hybrid Zoom and in person at LADanceFit, 10936 Santa Monica Blvd #4539, LA CA 90025 Info and Zoom link worldance1@gmail.com
- 24 *Annual Greek Dance Party* to support the dance program at the Huffington Center at St. Sophia, 1324 S. Normandie Ave, LA. Tickets on sale Dec 2, \$75 before Jan 18 info stsophiagreekdance@gmail.com www.instagram.com/p/DQcBSGtKyGW/
- 24 **Pasadena Folk Dance Co-op Winter Festival, St James Episcopal Church, 1325 Monterey Rd, South Pasadena, CA 91030 1 -5 Live music by Fifth Friday, plus programmed recorded dance music. Admission: \$10, Potluck refreshments. See ad.**

30- Feb 1 *Stockton Winter Weekend on Zoom* with Jaap Leegwater and Angel Nazlâmov, Richard Powers, Shmulik Gov-Ari, Tanya Dimitrov, Will Cope <https://stocktonfolkdancecamp.org/winter-weekend/>

31 **S D Folk Dance Center Membership Party (tentative date) <http://www.folkdancecenter.org/newsletter.htm>**

31- Feb 1 *Israeli Dance Mini Camp* with Dudu Barzilay and Avi Perez rokdimbavalley@gmail.com info and sign up www.rokdimbavalley.com/

FEBRUARY

- 6-8 18th *Annual Croatian Cultural Extravaganza*
- 7 "Preserving our intangible Heritage" Cultural Concert at the Aratani Theater located at San Pedro and 2nd St. Los Angeles, 2pm (1:30pm seating)
- 21 ***Lunar New Year Festival* at Cerritos Folk Dancers at Cerritos Senior Center, 12340 South St., Cerritos, CA 90703, 12:55-5:30 pm Teachers: tba, Contact: Sue Chen – 562-338-2298, cerritosfolkdancers@gmail.com**

MARCH

- 6-8 ***Laguna Festival* with Anna Angelova (Bulgarian) and Daniel Sandu (Romanian & Rom dances) See ad.**
- 29 *Goran Bregović* at the Luckman www.ticketmaster.com/goran-bregovic-los-angeles-california-03-29-2026/event/0B00632BA4A3179F

NORTHERN CALIFORNIA

- Dec 28 - *Final Israeli Oldies Party* at Ashkenaz 1:30-5:30 PDT, Zoomed at <https://us02web.zoom.us/j/2973937942?pwd=dmlpeG9VcFpMd3VEYINBYkltTWJMdz09> Meeting ID: 297 393 7942 Password: 629546
- Dec 31 *Balkan New Year's Eve Celebration at Ashkenaz!* 1317 San Pablo Ave, Berkeley CA www.ashkenaz.com/#/events/158738 . \$35 Pre-Sale tickets, \$45 Day-Of tickets. Kids 12 and under enter free! Midnight champagne included in ticket price. This year features an opening set of vocal-harmony-forward tunes from the Balkans to the Bayou by True Life Trio, an exhilarating Balkan Brass dance party by Fanfare Zambaleta, and a folk dance accordion extravaganza by Dan Cantrell & Friends!

OUT OF STATE

- Jan 16 – 17, 2026 *Zlatne Uste Golden Festival* in New York <https://goldenfest.org/> www.facebook.com/events/1063160502368295
- Jan 30-Feb 2 *Florida Folk Dance Council Winter Workshop with Cristian Florescu and Sonia Dion* teaching Romanian and international dances. Holiday Inn Celebration, Kissimmee, FL
- Feb 12-15 *Greek Orthodox FDF* will be at the Sheraton Phoenix Downtown in Phoenix AZ www.yourfdf.org/event/fdf-2026/
- Feb 13-15 *Flurry Festival* in Saratoga Springs www.flurryfestival.org
- Mar 5-8, *NFO Annual Conference* Durham NC <https://nfo-usa.org/annual-nfo-conference-2026/>



LAST DANCE

RODGER HILL

Rodger Hill passed away in early November. He was a regular at Caltech Folk Dancers and also danced at Kypseli. He had been a student at Caltech before there was a folk dancing group on campus. During his working life he taught out of state but always came back to Altadena during holidays and summer. Once he retired, he moved back to Altadena now that his father was gone. During retirement he danced more often and sometimes went to Veselo. He survived the Eaton fire but lost his home.

