

Footnotes



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Bi-monthly magazine of Folk Dance Australia Inc

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Folk Dance Australia

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OBJECTIVES:

- to promote an understanding and mutual respect for all ethnic groups living in Australia;
- to help promote folk dance in Australia;
- to encourage and develop the skills of folk dance teachers, by providing courses and workshops;
- to serve as a folk dance information network.

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FROM THE PRESIDENT

Welcome to our 100th edition of Footnotes.

In honour of celebrating this event, I am offering readers the opportunity to take part in a competition which I will offer them a CD compiled of the best Greek Folk Dance music! I have 5 to give away!

All you have to do is send in a photo (or photos) by 31 August, 2007 of the greatest folk dance moment you have experienced and caught on film. Photos can be emailed or posted to the editor (please include a stamped-self-addressed envelope if you wish your photo/s to be returned).

The FDA Committee will shortlist them and publish the best 10 in the October Edition for you, the members, to vote on. The 5 photos with the highest vote will be the winners.

It has been a great couple of months. I really enjoyed teaching the Greek dance workshop: I do apologise to participants who have ordered a CD and notes - I will get them to you as soon as possible. (The hard drive of my PC has locked me out due to viruses, etc. Once fixed, I will be able to send through the notes and music). Why can't computer companies develop software that is durable, safe and fun to use, just like folk dancing!

The next couple of months will be just as exciting! I will be organising an exchange with another dance group from Adelaide at the end of September! I will also be organising a great Greek cultural night with live music and lots of dancing! Although our next workshop is a few months away, I would like to organise a food workshop for people interested!

To turn 100 is very important and symbolic on many levels. I would like to congratulate everyone who has been involved with Footnotes and FDA since its beginning and we look forward to a great future! HAPPY BIRTHDAY!



Vasilios Aligiannis, President



WELCOME TO OUR NEW MEMBER 😊

Youn Kyung Lee of Meadowbank, NSW

FDA MEMBERSHIP / RENEWALS

To join or renew your membership, you can:

1. Pay by internet: Transfer AUS\$25 to
St George Bank,
BSB: 112879,
A/C No 053 969 771
(if renewing, please include your Membership No. in the description)
2. Cut off the Renewal Slip at the bottom of page 15 and send it, together with your \$25 cheque or postal note (made out to **Folk Dance Australia Inc**), to the Membership Secretary, Deborah Hotchkis, 4 Old Station Rd, HELENSBURGH 2508.

OVERSEAS MEMBERS. Please make your payments in AUS\$25 equivalent.

FDA EVENTS

PROPOSED DANCE WORKSHOP -NOV 2007

The FDA Committee is hoping that Diana Laska-Moore, a specialist in Romanian dances, will be able to share some of her vast repertoire of Romanian dances for a yet to be finalised FDA workshop in November. Please check the October "Footnotes" for confirmation details.

The proposed Israeli folk dance workshop will not go ahead at this stage as a teacher could not be organised.

FDA NEWS

FROM OUR PATRON on the 100th EDITION OF FOOTNOTES

'Footnotes' is and has been the heartbeat and lifeline of our organisation.

'Footnotes' has continued to keep us informed and up to date on all 'folk' related matters both within Australia and overseas.

'Footnotes' expands our education with its wonderful articles on of various cultures, their traditions and history.

'Footnotes' enriches our lives by providing us with a valued resource

'Footnotes' provides words of encouragement, inspiration and enthusiasm to help us further enjoy our passion for folk dance.

All of the above is thanks to the 'Footnotes' editors without whom we wouldn't have this wonderful link within our folk dance community.

Thankyou 'Footnotes' for 100 wonderful issues. I look forward to the next 100!



Carol Maddocks (FDA Patron)

FROM THEN TO NOW

A little research into the history of "Footnotes" has revealed the following details:

The name 'Footnotes' was Carol Maddocks' suggestion - it was the name of the daily newsletter sent out at the Stockton Folk Dance Camp at the University of the Pacific that she attended in the USA.

The first (unnamed) newsletter was printed in September, 1990, with Jim Battisson (ACT) as editor - a position he held until April 1996, and it advertised a Croatian dance workshop with Branka Kalalinic at the Westmead Campus of Western Sydney University. The second edition (December, 1990) had a temporary name of "Footprint" and featured 5 entries under "What's On Where" (by comparison today, there are approximately 60 entries from all around Australia). By March, 1991, Footnotes had been named, but had no logo; this edition spoke about moves to approve Objects and Rules of the Association and appoint a person to apply for the incorporation of FDA. Jim continued as editor, and the June edition featured one of his many informative articles on Romanotation, as well as preparations for the 2nd Folk Dance Teacher Training Course, upcoming Phillipino, Serbian and Hawaiian workshops and CIFDA's July weekend at Batehaven on the South Coast.

The search for a logo for Footnotes (and FDA) elicited some very creative responses (one of my

favourites was from Audrey Maher). Following on from incorporation on 13 May 1991, Carol Maddocks was elected as president and Kaye Laurendet as Treasurer (a position she still holds!).

The 10th issue in August, 1992, heralded a change from A5 to an A4 format (more postage-friendly) and from one to two columns.

Jim's articles on Romanotation were much appreciated by dance teachers and dancers as a quick and precise way of taking dance instructions (once you were familiar with the signs). The October, 1992 edition printed a letter from one reader who was (tongue-in-cheek) struggling a little with the concepts:

ROMANOTATION

Dear Jim.

Jim, wow, thanks for your article on Room-and-notation. I really liked it. Had to try it, of course. I started with my right foot, Rom-not . Alright so far. Then I tried my left foot, Rom-not . Bit of a problem there. I had to swing my left leg around, Rom-not .

Eyes glued to the page, I thought I'd try a few steps. Unfortunately, the coffee table wanted to join in. Since my left knee was , Rom-not, and not that , Egyptonotation, I fell. The coffee table is now , any notation.

