



Folk Dance Scene



Published by the Folkdance Federation of California, South

Volume 57, No. 7

September 2021

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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 Gerda Ben-Zeev. The subscription rate is \$18 per year, USA, \$20 for Canada or Mexico, all other foreign subscriptions available by email (pdf) only, \$10 for pdf via email. Change of address or circulation problems should be addressed to Gerda Ben-Zeev; 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.

Size (width x length)	Federation Club	Others	Payment to:
1/4 page (3" x 3 1/2")	\$10	\$15	Folk Dance Scene
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

On the cover: Fall Camp Main Hall - photo from Facebook



Folk Dance Scene

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Editors' Corner

As we transition from summer to fall, reopenings from CoViD 19 shutdowns are faced with new precautions as most metrics are on the rise again toward a possible 4th wave. We are happy to be dancing again in person—thanks to vaccinations, and falling back into masking after brief respite.

Fall Camp is our feature story. It and other venues continue alert to possible reversals, but hopeful that more vaccinations and masking will be sufficient precautions. Its launch at the new location in 2019 was a fine occasion, and as you may see in the article we expect no less this year after the hiatus.

See also options for your entertainment in Calendar and On the Scene, and hear from our poets in Poetry Corner.

Be of good cheer!

Pat Cross and Don Krotser

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

The Corner

STOCKTON CAMP ON MY MIND ...AND WORKING MY BRAIN

Kudos to Southern Californians who joined the Stockton Camp team as artists, emcees, instigators, dance leaders & cooks! Sherry Cochran created & distributed dazzling promotional videos. Lee Otterholt co-led a “Dance with our Teachers” session and the Time Warp party, plus he cooked Kransekake as a featured chef. Marcella Lawson, Joan Hantman, Kelley O’Neill, Asako Ohiro, and Sherry led dances for parties. Sherry also served as tech and emcee. Melanie Lawson taught ukulele.

Folks from 44 countries, 48 states, 6 Canadian provinces were, like me, immersed in Stockton Virtual 2021 for 10 July days. We were all growing our brains. “Stimulate the brain with new things to do or new individuals to interact with and it reacts by creating new connections that cause it to actually expand in size.” (p. 18, Wendy Suzuki, *Healthy Brain, Happy Life*, 2015.) Suzuki sums up research conducted by Marian Diamond at UC Berkeley. In addition to dance classes Stockton Camp 2021 included jigsaw and word search puzzles, cartoons to caption with creative dialogue (folkdancecamp.org/2021-puzzle-contest), cook-a-longs, sing-a-longs, drumming classes, travelogues, illustrated historical & cultural talks, and innumerable dance parties with live music. Brain food indeed!

Which exercise renovates white matter (glia cells) in our brains and potentially improves our ability to think and remember-- stretching, walking or dancing? You are correct if you guessed “walking!” Article by Gretchen Reynolds in NY Times online 7-14-21 reports on research conducted at Colorado State University by Dr. Burzynska. Previous studies had reported that people who exercise regularly grow brain connections & volume and perform better on cognitive tests than a sedentary control group. “These past studies of brain plasticity generally focused on gray matter, though, which contains the celebrated little gray cells, or neurons, that permit and create thoughts and memories. Less research has looked at white matter, the brain’s wiring. Made up mostly of fat-wrapped nerve fibers known as axons, white matter connects neurons and is essential for brain health. But it can be fragile,

The Corner continues on page 16.

FALL IN LOVE WITH FALL CAMP

Some *Scene* readers may have been dancing long enough to remember wonderful, long-lost days of great folk dancing. Those days ended abruptly in 2020 when the pandemic began threatening us all. Now you have a chance to experience that joy again with **Fall Camp on Nov. 12-14**.

Of course, if you're hesitant about registering, there is indeed still a significant risk! What is it? Well, everyone's well-being is our highest priority, so all camp participants and all staff at the facility will be **fully vaccinated**. Nevertheless, if camp has to be canceled because of the pandemic, **your registration fees will be refunded**. However, at press time (in early August), Fall Camp was already filled to more than 60 percent capacity. So, your greatest risk is not registering before camp is **sold out**. There's a registration form in the center of this issue (or you can download one at FallCamp.org). We recommend you fill it out and send it in now, and then finish reading this article.

Fall Camp will feature lots and lots (plus lots more) of dancing. Master teachers **Sonia Dion** & **Cristian Florescu** will present Romanian dances and **Roberto Bagnoli** will teach dances from other countries. If you've been to virtual dance events with them, this will be your opportunity to see what they look like in person these days. (Hint: all three of them are actually quite a bit larger than your computer display.) This will be Roberto's only teaching appearance on this trip from his home in Italy and one of only two for Sonia & Cristian. You can read about the teachers in articles elsewhere in this issue.