Nancy Milligan

The Federation and Scene continue to send our thoughts and support to those in the Pasadena/Altadena area who lost homes and neighbors to the fire and its aftermath.

TURKEY May 6th – 22nd and ARMENIA May 23-June 8 (tentative dates) in 2026
with **TINEKE & MAURITS van Geel** and **AHMET DEMIRBAGH**



Join Ahmet Demirbagh and Tineke and Maurits van Geel, your passionate tour leaders and specialists in these inspiring dance and culture journeys. The Turkey tour sold out within just 3 days! You can still sign up for the waiting list.

The Armenia tour already has a guaranteed departure too. For full details, visit our website:

<https://www.tinekevangeel.nl/tours/>

Adventure, culture, and dance await—don't miss this unique experience!

COSTUME CORNER

A reader has requested that **Costume Corner** sometimes deal with problems in the care and restoration of our beautiful folk costumes. I will need time to collect from textile experts their current advice on some of these problems (and suggestions of problems to discuss are welcome!), but long ago I learned from my mother how to restore the copious pleats of Hungarian skirts.

In 1979, while traveling throughout Europe on a 3-month research grant, I spent several days working in Budapest and I dearly hoped to pick up a costume piece or two in my spare time. One day I spied a bit of traditional silk brocade hanging out from under some blankets in an old trunk in an antique store. Diving in, I pulled out a beautiful but squashed brown pleated skirt and enormous purple shawl (**Photo**). Folkdance nut that I am, I bought them, even though I would have to carry them for two more months.

The skirt had been wadded up in the trunk and the pleats were largely flattened, but I shook the skirt out and rolled and rerolled it into a long sausage each time I repacked, laying the roll as straight as I could around the edge of my small suitcase. And by the time I got home, to my amazement, most of the pleats had re-established themselves!

All except in the back, where the original owner had completely sat them out. So my mother, who loved to sew and weave, and had taught me such things since I was 4, showed me how to fix them. Threading the skirt onto her big cloth-covered ironing board, back side up, she straightened the pleats as well as possible, then had me help her pin each little one-inch pleat down flat onto the board, slightly overlapping its neighbor, so the back of the skirt now had its original shape. Placing a clean white cotton towel over the “sat-out” area, she gently steam-pressed it. Then she removed the towel, and when the area was fully dry again, she took out a few pins to see the results. We found that most of the pleats were fully restored—except for the very worst area. So she repinned as needed, put the towel back over, and pressed that area a second time. When that had dried, all the pleats were almost perfect. She felt it best not to try again. Today, 45 years and a lot of wearing for dance shows later, it still looks so good that most people wouldn't notice any problem. Of course, I've been too busy dancing to “sit out” the back pleats the way its original owner did.

Elizabeth Wayland Barber



Typical Hungarian girl's tightly pleated skirt, to be worn with as many petticoats as possible. This one is of heavy brown and white silk brocade, with the typical rose pattern, and edged with narrow black lace. The center front (visible in the middle) was never pleated, so that the apron would lie flat across it, but the rest was entirely pleated in small pleats all the way around, so it would bounce as the girl walked or danced. Village of origin unknown. (Author's collection.)