Still keen, and ignoring the splinters, I went on to the next sequence. I must admit that it did puzzle me a bit. You refer to vertical bar lines, Rom-not . Most bar lines I know just can't seem to remain vertical for long, Aroma-not . I particularly enjoyed the bubble under the foot for hops. A bit messy though, as all my bubbles burst. Still, I never did like that carpet. How do I stop though? No doubt the next article will show me. Hopping it will.

Yours in roumanolotion

Barry Rosenberg (ACT)

An invitation to advertise in Footnotes was promoted in the 12th issue (December 92) and you will notice that the advertising prices are the same as to-day! How's that for anti-inflation!

The (old) logo had its first appearance in April, 1993 (Issue 14). This logo graced the front page of Footnotes for thirteen years until the June 06 (Issue 93), when it was replaced by the current, more Australian-focused design (by Marilyn Charlton).

Jim retired as editor at the February 1996 AGM; over that time he had developed a one page leaflet into a magazine that has copies in the National Library. Yours truly took over for the April 1996 edition and on.



The Editor

P.S. On that note, my eyesight has recently developed a problem that is not responding to treatment and it is a little more challenging for me to see, let alone edit. I suspect that it is getting close for me to step aside, so this is a call for anyone who would like the opportunity to take over as editor of Footnotes (just contact someone on the FDA committee).

Perhaps!

Men can read smaller print than women; women can hear better.

FDA CONTACTS

President: Vas Aligiannis, 02 9708 1875, 16 Dutton St, BANKSTOWN 2200, greekdancer@aapt.net.au

Vice-President: Fiona Clark, 02 9548 0508, 18 Tecoma St, HEATHCOTE 2233.

Secretary/: Paul Clark, 02 9548 0508, 18 Tecoma St, HEATHCOTE 2233
Paul.Clark@det.nsw.edu.au

Treasurer: Kaye Laurendet, 02 9528 4813
127 Woronora Cres, COMO WEST NSW 2226
okaye@optusnet.com.au

Membership Secretary and Print/Mail Co-coordinator: Deborah Hotchkis, 02 4294 1363, 4 Old Station Rd, HELENSBURGH 2508

Workshop Co-ordinator: Sandra Bassetti, 02 6552 5142, 23 Fotheringham St, TAREE NSW 2430

FDA TTC Facilitator: Lesley Rose, 02 6286 6401, 38 Julius St, PEARCE, ACT 2607
lesley@magma.com.au

Resource Manager: Kaye Laurendet, 02 9528 4813
127 Woronora Cres, COMO WEST, NSW 2226
okaye@optusnet.com.au

Footnotes Editor: Maureen Petherick, 02 4446 6550, 25 Verge Rd, CALLALA BEACH 2540
mep1@westnet.com.au

FDA Committee Members: Margaret Connor, Jenny Lester, Gary Dawson, Chris Wild, Jo Barrett, Anne Worrall.

Website Administrator: Paul Clark,
webmaster@folkdanceaustralia.org.au.

FDA Website: www.folkdanceaustralia.org or www.folkdanceaustralia.org.au

How does your FDA Membership benefit you?

- 6 issues of the FDA newsletter, "Footnotes", emailed or posted to you each year;
- Discounts for: FDA Workshops; Folk Dance Videos, cassettes, dance instructions, manuals and books; Nevofoon resources.
- Free advertising for your events and publications, both in "Footnotes" and on FDA's world wide website: www.folkdanceaustralia.org.au

CHANGES TO "WHAT'S ON WHERE"

When the details of your folk dance group change, please email BOTH the website administrator: Paul Clark, webmaster@folkdanceaustralia.org.au and the editor, mep1@westnet.com.au.

Closing Date for the next Footnotes issue:

Please send articles for the October, 2007 issue to:-The Editor, "Footnotes", 25 Verge Rd, Callala Beach 2540, or email mep1@westnet.com.au by 15 September, 2007

Many years ago in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden" and thus originated the word "GOLF".

BULLETIN BOARD

CARPATHIAN TOURS IN 2007

This is the last of the tours for this year. Our tours include live music and dance and we aim to provide a genuine link and communication with local families, musicians and communities, not just a workshop on dance or music. This is a chance to see where and whom it all comes from!

Rom Dance Tour: August 8th - 15th

For more information, phone Sally Corry on 02 95971767 or visit www.carpathiantours.com.au

2007 TOURS WITH TINEKE VAN GEEL

Due to the overwhelming success of the two tours in 2004 and 2005, Tineke van Geel is organising these dance tours in 2007.

August 10-24 *culture and dance tour to Holland (5 days) and Armenia (7days);*

October 16-27 *dance tour to Armenia*

For detailed information, please visit her website:

www.tinekevangeel.nl

NSW HISTORYWEEK, 15 - 23 Sept 2007

Historyweek is New South Wales' annual festival of history. It is organised by the History Council of NSW and has the support of many people and organisations, including the Premier of NSW, the Community Relations Commission of NSW, The City of Sydney, ArtsNSW, State Records, the University of New South Wales and Sydney University.

The theme for Historyweek 2007 is "Legacies". The community is invited to host an event during Historyweek 2007 that explores the forces that have shaped our cultural, physical, societal, personal and political environment. Community Groups, historical societies, local councils, libraries, museums and other cultural institutions, universities, professional and amateur historians are all invited to organise events for Historyweek. Events can include exhibitions, workshops and seminars, guided tours and walks, open days, film screenings, performances, etc. For the event criteria please visit www.historyweek.com.au.

Participation in Historyweek is free and the History Council of NSW will assist you in promoting your event.

Go to www.historyweek.org.au to find out more, and to register online. Call the History Council office (02) 9252 8715 or email them with your details: historyweek@historycouncilnsw.org.au and they will send you a full registration pack.

2007 BAHAR BAYRAM CAMP: 5 - 8 OCT

BAMEDAM association is pleased to announce that they are now ready to take bookings for the 2007 Bahar Bayram camp! This year's camp is from the 5th - 8th October, still at Camp Bornhoffen in the beautiful Numinbah Valley, South East Queensland.