In addition to their regular teaching, the teachers will present **special sessions** with neat dances that are easier on hard floors, old joints, or less experienced dancers. Camp will provide other dancing as well, including two all-request parties (with a few fun surprises).

Fall Camp will have much more than great teaching and dancing. It will be at the **Brandeis-Bardin Campus** of AJU near Simi Valley with a delightful combination of creature comforts (such as motel-style rooms with heating and air conditioning) and a lovely rural setting. Even better than that will be the socializing and the opportunity to engage in many **enriching alternative activities** that might help you learn new skills, make new friends, have fun, or simply unwind.

Here are just a few of these optional activities. If you want to know about all of them, simply register and go to Fall Camp.

If you play an instrument, you can join the "**Potluck Band**" under the excellent direction of Terry Gucwa. After registering for camp, participants will sign up, and Terry will write parts for them based on their instrument and their experience level. In addition to having time to practice individually at home, the new band



will have several practice sessions at camp and will play some dances at the Saturday evening party.

Camille Dull's always-popular **poetry workshop** will help you to open your mind and release your inner poet. You can share your poems with others if you wish and even submit them to be published in the *Scene*.

In a **book discussion group**, participants will tell others about one of their favorite books. This is not only a novel (or perhaps nonfictional) way to get to know other campers, but you might discover your next great read.

Take a tour with Marc Rayman of some of the **highlights of the night sky** you can see with your naked eye. He has arranged for three planets and some particularly interesting stars to be visible, and he is working on having a satellite orbit over the group. (As you'll discover, all these highlights are really, really, *really* high!)

All the materials and detailed instructions, plus Jan Rayman's help, will be available in the dance hall to **make a head wreath** with ribbons of fall colors and live ivy garlands for the Saturday dance party. In addition, in a beautiful sunlit room, Kasia Linowska will show you how to create a **decorative leaf rubbing** that you can take home or donate to adorn the dance hall.

If you are an early riser, before breakfast on Saturday and Sunday, you can choose to take a one-hour **nature walk** with Jan Rayman around the beautiful campus or learn **stretching exercises** from Mady Taylor that protect your body from injury while you move to music.

All this and more will be at Fall Camp, which is sponsored by the Folk Dance Federation of California, South, Inc.

If you didn't follow our suggestion above of registering before finishing this article, there might still be time now to do so. And for more information (preferably about Fall Camp), visit FallCamp.org or email Dance@FallCamp.org.

- Jan & Marc Rayman



FALL DANCE CAMP TEACHERS

MASTER TEACHER ROBERTO BAGNOLI TO TEACH EXCLUSIVELY AT FALL CAMP



Roberto Bagnoli, a very popular master teacher of international dances, has been quite active in teaching and leading virtual dance sessions from Italy during the pandemic. Now everyone who goes to Fall Camp Nov. 12-14 will be in for a real treat to learn and dance with him. Fall Camp will be his only appearance on this visit to the United States.

Even if you don't know Roberto, there's a good chance you enjoy dances he has choreographed or popularized. Some of those dances include *Bahar* (which was taught at Fall Camp 2019), *Ec Ec*, *Senin Canina*, *Valle Shqiptare*, *Passu Torrau*, *Syrtos Kitrinou*, *Tarantella Bim Bom Ba*, *Ballo in Dodici*, but there are too many more to name them all.

Roberto grew up in Rome. He pursued his passion for folk dancing after careers as a biologist and at a computer company. He studied various forms of folk dance in workshops throughout Europe, Israel, and North America under renowned choreographers and teachers. From 1995 to 2003, he performed as a dancer and choreographer with the *Terra di Danza* Dance Company and was involved in the production of *Raggi di luna Italiana* and *Capriccio Italiano* (Italian dances), *GiroGiroMondo* (dances from around the world), *Keltic Emotion* (Celtic dances), *Mazal Tov* (Israeli dances), and *Ethnos* (international folk dances).

He is the founder and director of *Folk Atelier Reggio Emilia* (FARE), which is dedicated to the development and



conservation of folk dance heritage. He is responsible for organizing and conducting folk dance classes and workshops with Italian and foreign specialists and for staging various performances, parties, and dance gatherings.

Roberto also organizes two European dance camps: Balkanot (Balkan and Israeli dance) and Camp Yofi (Israeli Dance).

Roberto is one of the major reasons Fall Camp is expected to be a great success!