Winter Festival

Hosted by

Pasadena Folk Dance Co-op

Saturday, January 24, 2026

1:00 till 5:00 PM

At Our New Home 

**Saint James Episcopal Church, 1325 Monterey Rd.
South Pasadena, CA 91030**



Beautiful Wood Floor

Live music by

Fifth Friday

Plus programmed recorded dance music



Potluck refreshments

Admission: \$10

Play lists will be posted on our Events page in January
www.pasadenafolkdancecoop.org/events/

Sponsored by

Folk Dance Federation of California South



FALL CAMP



Teacher Catherine Rudin dances with Terry Gucwa, photo courtesy of Therese Mahoney

Thank you to all who contributed to, and participated in, another successful and fun-filled Fall Camp. Our teachers, including main instructor Catherine Rudin, together with prominent local teachers Diane Baker, Marc Rayman, Marcella Lawson, and Valerie Daley, led us into a weekend of high-energy dancing. The dances taught are popular in other US locales, have been danced here but are largely forgotten, or are still living dances in their place of origin. We found they are still danced for good reason.

New to most Southern California dancers, Catherine came to national attention as a popular leader/instructor on Zoom, and as an instructor at other US festivals. We came away from her teaching not just knowing a few more dances, but also as better dancers.

Fall Camp also featured stargazing (led by Marc Rayman), Potluck Band (led by myself), crafts (prepared by Toti O'Brien, Kasia Lisowska, and Jan Rayman), and wine and cheese receptions (prepared by Marilyn Michael and Bonnie Robinson). And because Fall Camp coincided with Halloween, of course we had a Costume Party. Thank you all!

-- Terry Gucwa



Diane Baker teaches. Photo by Steve Waller



Dancing Papadhopanayiotena, photo by Steve Waller



Jim Gold International Folk Tours 2025

Travel, adventure, folk dance, culture



Eastern Europe-The Balkans

ALBANIA, GREECE, MACEDONIA and KOSOVO ext: May 21-June 2-4

Led by Lee Otterholt, guided by Kliti Zika: Tirana, Dures, Vlora Folk Festival, Kruja, Gjirokaster, Saranda, Berat, Lake Prespa, Ochrid,.

BULGARIA- Koprivshitsa Festival (held every 5 years) : Aug 4-15

Led by Ventsi Milev

Sofia, Plovdiv, Bansko, Veliko Turnovo, Koprivshitsa

ROMANIA: Sept 28-Oct 12 Bucharest, Brasov. Sibiu, Cluj, Sighet Marmatiei

GREECE-GREEK ISLANDS: Oct 4-17

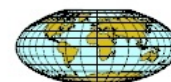
Led by Lee Otterholt, Maroula Konti, guide

Athens, Nauplia, Sparta, Olympia, Delphi, Meteora, Mycenae, and Epidaurus.

Greek Island Cruise: Mykonos, Crete, Rhodes, Patmos, Kusadasi

TURKEY: Oct 17-31

Led by Lee Otterholt Istanbul, Ankara, Cappadocia, Pamukkale, Izmir, Kusadasi, Pergamon, Troy, Canakkale, and Bursa



Travel
broadens
one!



Western Europe

SCANDINAVIA: June 10-23

Led by Lee Otterholt Oslo, Gothenburg, Helsingborg (Elsinore), Copenhagen.

IRELAND: Aug 2-14

Led by Lee Friedman and guided by Kay Cleary

Galway, Connemara, Aran islands, Kerry, Cork, Blarney, Dublin.

SPAIN: Sept 11-24 Malaga, Ronda, Cadiz, Seville, Cordoba, Granada

South America

PERU- Nazca and Peruvian Amazon ext: May 21-30.

Lima, Cusco, Machu Picchu, Puno, Sacred Valley, Lake Titicaca, Peruvian Amazon, Nazca ext.

ARGENTINA: Chile ext: Oct 5-15

BRAZIL: November 3-14

ECUADOR: Galapagos ext: Dec 1-14



North America

WESTERN CANADA: April 10-22

EASTERN CANADA: June 27-July 9

Middle East

EGYPT: Feb 20-March 2 Cairo, Nile River cruise, Luxor, Aswan

ISRAEL: March 2-13

Led by Lee Friedman and guided by Joe Freedman

Jerusalem, Masada, Tel Aviv, Galilee, Haifa, Safed, Golan Heights.