Most of their teachers and workshop descriptions are up on their website, with updates being added all the time. For those of you who came to the camp last year, you will need no persuasion to come again so get in early so that you don't miss out!

This year is going to be even more wonderful than last year, with many of the same teachers coming back (they had such a great time last year) and a few new teachers, too. You can see most of the teachers we are having at the camp on the teachers' page on the website, even though not all of them have their workshop descriptions detailed yet.

The registration page has been updated and there are new booking forms which can be printed out or emailed to us, as well as a printable "welcome pack". All the information is on the site www.bamedamcamp.com

LUCNICA SLOVAK DANCE ENSEMBLE

SLOVAK NATIONAL FOLKLORE BALLET

Lucnica

Directed by László Pongó

Lennard promotions

"the rolling stones of folk"
- The New York Times

"dances with high artistic spark"
- The New York Times

MELBOURNE OCTOBER 8
The Arts Centre, Hamer Hall
Ticketmaster 1300 136 166
www.ticketmaster.com.au

SYDNEY OCTOBER 12
State Theatre
Ticketmaster 136 100
www.ticketmaster.com.au

Dear All,

Thought you would like advance notice of this company who will be visiting Australia in October.

In Sydney they are only giving one performance at the State Theatre on Friday 12th October at 8pm. Tickets can be booked online through the State Theatre and are \$79.90 A reserve and \$59.90 B reserve.

I saw this company on their visit to Canberra in 1999 for the Multicultural Festival and they were fantastic.

Dianna Laska Moore and her husband, Henry Laska worked with the company in Slovakia. The then artistic director choreographed suites for the International Folkloristic Dance Theatre in Amsterdam. For many years members of 'Lucnica' have also worked with the company in Amsterdam.

Dianna created three choreographies for our group from work she studied through this company - all of which were wonderful, particularly the dance, 'Karicka'.



Carol Maddocks (NSW)

FROM NEAR AND FAR

FDA GREEK DANCE WORKSHOP



I felt as though I'd escaped to Greece on the weekend of 23-24 June, when I travelled to Sydney for the FDA Greek dance workshop, given by Vas Aligiannis, who is also our FDA President. The usual one-day event began early for some of us, because on the Saturday night, Vas had invited us to attend a dinner dance at one of

Sydney's three Pontian Clubs.

One of the highlights of the night was the opportunity to enjoy performances by both a visiting Pontian dance group from the USA and local groups. It was, for me, a rare opportunity to see a unique style of dance, with its tight formation, restrained energy and dramatic costumes. The performances were most impressive and very special. We were also there to dance ourselves, of course, and how terrific to be on the dance floor with 40 or so dancers, dancing everything from Tik to a Pentozalis! It was midnight before I knew it, and was very reluctant to leave.

And so, the next morning, on to Thrace (or *Thraki*, as Greek people would say), in the North-East corner of Greece, on the way to both Turkey and Bulgaria, courtesy of Vas. It was such a great idea of Vas' to concentrate on the dances of one region. It was amazing to see such variety in the dances of just one part of Greece, and also to learn about the influences of Thrace's neighbours on the region's dance. So, as well as dances that are unique to Thrace, we learned an unusual version of *Baidouska*, with affinities to Bulgaria's *Pajduska*, and a *Karsilamas*, which is often associated with Asia Minor (Turkey).

Vas also gave us much information about the history of context of each dance, which added to our appreciation. For example, as we danced *Kalinihtikos* in our groups of three we were able to imagine villagers dancing out in the open while taking a bride to church. It was also great to have Vas show us some Thracian costumes and explain how they were used and their significance in the social life of the village.



Ann and Jenny inspecting the hand-embroidery on the hem of the costume from Western Thrace.



Costumes from Western Thrace, Metaxades (left) and Northern Thrace, Anatoliki Rumelia, Kavakl, modelled by participants at the workshop.



Vas explaining the detail of the costume from Northern Thrace. Note the two slits in the front bodice- necessary for a breast-feeding mother.

We learnt so many dances I lost count, and they were such fun! As we did each one, I kept thinking 'the Canberra dancers will enjoy this!' – they were such teachable dances, and so full of movement. I found my thoughts being echoed by other teachers at the workshop. I couldn't wait to get the music and teach the dances back home.

We are very lucky to have Vas, and other teachers like him, who have such an in-depth knowledge of their countries' dance traditions, and are willing to share them with the folk dance community. Congratulations and thanks to Vas for a terrific workshop; and congratulations to FDA for organising regular events such as this – they are a real treasure and not to be missed!



Participants trying some of the possible variations in steps.



Maria Jenkins (ACT).

A PONTIAN DANCE EVENING

Recently, several FDA folk were part of a celebration at the Pontian Club in Sydney. It was a traditional Greek evening; the highlight of which was a Greek dance group from Philadelphia, USA, "Akritarkia Pontian Cultural Dance Group, complete with musicians who played douli (big drum), kemenzes (lyra) and accordion. They performed many dances in beautiful costumes.

Among them was a young boy, who danced so enthusiastically with a real feel for his Greek heritage. Also, a group of very young boys and girls who kept the rhythm beautifully.



The group of children performing Pontian dances.

After dining on tzatziki, taramasalata, fish, souvlaki and Greek salad, we all joined in the dancing.

We were able to appreciate and absorb the music, dances and costumes of the Pontian people and listen to stories of their history from the descendants of Pontians.

Vasilios' very comprehensive notes from our 2004 Greek FDA workshop outline the history of this unique and interesting culture, which adds meaning to the dances that we do. Vas' knowledge of Greek history and elsewhere is vast and he makes it all so interesting. Thank you Vas for inviting us to the evening. Also, thank you to Litsa, Vas' mother, whom we love having at our gatherings.