MASTER TEACHERS SONIA DION & CRISTIAN FLORESCU FEATURED AT FALL CAMP



Fall Campers will be very fortunate indeed to learn from Sonia Dion and Cristian Florescu, the most popular master teachers of Romanian folk dances in the world. Coming from Montreal, their only appearance in Southern California will be at Fall Camp. If you have never attended a dance event where Sonia and Cristian have taught, you should go to camp just for them. Their teaching is always clear, paced to fit the abilities of their students, and tremendously entertaining. You may already know some of the popular dances they choreographed and introduced. These include *De secerat*, *Corlu Aroman*, *Dana*, *Te aven baxtale*, *Ina Ina*, and *Hora veche*, but there are a great many more as well.

They have been guest performers with the Collage International Dance Ensemble of Boston, were regular teachers at *l'École supérieure de danse du Québec*, and were selected to be part of the Artists in the Schools program sponsored by the Québec Ministry of Education. In recent years, they have developed a specific interest in working with recreational folk dance groups and have traveled all over the

world to share their love of Romanian folk traditions.

Cristian was born in Bucharest, Romania. In 1982 he started dancing with several Romanian folk ensembles and studied with various specialists including the renowned Theodor Vasilescu. Cristian was principal dancer with the National Ensemble *Cununa Carpatilor*, with whom he toured extensively in Europe, Asia and North America. In 1990-91, the Romanian Ministry of Culture and the Romanian Folklore Choreographers Association conferred on him a certificate as recognized solo dancer and choreographer. He also was chief *répétiteur* for the Folk Ensemble *Balada* in Romania and worked as choreographer for the Academic Ensemble *Joc*



in Moldova. In 1993, he joined *Les Sortilèges*, a professional folk dance company based in Montreal, with whom he was actively involved as a dancer, teacher, *répétiteur* and choreographer until 2003. Since going to Canada, Cristian has acquired multiple skills in various dance forms including modern dance, ballroom, jazz, and tap as well as French-Canadian clogging, and Irish step dancing.

Sonia was born in Québec and has been a professional dancer for much of her life. She was lead dancer and choreographer for *Les Sortilèges* dance company, Canada's oldest professional folk dance ensemble, with whom she developed several new productions including *Une page d'histoire*, *Un pas de danse*, *Montréal en danse*, and *Pour se faire plaisir*. Sonia has toured worldwide and has been exposed to a wide range of dance techniques including Romanian folk dance, Scottish highland dancing, French-Canadian clogging, and ballroom.

Sonia and Cristian teach together beautifully, and they are very friendly and always enjoy meeting and talking with folk dancers. Their participation in Fall Camp Nov.12-14 is one of the ingredients that makes it so appealing.

- Marc & Jan Rayman



Jim Gold International Folk Tours: 2021-23



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



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

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

2022

ISRAEL: March 13-24, 2022

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

ALBANIA and KOSOVO: May 1-11 ext. 11-13, 2022

Led by Lee Otterholt. Tirana, Durrës, Gjirokaster Folk Festival!
Kruja, Saranda, Berat, Shkodra.

PERU, BOLIVIA, CHILE: May 21-June 2, 2022

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

NORWAY, DENMARK, SWEDEN: June 7-21, 2022

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

BULGARIA: August 1-14, 2022 **Koprivshtitsa Folk Festival Tour!**

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

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

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

2023

GERMANY, AUSTRIA, LICHTENSTEIN, SWITZERLAND

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

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

IRELAND: August 5-17, 2023

Led by Jim Gold and Lee Friedman
Galway, Connemara, Aran islands, Doolin, Killarney, Kerry, Cork, Blarney, Dublin

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

Malaga, Cadiz, Seville, Cordoba, Jaen, Granada

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

Tour(s) desired _____
Name _____ Address _____
Phone(_____) _____ Email _____

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Fall Camp

November 12-14, 2021

Featuring Master Teachers

Sonia Dion & Cristian Florescu

and Roberto Bagnoli

The weekend includes two nights in motel-style rooms (with heating and air conditioning, private bath, bedding, and towels), five meals (Friday dinner through Sunday breakfast), snacks, teaching sessions, review sessions, evening dance parties, and many other activities. **Visit FallCamp.org for details. Space is limited. Register soon!**

Fall Camp is at the Brandeis-Bardin Campus of the American Jewish University at 1101 Peppertree Lane, Brandeis, CA 93064. (It is just south of the 118 Freeway, near Simi Valley in Southern California.)

Occupancy (circle one) (If you would like help finding roommates, fill out the section below Total Enclosed.)