NEW: DELUXE SMALL GROUP TOURS to Croatia and Greece

Videos of folk tours and folk dances on: **Jim Gold Youtube Channel**

TOUR REGISTRATION: Reserve my place! \$200 per person deposit..

Register on line at: www.jimgold.com/ Jim Gold International, Inc.

497 Cumberland Avenue, Teaneck, NJ 07666 U.S.A.

(201) 836-0362 Email: jimgold@jimgold.co

POETRY CORNER



REJOICE

Walk the world this holiday season
Take your Littles, let them be the reason
You can see with baby-fresh eyes
All the wonder, beauty, joy and surprise



This Christmas, Hanukkah, Kwanza and more
See stars shining brighter than ever before
Hear music ringing through unclogged ears
Let it banish anger and furious, *false* fears



Breathe in all the succulent, savory and sweet
Smile and tip your hat to everyone you meet
Let caring and kindness be your best gift
And relish how it circles 'round and gives YOU a lift



Stacy Rose and the Witches Dance, photo courtesy of Steve Waller

CLUB DIRECTORY

Federation Clubs

Bay Osos Folk Dancers: Tue 11:00-3:00. South Bay Community Center, 2180 Palisades Ave, **Los Osos**. 818-203-5812 wburke.dance@gmail.com Billy Burke, BayOsosFolkDancers.org.

Cabrillo Folk Dancers: Tue 7:00-9:00. Balboa Park. Balboa Park Club, 2144 Pan American, **SAN DIEGO**. (858) 459-1336 gbsham@gmail.com Georgina, 858-766-1095 michaelleonardcreditor@gmail.com Michael-Leonard Creditor, <https://sites.google.com/site/cabrillodancers>

Cerritos Folk Dancers: 1st-4th Tue 5:00-7:45 Cerritos Senior Center, 12340 South St, **CERRITOS**. (626) 500-5035 chiangwenli@yahoo.com Wen Chiang

Conejo Valley Folk Dancers: Wed 7:30-9:30. Hillcrest Center for the Arts, 403 W Hillcrest Dr, **THOUSAND OAKS**. paula.davis@bucknell.edu, Paula, <https://www.facebook.com/groups/265181362778249>

Fantasy Folk Dance Club: Sun 3:00 - 7:00. St Thomas Aquinas Church, 1501 S Atlantic Blvd, **MONTEREY PARK**. vincentyhcheng@gmail.com 626-429-9008 Vincent Cheng. Sat 10-noon. Langley Senior Center, 400 W Emerson Ave., **Monterey Park**. (626) 673-2184 Peter Lin

Folk Dance Center: Wed 9:30-11:30am, Sat 7-10 . Oasis Wellness Center, 5500 Grossmont Center Dr, **La Mesa**. jcknappster@gmail.com John, www.folkdancecenter.org

Int'l Folk Dance Club - Laguna Woods: Tue 2:00-4:00. Clubhouse 1 Multipurpose Room 2, 24232 Calle Aragon, **LAGUNA WOODS**. (949) 939-0604 Marilyn Michael Yurk. First-time dancers call Marilyn for gate clearance.