Some characteristics of Pontian dances are:
small steps and restricted movements;
the feet do not come up off the ground very far;
the leader of the dance does not improvise steps that cannot be done by the rest of the circle (hence the reason for closed circles);
the dancers do not hit their feet with their hands or hit the ground;
the stance of the body plays a major role in the style of the dance;
the hands and arms sway forward and back, depending on the dance;
dancers hold hands close together and minimise space;
dances move mainly counter clockwise, a few move towards the left. (from Vasilios' notes)



Sandra Bassetti (NSW)

GEORGE TOMOV'S NEW BOOK

At a recently dance afternoon in Noosa, Janko Tomov (George Tomov's brother) brought George's new book, "Tomov", to show us. It's a beautiful book, full of coloured photos of both family and folk dance, glorious costumes etc. One page is written in English with the opposite page in Macedonian. Janko and Margaret are going to Macedonia soon and then to New York to see George and they will find out the best way for people in Australia to buy the book if they are interested. I only had a short time to look at it but everyone who saw it was very impressed. Margaret sent me an article about the book (reproduced below).



Danni Mackenzie (QLD)

"TOMOV"

The book, 'Tomov', is written by Slave Nikolovski-Katin. It was published just this year, May 2007, in the Republic of Macedonia, where it was launched with a big promotion in front of many famous politicians and diplomats and people who belong to Macedonian institutions with which George has contact, and also representatives from Folk dance clubs and the Macedonian ensemble 'Tanec'. At the launch the Ministry for Education of the Republic of Macedonia awarded George a certificate for spreading Macedonian culture on the American continent (*George has also visited Australia – Ed*).

The book tells about George's activities in folk dancing, which have enriched Macedonian-American cultural heritage in the past 40 years while George has lived in New York. In the book there is evidence about his early days, and his beginning in folk dance in Macedonia, right through to his current activities in America. In the course of his activities he choreographed many dances, mostly Macedonian, Serbian, Croatian, Bulgarian and other Eastern European folk dances, because he had a lot of experience as a professional dancer in the ensemble, Tanec, in the Republic of Macedonia for 8 years, and also in the Croatian ensemble, Lado, for 6 years. In the book, you can see clearly the love George has for the folk dance, music, national costumes and national instruments of his country and surrounding countries. The dances often date from ancient time, and have been

continued throughout the medieval age and are still danced in modern times with the same or very similar elements of Macedonian customs and songs.

George, after he emigrated to the United States in 1967, in a very short time had established a folk dance studio in the heart of New York, called Tomov, which has had about 400 dancers affiliated with it over time. George held many workshops in American universities, concerts all over America and also in Europe, especially Macedonia, the media reports of which are found in the book. They contain many photos from specific concerts, workshops and presentations. These events helped spread Eastern European folkdance and knowledge of customs to American citizens, especially about his birthplace, Macedonia.

For his achievements in folk dance groups on other continents, but especially in the US, where the Tomov Ensemble was performing in the Opening Ceremony of the XIII Winter Olympic games in Lake Placid in 1980, and in multicultural festivals held in the US, George was presented with the Ellis Island Medal of Honour. He was recognised in 2005 for spreading Macedonian culture through the awarding of this Medal. He was also awarded the Star of Harmony by the United Nations in 1997 for his contribution to the unity and harmony among people.



Margaret Tomov (Morse)

FROM OUR FOREIGN CORRESPONDENT

Balkan Folklore Festival of Academic Youth, Varna, Bulgaria, 8-10 June 2007

I experienced a wonderful trip to Varna for the above festival in which Zornitsa ensemble had been invited to participate. The Municipality of Varna, under the auspices of the mayor, Kiril Yordanov, had arranged an excellent programme for the groups, which came from Varna and Sofia, Bulgaria; Bosnia-Herzegovina; Greece and Macedonia.

After more than 8 hours on the overnight train from Sofia, we found to our delight that we, along with the other groups, were accommodated ten minutes from the centre of Varna in a 3-star hotel with swimming pool etc. and the sea 5 minutes' walk away. It was 8 a.m. Friday and, as we were free until late afternoon, there was ample time to swim and relax.

Varna, on the Black Sea and dubbed the Seaside Capital, is Bulgaria's 3rd largest city (pop.350,000). Situated on a bay with hills around, it's an atmospheric place with much history behind it. Remnants of an ancient Thracian civilisation dated to about 4000 BC have been found nearby and, in 585 BC, sea-faring Greeks from Miletus settled in the region. That was just the beginning of many years of significant events. Numerous historic buildings have been renovated and with its well planned pedestrian streets where there are shops, art galleries and so on, and the Sea Garden, it's an attractive clean city. The Sea Garden is actually an enormous park (Primorski) which runs alongside the town beach and is home to various museums, the Zoo, Astronomy Observatory, the Summer Theatre, tennis courts, restaurants etc.

Friday evening started with rehearsals at the Summer Theatre (open-air) - a beautiful picturesque place with many trees surrounding the excellent stage, and green creepers climbing up stone pillars behind. During the summer months, many cultural events are held here.

Groups participating were from the University of Economics, Varna; Technical University, Varna; Free University, Varna; Chemical University, Sofia (Zornitsa ensemble); Technical University, Sofia; Cultural & Artistic Society "Slavija," Bosnia-Herzegovina; Karatheodoris Cultural Club, Nea Vissa, Greece; Centre for Intercultural Dialogue, Macedonia; and two men from the Medical University, Varna, who played a super array of melodies on a keyboard.

The first concert was heralded by three trumpet players at 7 p.m. and opening speeches by appropriate figureheads. Thereafter, the audience was entertained by thrilling, authentic, well presented dancing and singing by the Bulgarians and unusual interesting and spectacular dancing/singing performances by Bosnia-Herzegovina artists. The Greek and Macedonian groups were great too, combining singing and dancing. The costumes were traditional and included beautiful headpieces worn by the Greek women. On this evening Zornitsa displayed Shopska Suita dance.