Single: \$535 per person

Double: \$390 per person

Triple: \$275 per person

Optional Sunday lunch: \$16

We have worked hard to limit the price increase from 2019, but registrations do not cover camp costs. Please consider an **entirely optional donation**:

\$ _____

\$ _____

\$ _____

Total Enclosed: \$ _____



If you would like us to help you find one or two roommates, please indicate your preferences:
Male Female (circle one) Night owl Morning lark (circle one) Number of roommates: _____

Refund policy: If camp is canceled at any time because of COVID-19, we will refund your payment in full. If you cancel prior to Sept 4, we will refund your payment minus \$25 (and will consult with you about your donation). If you cancel later, we cannot guarantee a refund.



Name _____ Email _____

Mailing address _____

Phone(s) _____ First name for badge _____

Name(s) of roommate(s) _____

We will try to accommodate special dietary requirements _____

Emergency contact _____ Phone(s) _____

Proof of vaccination is required for attendance. Please enclose a copy of your vaccination card or email a copy of it to Dance@FallCamp.org.



Please complete a separate form for each camper, and mail the form(s) and a check to:



Fall Camp
4827 Grand Ave.
La Cañada, CA 91011-2324



Make your check payable to Folk Dance Federation of California, South, Inc.

For questions, contact Jan & Marc Rayman at Dance@FallCamp.org or 818-790-8523.

CALENDAR

Note: Federation events are in bold.

ONLINE: Events are often scheduled with little lead time and may be canceled or postponed on short notice.

Dale Adamson hosts a Google calendar of online events with weekly classes and special events. <https://daleadamson.com/events-calendar/> and Aaron Alpert maintains a list of Israeli dance online at <http://www.nirkoda.com/virtual> The EEFC maintains a calendar of events including camps and dance and music lessons at <https://eefc.org/calendar/>

FOLK DANCE GROUPS MEETING ON ZOOM

LIFE Balkan Dancers on Fridays, 8-11 pm. Contact Sherry Cochran at worldance1@gmail.com for the link and password. Now hybrid - online and in person at LADanceFit

***Laguna International Dancers.* Holds regular Zoom dance event Sunday evening from 6-8. We open the waiting room at 5:45 and let people chat and socialize until we start dancing at 6. The teacher/dance leader is Lee Otterholt. The first half hour is teaching and dancing of easier dances and the last hour from 7 to 8 includes teaching and dancing of some more challenging dances. In person dancing Wednesday at Clubhouse 2 on the patio.**

The Folk Arts Center of New England is continuing its workshops with master teachers. Saturdays to be announced at 11 am <http://www.facone.org/programs-online-events.html>

Ethnic Dance Chicago, Illinois Fridays at 7:30 -11 CDT (5:30 - 9 pm Pacific Time) 1st half hour warm ups, discussion, with more discussion following after 8 pm Pacific Time. Schedule and info at www.ethnicdance.net/virtualdancerroom/

***Cerritos Folk Dancers.* Cerritos Folk Dancers conduct virtual classes through Zoom every Tuesday evening, from 6:00 to 8:45. It is open to the public. Donation is \$4 each time. Other options to donate are available. The first time participating in CFD's Tuesday class is free of charge. Contact CerritosFolkDancers@gmail.com for the weekly playlists and other details.**

The Peninsula Dancers from Northern CA will continue Zoom sessions every 3rd Saturday of the month from 3-6:30, also broadcast on their Facebook page <https://www.facebook.com/>

PFDCouncil/ Check with virtual-folkdance@gmail.com or check the Facebook page for the Zoom link.

Tuesday Night Revival (Boston - MIT) meets every 3rd Saturday, 5-8 pm Pacific Time <https://tuesdaynightrevival.com/> or join Zoom at <https://tinyurl.com/tnrzoom>

Roberto Bagnoli holds Israeli and Balkan dance parties from Rome, often on Sunday mornings and/or weekdays at noon. Check his webpage <http://morenu.it/> for the current schedule and Zoom links.

***Kypseli* has been presenting Greek dance and music sessions on Zoom on occasional Saturdays, sometimes from Greece. Information will be on their Facebook page and website www.kypseli.org**

Ira Weisburd teaches line dances and hosts a Balkan-Israeli Session, usually recorded for later viewing. Donations requested. <https://www.facebook.com/dancewithira> Ira's classes are now broadcast on his YouTube Channel - his Facebook page redirects to: <https://www.youtube.com/user/iraweisburd>

Vintage Israeli Dance is hosting monthly Zoom meetings. Email vintagedancing@aol.com for the dates and Zoom link or return to in person dancing.43ew

SEPTEMBER

4 *Orkestar Pečurka and Swing Riots Quirkette* at TRiP Santa Monica, 2101 Lincoln Blvd, Santa Monica CA. 8-10 pm.