Kypseli Greek Folk Dancing: Occasional Sunday live music events. 310-508-9676 Anne Sirota. www.kypseli.events

Laguna Int'l Dancers: Wed 6:00-8:30 at Clubhouse 2, 24112 Moulton Pkwy, **LAGUNA WOODS**. Fri 1:30-4:00 at Clubhouse 7 24111 Moulton Pkwy, **Laguna Woods**. leecotterholt@yahoo.com Lee. Sun 6:00-8:00 on Zoom. sol-lowayg@gmail.com Greg. www.lagunainternationaldancers.com

Narodni Int'l Folkdancers: Thu 8:00-10:00. Woman's Club of Bellflower, 9402 Oak St, **BELLFLOWER**. (562) 410-6964 julithilona@gmail.com Julith Neff www.narodni.org

Pasadena Folk Dance Co-op: Fri 7:30-9:30. St James Episcopal Church, 1325 Monterey Ave. **South Pasadena**. For current info contact: www.pasadenafolkdancecoop.org; 626-808-0361, info@pasadenafolkdancecoop.org Mari Werner

Prescott Int'l Folkdancers: Sun 2:00-4:00. Prescott Boys & Girls Club, 335 East Aubrey St, **PRES-COTT, AZ**. (928) 925-8995 Dick Weston Prescott.intl.folkdancers@earthlink.net. www.prescottinternationalfolkdancers.org/

Rainbow Senior Club: Sun 2:00-5:00. Joslyn Senior Center 210 N. Chapel Ave, **ALHAMBRA**. (626) 456-1900 ksun310@yahoo.com Kevin Sun.

Solvang Village Folk Dancers: Thu & Sat 4:00-8:00. Buellton Recreation Center, 301 2nd St, **Buellton**. 3rd Sat 1:00-3:00. Jensen Square, Corner Alisal & Copenhagen, **Solvang** (805) 688-3397 dlh4362@gmail.com David Heald

Ventura Int'l Folkdancers: Tue&Thu 1:30-3:00. 2nd Sun 1:30-3:30 (may change due to conflicts - check with Mary). Ventura YMCA, 3760 Telegraph Rd, **Ventura**. Non-members check with Mary first. (805) 667-9037voice mcowen_3@msn.com Mary Kerrigan.

Vintage Israeli Dancing: One Sat per month 8:16-12:00. Danzmundo World Dance & Fitness Studio (DWDFS), 16733 Ventura Blvd., #13, **ENCINO**. (310) 351-2166 jrbythec@aol.com Jim Rothman. www.vintageisraelidancing.org

West Valley Folk Dancers: Fri 2:00-4:00. Canoga Park Sr. Ctr. 7326 Jordan Ave. **Canoga Park.** (818) 979-5030. jaymichtom@yahoo.com. Jay Michtom, psw20@icloud.com Paul Waller, West-ValleyFolkDancers.org

Exhibition Groups

Karpatok Hungarian Folk Ensemble: United Hungarian House, 1975 Washington, **LOS ANGELES.** (805) 341-9640 sissykf@earthlink.net Sissy Keresztes-Fischer. Wwww.KarpatokFolkEnsemble.com

Krakusy Polish Folk Dance Ensemble: Wed 8:00 -10:00, Fri 7:00 - 9:00, Sat 2:30-4:00. Our Lady of the Bright Mount , 3424 W Adams Blvd, **LOS ANGELES.** (626) 827-7338 elistarr@yahoo.com Elizabeth Romuzga. Wwww.krakusy.com

Nevenka East European Folk Ensemble: Contact: Jennifer Jurick 818-519-2034, info@nevenka.org

Scandia Dancers: Thu 7:30-9:30. (714) 356-7745 sholzman1@verizon.net Stefanie Holzman

Westchester Lariats: Mon 4:00-9:00. Holy Nativity Church, 6700 W. 83rd St, **LOS ANGELES.** 310-913-5736 elizvalla@gmail.com Elizabeth Kane. Wwww.WestchesterLariats.org

Associate & Non-Federation Clubs

Caltech Folkdancers: Tue 7:30. Caltech Campus, Dabney Hall, parking on California Blvd. or Throop Church, 300 Los Robles, **Pasadena.** (626) 797-5157 Nancy Milligan. **Not currently dancing**

Claremont Israeli Dancers (assoc): Mon 7:00-10:00 Masonic Lodge, 272 W. 8th St, **CLAREMONT.** (909) 921-7115 Yael. www.meetup.com/israeli-folk-dancers/