Saturday morning there was an excursion to the Archaeological museum, a real "plus" in our itinerary. Then time for the beach before a 5 p.m. concert at the Amphitheatre which these days, except for a few steps, bears little resemblance to such a place. Dancing was on a bitumen road but the trees around added a nice touch. Here Zornitsa performed their full repertoire for the weekend - Trakiiski Smessen, Trakiiski Mladost, Jensi Shopski and Shopska Suita with just one group from Varna performing alongside. Other groups danced in different places around Varna. At 8 p.m. all the groups were in the courtyard of the Archaeological Museum where we were treated to a cocktail party and dancing until about midnight. All kinds of dance including many Greek horo and a couple of "acts," the final one being guys doing a rendition of the Bee Gees!

Sunday a.m. we spent a short time in the centre then beach/pool and final concert at 7 p.m. at the Summer Theatre. Needless to say it was just as exciting as the previous concerts, all groups presenting different dances.

Zornitsa showed "Zevzetsi," a playful, expressive combination of steps and gestures with walking sticks, danced by three men. Over the course of the weekend we saw dances such as Syrto from Greece, Paidushko from Macedonia, a fabulous rhythmic stamping dance - no music, from Bosnia-Herzegovina, Shoppian dances from the Technical University, Sofia, and dances from the Dobruzhda region by Varna groups.

All in all a super weekend experiencing all the emotions of people dedicated to their particular art form. The organisation was impeccable and credit must be given to our guide, Plamen, who not only ensured that things ran smoothly but is a fun, charismatic character to boot!.....All too soon we were on the Sunday evening train heading back to Sofia.



Anna Travali (Bulgaria)

ANDRÉ DOES BOWRAL - 2007!

André, the James Bond (007) of International Folk Dance, led a large group on a journey of 13 dances through 10 countries.

It began in Macedonia at a gentle pace with the dance Lesnoto, then on to Greece with Vlacha, the dress of the shepherds. The group was beginning to get warmed up for the next stop over in Romania. Here we danced Ursareste de la Tudora, the bear dance from the village of Tudora - a fertility symbol. Later on came Sarba de la Tulcea and the pace is definitely increasing. Now in Moldavia, dancing Hora Evreiasca which has Hassidic influences, very interesting sequence of steps, variations and unusual music. Bit of a memory challenge that one. In contrast, Jedera is a quiet rhythm sung and danced by young women before a wedding. From the Kurdish region in Armenia came Oee Naze close up and bouncy. Then to Bulgaria and the group is having trouble keeping up with 007 but we are hanging in. Our energy is immediately raised when the music for Pazardzijsko Kopanitsa is played.

“James” accomplished dance partner and teacher, “Goldfeet”, is indispensable out there in the middle helping the group to distinguish one foot from the other as the steps are getting more complicated.



“Goldfeet” in action at the action-packed weekend.

A short distance away in Turkey, we become gypsies and move freely around dancing a Greek Cocek. We are more experienced and confident travellers now moving on to the Middle East country of Israel. Here it is very challenging for 007 as the strange phenomenon of incremental creep (of participants) has developed towards the centre of the floor. The Israeli dance is Behar ha Gilboa. The song tells of the death of King Saul in the battle on Mt Gilboa with the Philistines. Next is Syria where 007's fellow male companions take a prominent role in dancing Janiman Kavrakh. The journey continues to the southern part of Russia where we take partners for Posadila Rozu, a symbol of love. Everyone is gliding smoothly along and then, unexpectedly, the group is struck by stomach pains which last a short while then back to smooth gliding again. Unfortunately this stomach complaint occurs again - three times in all but everyone is very thankful as it comes to an end. The next stop-over is in England where we all relax at The Big Corral.



If you were a participant at Bowral, you could be here somewhere – photos above taken during “Lesnoto” on the Saturday morning at the Bowral High School hall.

The reader may think this journey was uncharacteristic for 007 with all work and no play but I have yet to report on the activities at the Bowral “Casino Royale” where in true James Bond style there were women galore. After dining and wining, our illustrious hostess, Madame Maureen, had put together a wonderful floor show of 40 items. Each performance was presented with a high standard of competence and great joy. Two performances in particular were most spectacular. A group of 3 women and 3 men performed Drmes iz Dencina. The women were so elated they couldn't keep their feet on the ground. That left the audience breathless and then the next performer was Monsieur Paul leading a bevy of beauties in a virtuoso performance of Turkish Kiss. Now somebody should make a video of that!

End of a very enjoyable exhausting stimulating journey. Many thanks and appreciation to André (James) and Kaye (Goldfeet). Mission accomplished!

Please join next year's journey starting at the same place at the end of July.



Carol McNally (ACT)

(PS. Thanks to all who attended for the wonderful and varied requests and to Danni, who put most of them on CD, Kaye for the tapes and to Bert and Paul for “balancing” the equipment – Madame Maureen)

SOME BOWRAL WEEKEND STATISTICS!

Dances in Order of Popularity (most to least)

1. Posadila Rozu (Russia) & Pazardzijska Kopanica (Bulgaria)
2. Sarba de la Tulcea (Romania)
3. Jedera & Ursareste de la Tudora (both Romanian)
4. Behar ha Gilboa (Israel)
5. Vlacha (Greece)
6. Oee Naze (Armenia)
7. Greek Cocek (Turkey), Hora Evreiasca (Romania) & The Big Corral (England)
8. Lesnoto (Macedonia) & Janiman Kavrakh (Syria)

A marathon effort? We dancers made approximately 16,929 steps during Saturday, and another 9,460 on Saturday evening (after the evening dinner, mind you!). Total distance for Saturday: we covered the equivalent of 13.5 kms. Sunday morning netted 10,082 steps (over 5 kms) – is this almost a half marathon?

HEALTH HIGHLIGHTS

THE ROLE OF WARMING-UP IN "D.O.M.S."

If you are back into dancing after a two-week break, you may be experiencing "DOMS". What is that, you ask?