4-6 *Long Beach Greek Festival*, live music with the Olympians <http://www.lbgreekfest.org/#welcome>

10-12 *San Diego Greek Festival* <http://sdgreekfestival.com>.

10-12 *Las Vegas Greek Festival* <http://lvgff.com/> <https://www.facebook.com/lvgreekfest/> On church grounds, 5300 S El Camino at Hacienda between Jones and Torrey Pines.

18 *Kypseli Zoom Dance Workshop* from Greece with Rena Karyofilidou and Kyriakos Moisidis.

24-26 *South Bay Greek Festival*, 722 Knob Hill Ave, Redondo Beach, CA. <https://www.facebook.com/sbgreekfestival/> (tentative)

25-26 *San Juan Capistrano Greek Festival* <https://www.sjcgreekfest.org/>

OCTOBER

2 Socal Folk Dance Federation event in Ojai at the Art Center, 10 am - 5 pm see OTS.

8-10 *Irvine Taste of Greece* <https://irvinegreekfest.com/>

17 *Macedonian Festival* at St. Mary's, Whittier – details forthcoming.

22-24 *St. Demetrios Greek Orthodox Church Greek Festival*, Camarillo Airport, 555 Airport Way, Camarillo, CA <https://www.vcgreekfestival.org/>

NOVEMBER

12-14 Fall Camp. Roberto Bagnoli, Sonia Dion and Cristian Florescu. See articles and ad. Info: Dance@FallCamp.org, https://fallcamp.org

OUT OF STATE

SEPTEMBER

23-26 *Tamburitzta Extravaganza*, Holiday Inn, 6001 Rockside Rd, Independence, OH 44131 <https://www.tamburitzta.org/>

24-26 *Boulder Int Folk Dancers Annual Workshop - Israeli dancing with Shmulik Gov-Ari*, The Avalon, 6185 Arapahoe Road, Boulder CO 80303 <https://www.boulderfolkdancers.org/events-workshops/2021/bifd-shmulik-gov-ari-2021-workshop>

30-Oct 2 *World Camp* <https://www.worldcamp.us/>

NOVEMBER

26-28 *Texa-Kolo* information will be posted at <https://kolofestival.org/> and <http://tifd.org>

2022

FEBRUARY

14 *Winter Workshop*. Celebrate 50 years of the Florida Folk Dance Council at a winter workshop in Orlando, FL. Feb. 11-14, 2022 with Jaap Leegwater and Mea Nordenfelt teaching Bulgarian and Beyond. Info: folkdance.org

FOREIGN

ALBANIA

5/1-11/2022 *Tour led by Lee Otterholt*. Includes Tirana, Durres, Viora FD Festival, Kruja, Saranda, Berat, Shkodra, Gjirokastra. Extension 5/11-13. Info: www.JimGold.com, 201.836.0362. See ad.

9/25-10/9 *Dance-Cultural tour to Albania, Macedonia, Greece*. Info: Jeff O'Connor, tours.easterneurope@gmail.com, or Steve Kotansky, stephenkotansky@gmail.com

BULGARIA

8/1-14/2022 *Koprivshitsa Festival Tour*. Info: www.JimGold.com, 201.836.0362. See ad.

CENTRAL EUROPE

6/14-27/2023 *Folk Dance and Yodeling Tour* to Germany, Austria, Lichtenstein, Switzerland. Led by Jim Gold, Lee Otterholt and Lee Friedman. Info: www.JimGold.com, 201.836.0362. See ad.

GREECE

10/9-22 *Tour of Greece and Greek Islands*. Led by Jim Gold and Lee Otterholt. Athens, Sparta, Delphi, etc. plus cruise to islands. Info: www.JimGold.com, 201.836.0362. See ad.

HUNGARY

10/12-23 *Hungary Dance and Folklore Tour III*. Budapest and NW Hungary. Info: Jeff O'Connor, tours.easterneurope@gmail.com, or Steve Kotansky, stephenkotansky@gmail.com POSTPONED to 2022.

IRELAND

8/5-17/2023 *Tour led by Jim Gold and Lee Friedman*. Info: www.JimGold.com, 201.836.0362. See ad.

ISRAEL

3/13-24/2022 or Germany in June *Tour led by Jim Gold, Joe Freedman and Lee Friedman*. Info: www.JimGold.com, 201.836.0362. See ad.

NORWAY, DENMARK, SWEDEN

6/7-21/2022 *Tour led by Lee Otterholt*. Info: www.JimGold.com, 201.836.0362. See ad.