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(assoc): Tue 2:00-4:00 Nov-Apr, The Joslyn Center, 73-750 Catalina Way, **PALM DESERT,** (760) 342-1297 Helen Smith

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

***Foothill Folk Dancers:** Thu 8:00-10:00. Nourishing Spirits Center @ St. George's Episcopal Church, 808 Foothill Blvd., **LA CAÑADA** (818) 790-8523 JanRayman@charter.net www.Foothill.Dance

***Israeli Dancing @ AJU-Natalie & Pat:** Mon 10:30am-1:00, noon-1:00(Beg); Thu 10:30am-11:30. American Jewish Univ Dance Studio, 15600 Mulholland, **L.A** 818-642-3585 Pat Jordan

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

Kolo Festival(assoc): Thanksgiving weekend. **San Francisco.** bill@kolofestival.org Bill Cope. kolofestival.org

San Diego Folk Dancers: Mon 7:00-9:00. Balboa Park, Balboa Park Club, 2144 Pan American Way, **SAN DIEGO.** 858-722-0489 Yueugenia@yahoo.com. Chin Yu

Santa Barbara Balkan Folk Dancers: Wed 8:00-10:00PM. Oak Park Stage, corner Junipero and Calle Real, **SANTA BARBARA.** soria-susan@gmail.com Susan Soria, or michalcathy@cox.net (805.895.4885) Michal Lynch

Santa Barbara Int'l Folk Dancers: In-person but schedule is in flux. Contact Michal Lynch for info michalcathy@cox.net, 805-895-4885.

Southern Nevada Int'l FD: Thu 4:00-6:00. Ballroom Addiction, 2301 Renaissance Dr., **Las Vegas, NV.** hugagiraffe@cox.net Eileen Hug

UCLA Ballroom Club & UCLA Int'l Folkdancers: Cultural, Historical & Ballroom: Thu 7-9 pm on or near campus RSVP required HistoricalDance@yahoo.com plus occasional Saturday parties. In addition, there are occasional Tuesday Israeli lessons at the Hillel Foundation. Info and RSVP IsraeliDance@yahoo.com

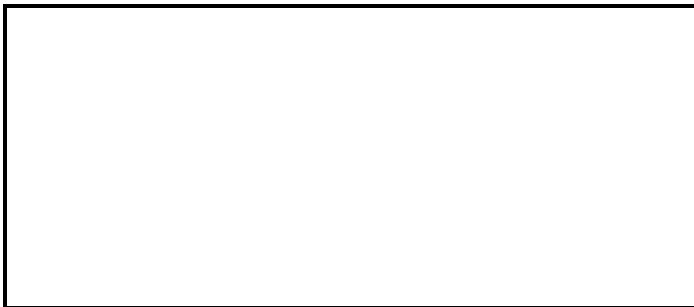
***Westside Daytime Folkdancers(assoc):** Wed 12:00-2. Culver City Senior Center 4095 Overland Blvd, **Culver City.** 2nd & 4th Sat 7:00-8:30. Unitarian Universalist Church, 1260 18th St., **Santa Monica** sandysmail1000@gmail.com, (310) 391-7382 Sandy Helperin

FOLK DANCE SCENE

4827 Grand Avenue

La Cañada, CA 91011

First Class Mail



Dated Material

ORDER FORM

NAME _____
E-MAIL _____ PHONE _____
ADDRESS _____ STATE _____
CITY _____ ZIP _____ - _____

Please mail subscription orders to the address at the top left corner of this page.
(Allow 6-8 weeks for subscription to start if order is mailed after the 10th of the month.)

☐*\$10 pdf via email*☐*\$25 print version, United States*☐*\$30 print version, Mexico, Canada**Print version not available elsewhere*

Payment should be made to Folk Dance Federation of Calif., South.