Delayed Onset Muscle Soreness (DOMS) is the pain or discomfort often felt 24 to 72 hours after exercising and subsides generally within 2 to 3 days. Once thought to be caused by lactic acid buildup, a more recent theory is that it is caused by tiny tears in the muscle fibers caused by eccentric contractions, (where the muscle 'brakes' or slows the movement of a joint but still lengthens) or unaccustomed training levels. Since lactic acid disperses fairly rapidly, it could not explain pain experienced days after exercise.

Although the precise cause is still unknown, the type of muscle contraction seems to be a key factor in the development of DOMS. Exercises that involve many eccentric contractions, such as downhill running, will result in the most severe DOMS. This has been shown to be the result of more muscle cell damage than is seen with typical concentric contractions, in which a muscle successfully shortens during contraction against a load.

Some research claims that DOMS is not caused by the pain from damaged muscle cells, but from the reinforcement process. The muscle responds to training by reinforcing itself up to and above its previous strength by adding new sarcomeres — the segments in the muscle fibrils. This reinforcement process causes the cells to swell and put pressure on nerves and arteries, causing DOMS.

http://en.wikipedia.org/wiki/Delayed_onset_muscle_soreness

The following article is abridged from an interview by Dr Norman Swan (Radio National) and Dr Rob Herbert, Associate Professor Physiotherapy, University of Sydney, Sydney, NSW from 16/7/07.

"Most of us experience muscle soreness after heavy exercise that we're not accustomed to. Many people warm up and cool down in an effort to prevent this. Two Sydney researchers looked at the effectiveness of

warm-ups and cool-downs to reduce this type of soreness. Rob Herbert's been investigating.

Rob Herbert: We're talking about delayed onset muscle soreness (DOMS) which is the soreness that happens a day or two after participating in unaccustomed exercise.

Norman Swan: Do we know what causes that?

Rob Herbert: We have got a pretty good idea about the mechanisms that it involves some sort of damage to muscles. In the most recent study we've looked at whether warming up before exercise can prevent or reduce the amount of muscle soreness that people experience

Norman Swan: So what did you do?

Rob Herbert: We got 52 healthy adults who didn't have any muscle soreness and we subjected them to a protocol that made them sore. It probably wasn't a fun experiment to be in. We walked the subjects backwards down hill on a treadmill for half an hour, that's a very good way of making people very sore. We also randomised the subjects so that half of the subjects warmed up before hand and half of them didn't.

Norman Swan: How did they warm up for walking down hill backwards on a treadmill?

Rob Herbert: We got them to warm up by walking forwards uphill on a treadmill at a low speed. So it resembled the exercise that we were trying to prevent soreness from but it wasn't sufficiently similar that we'd expect it would produce muscle soreness.

Norman Swan: And you also tested cool down in this group too?

Rob Herbert: The cool-down involved performing light exercise following the soreness-inducing exercise.

Norman Swan: And the theory behind that is that it gets rid of the lactic acid and all the rubbish out of your muscle.

Rob Herbert: That's the theory but the lactic acid theory is an old one and we no longer think that it's true. So we didn't have expectations that cool down would make any difference to muscle soreness.

Norman Swan: So what did you find?

Rob Herbert: We found that the warm up reduced the amount of muscle soreness that people experienced after exercise; the reduction was small but it was real.

Norman Swan: So it didn't get rid of it?

Rob Herbert: It didn't get rid of it but typically it reduced it by about one and a half points on a ten point scale.

Norman Swan: So is it worth doing?

Rob Herbert: Look I think it depends on how much you value ten minutes of free time before you participate in sport. Warm up we think on average will produce small reductions in the amount of soreness that people experience and for some people that will be worthwhile.

There's a group of researchers in Melbourne. One of the strategies that they're working on is trying to get muscles to produce lengthening contractions so the muscle contracts but it lengthens as well. They get people to do that repeatedly in training and prior to participating in sport. They think that might reduce the risk of muscle tears but this is yet to be proven.

Norman Swan: And stretching and injury?

Rob Herbert: There have been two large randomised studies done on army recruits and some people think that we need to replicate those studies on community populations. But the best evidence we have at the moment from studies on army recruits says there's no effect.

Norman Swan: Now we were going to do through you an international study of stretching out of Norway.

Rob Herbert: We'll conduct a study (in February, 2008) to investigate the effects of stretching on injury.

References:

Roberta YW Law and Robert D Herbert, Warm-up reduces delayed-onset muscle soreness but cool-down does not: a randomised controlled trial. *Australian Journal of Physiotherapy* 2007; 53:91-95.

(Radio National Home page: abc.net.au/rn/)

[*Editor: From my experience, I believe that stretching is the key to preventing "DOMS". No-one I have spoken to since the Bowral weekend suffered DOMS – André always begins and finishes dance sessions with stretching exercises.*]

GOOD NEWS? DARK CHOCOLATE LOWERS BLOOD PRESSURE

Health Minutes, Dr Norman Swan, 25 July 2007.

There's not a woman in the nation who needs convincing that chocolate's good for you and some men will eat to that as well. And indeed, research suggests that dark chocolate in small quantities might be okay and white chocolate I'm glad to say - since it's revolting – isn't.

Dark chocolate can contain blood pressure-reducing polyphenols, but if you've got to eat bars and bars of the stuff to get the effect, your clogged arteries and obesity might get you first.

A small, 18 week study of men and women aged between 55 and 75 randomly allocated them to a 6 gram piece – or 30 calories - a day, of either polyphenol-free white or polyphenol-full dark chocolate.

The participants were threatened with expulsion from this incredible indulgence if they let on to the researchers whether they were on the dark side.

The results from this preliminary study were that those on a piece of dark chocolate a day lowered their blood pressure by two or three points on average with no changes to their cholesterol or blood sugar. The effect, if it was real, was probably through relaxing the arteries.

It's enough of a difference to lower your chances of dying prematurely by 5 per cent and, hey, even if you do die it'll be with a brown smile on your face.