PERO,BOLIVIA, CHILE

5/21-6/2/2022 *Tour led by Martha Tavera*. <http://www.JimGold.com>, 201.836.0362. See ad.

ROMANIA

10/3-16/2022 *Klezmer and Folk Dance Tour*. Info: www.JimGold.com, 201.836.0362. See ad.

SPAIN

9/14-27/2023 *Tour led by Lee Otterholt*. Malaga, Cadiz, Seville, Cordoba, Jaen, Granada. Info: www.JimGold.com, 201.836.0362. See ad.

ON THE SCENE

OJAI FESTIVAL OCTOBER 2

We will be “Learning Together Again” from 10 to 11:30 a.m. at the Ojai gathering October 2nd.

The theme of the workshop is dances introduced or often included on playlists via zoom during the pandemic closure of festivals & local clubs.

Our choices include accessible dances that we think will delight So Cal dancers.

<i>Staracko Kolo</i> , Croatia	taught at FACONE workshop, April 2020 by Zeljko Jergan
<i>Jaimalé</i> , Israel & France	taught at FACONE workshop, May 2020 by Erica Goldman
<i>Manastir</i> , Turkey	taught at FACONE workshop, March 2020 by Ahmet Lüleci
<i>Rododachtilos</i> , Greece	traditional, danced often by groups in Canada & Midwest US
<i>Hora Mare Nouraş</i> , Moldova (if time)	taught by Steve Kotansky, FACONE workshop 2020

Teachers are Asako Ohiro, Valerie Daley, Joan Hantman & Diane Baker. We are grateful to the Folk Arts Center of New England (FACONE) for sponsoring weekly dance classes with acclaimed teachers via Zoom, and to all the group leaders who kept us dancing throughout the closure. Dance notes & music will be digitally available to Ojai participants.

PASADENA FOLK DANCE CO-OP

In these ever-shifting times, what we can say for sure is we plan to dance in-person and we'll be doing some beginning teaching. We are continuing to hold live in person dance gatherings for the fully vaccinated only, and we now also have a mask requirement. This month we'll be voting in a new board of directors, which is expected to look a lot like the old board, but there are some changes. We're also making some changes to our schedule.

For up-to-date specifics, please go to our website <https://www.pasadenafolkdancecoop.org/> and check [Events](#), (when and where are we dancing [This Month](#) (what dances are we doing and teaching), and [News and Messages](#) (any other news).

Mari Werner

Pasadena Folk Dance Co-op Publicity

INVITATION FOR NEXT DANCE FESTIVAL COMPETITION IN ITALY 2022!

We are so glad to present the new Dance World Championship on 2022 in Italy for dance schools, companies and groups from all over. We are ready to welcome your dance group to BE PROTAGONIST by performing in specialized theaters in dance activities, with all the prerequisites for your artistic success.

A Dance Event for Ballet, Contemporary, Modern, Hip Hop and each other kind of dance art, Dance Team Showcases, Workshop Opportunities & International Dance Competitions

To find out how to qualify to be the protagonist of a great European Dance TOURNÉES in Italy, mail the office: In this year space has been limited and many groups have failed to register, so Directors should act right away for next year 2022

For Program and Fee:
italydancecompetition@gmail.com.

Ojai, Oct. 2, 2021

\$20

Dancing Together Again!

Saturday 10am-5pm, October 2, 2021

Event sponsored by Folk Dance Federation of California, South

proof of vaccination required to attend

Ojai Art Center
113 South Montgomery St.
Ojai, CA 93023

Charming Ojai Art Center has AC & a wooden floor, is located near public parking and within walking distance of restaurants, shops, street parking & Libbey Park.

Schedule

10-11:30 am teaching/reviews

11:30-1 lunch & dance requests

1-5 pm dance program

The program of recorded music will include dance favorites requested by participants. Send the names of a few of



For latest information check the calendar section of the Federation website- socalfolkdance.com

your beloved dances to **marshallcates@gmail.com by August 30.**

..... if registering at the door, bring your proof of vaccine card or copy

Pre-register:

send a check payable to Folk Dance Federation, South for \$20 **AND** a copy of your **vaccination certificate** to



Mindy Belli
321 S. Vista del Canon
Anaheim, CA 92807

Name _____

Address _____ phone _____

email _____

POETRY CORNER

RUN AWAY TO FALL CAMP

Rooms full of music that set the feet tapping
Colorful banners on the walls flapping
Circles of dancers with hearts overflowing
Laughing and greeting with sweet faces glowing

Wonders of nature embracing the whole
Freedom and freshness are surely your goal
So come for sweet warmth, and camaraderie,
And vigor and vim, verve and vitality.