For reference

Taubert D et al. Effects of low habitual cocoa intake in blood pressure and bioactive nitric oxide. A randomized controlled trial. *Journal of the American Medical Association* 2007; 298:49-60, NSW 2226.



It's the cocoa solids that contribute to the brown colouration – focus on the dark chocolate only! (Photo Wikipedia)

INTERNATIONAL DANCE COUNCIL NEWS

Events

Folk festival, Czech Republic: - in Prague, from 23-26 August 2007. Applications from all countries are welcome.

International Folklore Prize, Sicily, Italy: 24-26 August 2007.

Festival in Nepal: International Dance & Music Festival, In Kathmandu, Nepal, 24-29, October 2007.

Other items

CID Dance Resource - CID Virtual Library. The Library constitutes a most valuable tool for dance researchers – www.cid-unesco.org/html/virtual_library.html

The **21st Congress** will take place in Plaka, Athens 5-9 September 2007. Full information is posted on www.cid-unesco.org. Click on the Congress poster

For more details on these and other events, check the International Dance Council - CID website www.cid-unesco.org. For other opportunities visit <http://www.cid-unesco.org/html/news.html>

ADVERTISING ON FDA WEBSITE

For Non-profit clubs:

Links from the FDA website are provided free-of-charge to websites of non-profit clubs and organisations related to dance and folk.

For Businesses:

We have set up a page specifically for displaying links to the websites of businesses and other “for-profit” organisations. The annual (i.e., Jan – Dec) cost of FDA providing a link to your website is \$40. However, if you have at least one FDA member within your management or staff you will be entitled to a 50% discount.

If you are interested in FDA providing a link from our website to yours, please email your details to our website administrator (see list this page).

ADVERTISING IN FOOTNOTES

FREE for members. Non-members: Full page \$40.00. Other sizes are available on a pro-rata basis.

Anyone wishing to advertise in Footnotes please contact the Editor on 02 4446 6550 or email mep1@westnet.com.au.

PAYMENT OPTIONS

By internet:

St George Bank, BSB: 112879, A/C No 053 969 771

By cheque to “Folk Dance Australia Inc”:

FDA Treasurer, 127 Woronora Cres, COMO WEST

Perhaps!

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink.

Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon

RESOURCES for SALE by FDA**By Jim Battisson**

Book "Glossary of Dance Terms" \$15 (P & P) or \$12 at workshops, etc.

By André van de Plas:

'International Folk Dances for Adults'.

Book & cassette.

1989 – 2002 tours. \$12 set.

2003 - 2007 tours \$25 set.

Book & CD

2000 - 2007 tour \$30 set

Videos \$25 each

DVD(from 2005) \$35.each

'International Folk Dances for Children'.

Book & cassette.

1986, 89, 91, 94, 97, 2000 \$12 set

Book & CD

2000, 2003, 2006 tour \$35 set

Videos of Children's Dances:

2000 tour \$35 each

'Easy Dances'

Cassette and booklet \$12 set

By Yves Moreau:

'Balkan & International Folk Dances'.

Book & cassette. 1993 tour. \$25 set.

'Ajde Na Horo' - 20 Bulgarian Folk Dance Favourites.

Recorded in Bulgaria under the supervision of Jaap

Leegwater and Yves.

Book & cassette \$25 set.

'Folk Dances from Bulgaria and Elsewhere' - selection of 24 dances from Bulgaria, the Balkans, and other countries – from Yves' 2001 Australian tour.

Book & CD \$30 set.

Video \$35

Nevofoon Resources - Nevofoon Folk Dance

resources (CDs, tapes and books) available through FDA's discount service.

The 'INTERNATIONAL' CD series \$20 each

Include: Bulgaria (1), Bulgaria (2), Greece, Bosnia & Serbia, Macedonia, Romania (1), Romania (2), Romania (3)

The 'ANTHOLOGLY' CD series \$22 each

Include: Bulgaria & Macedonia, Greece, Hungary (1), Hungary (2), Serbia (1), Serbia (2)

All resources are available through Kaye Laurendet, 127 Woronora Cres, COMO WEST 2226 okaye@optusnet.com.au

Add \$5 to prices for postage and handling. Prices quoted are for FDA members. Non-members please add \$5 to cost of each item.

The hardest years in life are those between ten and seventy. -Helen Hayes (at 73).

Nobody can make you feel inferior without your permission. -Eleanor Roosevelt

MUSIC NOTATION**Doe Dans Basics**

Music notation for 53 International dances. \$20

This booklet includes well known dances such as - Belasicko Oro, Ambie Dagiets, Setnja, Hej Par, Konyali, Imate li Vino, Ajsino Oro, Esmer, Rumelaj, Bavno Horo and many more.

The music for the dances is also on a set of 3 CDs (each CD @ \$27)

135 International Dances

Music notation for 135 International dances. \$25

This booklet also includes well know dances such as – Good Old Days, Zemer Atik, Savila se Bela Loza, Mechol Ovadia, Hora pe Gheata, Salty Dog Rag., Hora din Risipiti, Vrni se Vrni, Ivanica, etc

Music is on a set of 7 CDs (each CD @ \$27)

FDA WORKSHOP VIDEOS

All videos or DVDs Members' Price = \$25

Koce Stojcevski, Macedonian Dances (1999)

Koce Stojcevski, Macedonian Dances (2000)

Yves Moreau, Balkan & Other International Dances (2001 Australian Tour)

Kaye Laurendet, "Come & Try", easy dances and **Andrew Rossides**, Greek Dances (2001)

Tineke van Geel, Armenian Dances (2001)

Vasilios Aligiannis, Greek Dances of Celebration and Participation (2002)

Yorgo Kaporis, Macedonian Dances (2002)

Elie Akouri, Lebanese Debka (2002)

Gary Dawson, Balkan Dances (2003)

Djordje Nikolic, Serbian (Sumadija) (2003)

Yorgo Kaporis, Macedonian Dances (2003)

Yorgo Kaporis, Macedonian Dances (2004)