--- *Camille Dull*

PARTNERS

(Dedicated to Jill and Jay)
In this dance of life together
You two are
One winning pair

You have rhythm and balance
Listen to music's subtleties
And move with grace

You are beautifully matched
Retain your individuality
Remain in harmony
And interpret the melody
Reflecting its beauty
Even when strident notes echo

Lillian Rodich

The Corner continued from page 3.

thinning and developing small lesions as we age, dilapidations that can be precursors of cognitive decline.” In the new study volunteers either participated in stretching & balance training (controls), walked briskly for 40 minutes, or learned & practiced line dances. All groups met 3X weekly and participated for 6 months. Results showed that continual brisk walking was the most potent exercise for health of glia cells. Dancers spent some of the time watching instructors instead of moving themselves. The health of white matter in the brains of the control group actually declined. Solid evidence for the advice to “move more!”

Learn new things to grow neurons. Move aerobically & continuously to repair glia cells in the brain. But, which exercise best maintains muscles in the body? A study published in *Cell Metabolism* and reported in the NY Times online March 23, 2017, determined that interval training wins hands down, especially among older subjects. If you are remembering the pain of wind sprints during high school sports, keep reading.

In this study subjects pedaled hard for 4 minutes, rested for 3 and repeated the sequence a total of 4 times. The findings showed improvement after 12 weeks of interval training in 400 genes that work to increase the health of muscle mitochondria. That's like dancing *Florica Olteneasca, Vranjanka, Vulpita, Mari Mariko, Jove Maloj Mome, Lesnoto, Briul de la Fagaras* then pausing for a drink of water. We've all danced a similar series on numerous occasions! Group leaders take note: when organizing a session playlist include a series of dances that alternate fast & slow-paced tempos after warming up with dances of medium speed. For safety during fast dances 2 or more dance lines are suggested. Folks with knee, back & ankle issues can move briskly. They may want to cover less ground, substitute leaps with steps, and hops with a bounce or pause.

Dance is our superpower to stay strong, healthy and smart as individuals and a community!

Diane Baker

CLUB DIRECTORY

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

>>Several groups recently notified Scene that they are now dancing in-person. These groups are indicated below with >> preceding their name. It is still a changing dance scene so verify before attending. Other groups may be holding Zoom dance sessions or not meeting in-person so contact the contact before showing up.<<

Federation Clubs

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

>>**Cerritos Folk Dancers:** Tue 6:00-8:45 on zoom; 2nd, 4th Thu 1:30-4:30 at Cerritos Senior Center, 12340 South St, **CERRITOS.** (562) 865-8854 chiangwenli@yahoo.com Wen Chiang

Conejo Valley Folk Dancers: Wed 7:30-9:30. Conejo Rec Center, 403 W Hillcrest Dr, **THOUSAND OAKS.** (805) 497-1957 lundgren66@gmail.com Jill Lundgren

Ethnic Express: Wed 6:30 except holidays. Charleston Heights Arts Center, 800 So. Brush St, **LAS VEGAS.** (702) 732-4871 rpkillian@gmail.com Richard Killian

Fantasy Folk Dance Club: Sun 4:00 - 7:00. St Thomas Aquinas Church, 1501 S Atlantic Blvd, **MONTEREY PARK.** tiggerbyc@yahoo.com (626) 688-9245 Sophie Chen. *Fri 8:15-10:45. El Monte Chamber of Commerce, 10505 Valley Blvd EL MONTE.* (626) 429-9008 Vincen-tyhcheng@gmail.com Vincent Cheng

>>**Int'l Folk Dance Club - Laguna Woods:** Tue 9:00am-12:00. Clubhouse 6, 24061 Algarrobo, **LAGUNA WOODS.** (949) 454-0837 friedagorelick@hotmail.com Frieda Gorelick

Kypseli Greek Folk Dancing: Fri 8:30-11:30. The Tango Room, 4346 Woodman Ave, **SHERMAN OAKS.** www.kypseli.org (323) 660-1030 jozefbilman1030@aol.com Jozef Bilman

>>**Laguna Int'l Dancers:** Sun 6:00-8:30 on zoom. Wed 3:00-5:00 at Clubhouse 2, 24112 Moulton Pkwy, **LAGUNA WOODS.** (949) 770-7026 7kahnmiriam@gmail.com Miriam Kahn www.lagunainternationaldancers.com

Mountain Dancers: 1st & 3rd Tue 1:30-3:30 (Oct. thru June). Woman's Club, 1424 Fremont Ave, **S. PASADENA** (626) 355-9220 johnmeursing@gmail.com John Meursing

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

>>***Pasadena Folk Dance Co-op:** Fri 7:30-9:30 (Beg 7:30-8). Altadena Community Church, 943 E Altadena Dr, **Altadena.** (626) 808-0361 mari2@workableeconomics.com Mari Werner

>>**Prescott Int'l Folkdancers:** Sun 2:00-4:00. Prescott Boys & Girls Club, 335 East Aubrey St, **PRESCOTT, AZ.** (928) 350-8239 Ellen Malcolm Prescott.intl.folkdancers@earthlink.net

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

Skandia South Dance Club: Mon 7:00-9:45. Downtown Community Center, 250 E Center, **ANAHEIM.** (714) 893-8888 tedmart@juno.com Ted Martin.

Solvang Village Folk Dancers: Sat 6:30-8:30 (except 3rd Sat). Buellton Recreation Center, 301 2nd St, Buellton. 3rd Sat 1:30-3:30. Corner Alisal & Copenhagen, Solvang (805) 688-3397 dlh4362@gmail.com David Heald

Tuesday Gypsies: Tue 7:45-10:15. Masonic Lodge, 9635 Venice Blvd, **CULVER CITY.** (310) 391-7382 sandyhelperin@icloud.com Sandy Helperin

>>**Ventura Int'l Folkdancers:** Tue 1:15, Thu 1:45, 1st Sun 3:30. Ventura YMCA, 3760 Telegraph Rd, **Ventura.** (805) 647-1634 danc-ing.valerie@gmail.com Valerie Daley

>>**Veselo Selo Folkdancers:** Sat 7:30-9:30. Unitarian Church, 511 S. Harbor, **ANAHEIM.** veseloselol1@yahoo.com (714) 828-2581 Lu Perry

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

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

Westchester Lariats: Mon 4:00-9:00. United Methodist Church, 8065 Emerson, **LOS ANGELES.** (310) 689-9176 veniceii@yahoo.com Ina Hall

Westwood Co-op: Thu 7:30-9:45. Felicia Mahood Senior Center, 11338 Santa Monica Blvd, **West LA.** (310) 657-6877 rwsklar@yahoo.com Rita Sklar

Exhibition Groups

Karpatok Hungarian Folk Ensemble: Wed 8:00. United Hungarian House, 1975 Washington, **LOS ANGELES.** (805) 341-9640 sissykf@earthlink.net Sissy Keresztes-Fischer

Krakusy Polish Folk Dance Ensemble: Tue 7:30-9:30 Sat 9:00-10:00. Szarotka Retirement Home, 3400 W Adams Blvd, **LOS ANGELES.** Sat 2:15-4:15. *Polish Parish Hall, 3424 W Adams Blvd, LOS ANGELES.* (626) 827-7338 elistarr@yahoo.com Elizabeth Romuzga.

Scandia Dancers: Tue 7:00-10:00. Woman's Club, **BELLFLOWER.** (714) 356-7745 sholzman1@verizon.net Stefanie Holzman

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

Non-Federation Clubs

Bay Osos Folk Dancers: Tue 11:00-3:00. South Bay Community Center, 2180 Palisades Ave, **Los Osos.** (805) 534-1501, annetiber@charter.net Anne Tiber.

Cafe Aman: 2nd Sat 7:00-11:30. Teach 7:30-8:30 LA DanceFit Studio, 10936 Santa Monica Blvd, **WEST LA,** ianpricebey@gmail.com, madelyntaylor@hotmail.com

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

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

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

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

Folk Dance Center: Every Evening. Oasis Wellness Center, 5500 Grossmont Center Dr, **La Mesa.** (619) 466-4043, www.folkdancecenter.org

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

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

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

***Israeli Dancing @ 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

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

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

Santa Barbara Balkan Folk Dancers: Wed 8:00-10:00PM (In-person/safety precautions). Oak Park Stage, corner Junipero and Calle Real, **SANTA BARBARA**. soriasusan@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.

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

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

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



Let's Dance!

The Magazine of International Folk Dance

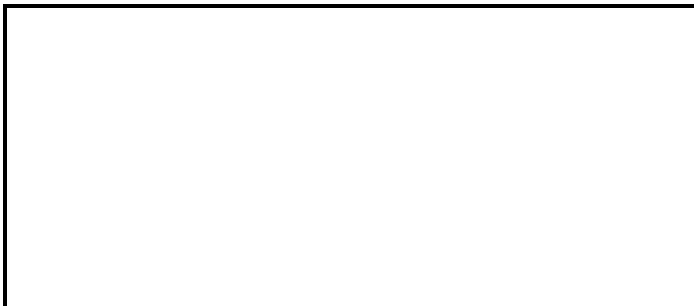
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