Dianna Laska-Moore, Mostly Romanian (2004) (Cassette of music from workshop \$10)

Heather Celic & Milivoje Stajanovic, Serbian Dance (2004)

Djordje Nikolic & Vas Aligiannis Serbian and Macedonian Greek (2005)

Asadour Hadjian Armenian Dance (2005)

Sandra Bassetti & Jenny Lester Bulgarian Dances (2006)

Yorgo Kaporis Macedonian Dances (2006)

Veronika Zaharieva Bulgarian Dances (2006)

Gary Dawson, Balkan Dances (2006/7)

Aleks Popovic, Serbian Dances (2007)

WHAT'S ON WHERE

A.C.T. (Canberra)

Monday, 7:00-8:30pm Folk Dance Canberra - FDC: sessions for Advanced folk dancers in International Dances, at Folk Dance Canberra Hall, 114 Maitland St, Hackett. Contact Lesley Rose (02) 6286 6401 or email lesley@magma.com.au

Monday 6.45pm - dusk, 'Dancing in the Park' at Stage 88, Commonwealth Park, Canberra - only during summer (Dec-Feb). Live Music, **Free**. Enquiries to 02 6295 8280.

Tuesday, 10:00-12:01pm Folk Dance Canberra - FDC: sessions for Intermediate folk dancers in International Dances, at Folk Dance Canberra Hall, 114 Maitland St, Hackett. Contact Lesley Rose (02) 6286 6401 or email lesley@magma.com.au

Wednesday, 7:00-8:15pm Folk Dance Canberra - FDC: sessions for Beginner folk dancers in International Dances, at Folk Dance Canberra Hall, 114 Maitland St, Hackett. Contact Lesley Rose (02) 6286 6401 or email lesley@magma.com.au

Wednesday, 8:15-9:45pm Folk Dance Canberra - FDC: sessions for Intermediate folk dancers in International Dances, at Folk Dance Canberra Hall, 114 Maitland St, Hackett. Contact Theresa (02) 6287 1512

Wednesday 7.45pm - 10.30pm, International Dancing with CIFDA (Canberra International Folk Dancing Association) Uniting Church Hall, Denman St, Yarralumla; cost \$8 (includes supper; first 3 nights are ½ price). Contact Sue 02 6281 6314 or Ailsa 02 6281 5101.

Wednesday 8.00pm - 10.00pm, Irish Set Dancing, 10 week terms, Reid Uniting Church Hall, Coranderrk St (cnr Dirrawan Gardens), Reid. Cost: Monaro Folk Society members \$4 session or \$30 term; non-members \$5 session or \$40 term. Contact Paul Wayper on 0422 392 081, 02 6279 6251(w) or email paulway@earthling.net

Thursday, 7:30-9:00pm Folk Dance Canberra - FDC: sessions for Intermediate folk dancers in International Dances, at Folk Dance Canberra Hall, 114 Maitland St, Hackett. Contact Mary (02) 6247 0959

Thursday 7.30 - 9pm, Israeli Folk Dancing, Weston Creek Primary School Hall. Contact Verna (02) 6288 2476.

Friday 7:30 – 10pm, 1st Friday of each month, traditional and modern Greek Dancing, Folk Dance Canberra Hall, 114 Maitland St, Hackett. Cost \$10. Contact Maria (02) 6231 4472.

Saturday Social Dance 3rd Saturday of each month (March – November) from 8pm, St John's Church Hall, Constitution Ave, Reid with John Garden and Earthly Delights, \$15 / \$12. Contact John or Aylwen (02) 6281 1098.

Sunday 4.00 – 6.30pm. Earthly Delights' circle, couples and set dances, YMCA Sailing Club, Alexandrina Drive, Yarralumla, \$10 casual, \$5 regular. Contact. John or Aylwen (02) 6281 1098.

Sunday Scandinavian Folk Dance Group 5pm, Uniting Church Hall, Denman St, Yarralumla. New members very welcome. Contact Brad Sherman (02) 6288 3050 ah or email brad@dynamite.com.au

- When life hands you lemons, make lemon meringue or ask for tequila and salt.

NEW SOUTH WALES (Sydney)

Monday 10 - 12 noon. During school term. Earlwood Senior Citizens Centre, 362 Homer St. Earlwood. Contact Gwynne (02) 9558 4753.

Monday 6.30 - 8pm. Scottish Country Dancing for beginners with 'Scots on The Rocks', Fort Street Public School, Observatory Hill, Sydney. Contact Nea 02 9904 1358 (ah) or Lynn 02 8244 9618 (bh) or email SCDancers@netspace.net.au. Internet: <http://www.rscds.org.au>

Monday 7.00pm Belly Dance classes - Basic / Beginners, 8.00pm - Choreography, Girraween Hall, 17 Tungarra Road, Girraween. Contact Vera Myronenko (02) 9631 6464 or 0418 416 849 (Mobile).

Monday 7.30pm. Bush dancing workshops for beginners (Bush Music Club) Pennant Hills Community Centre (downstairs, opp railway station); Contact Margaret (02) 9614 0529

Tuesday, Wednesday and Thursday, Day and evening sessions, Sutherland Shire Folk Dance Group. Contact Kaye Laurendet (02) 9528 4813.

Tuesday 6.00 - 7pm (juniors / beginners), 7.15 – 8.00pm (Performing group and adults / advanced), Greek Folk Dance classes, Pan-Korintian House, Level 1, 11Anglo Road, Campsie. Cost \$7/night casually, or \$50/term for 10 weeks. Contact Vas Aligiannis, 0407 081 875 (m), greekdancer@excite.com or Internet <http://www.greekdancing.com.au>

Tuesday 6.00 – 8.00pm Scottish dancing in the city. 'Scots on The Rocks' meet at Fort Street Public School, Observatory Hill, Sydney. Contact Nea 02 9904 1358 (ah) or Lynn 02 8244 9618 (bh); email SCDancers@netspace.net.au. Website: <http://www.rscds.org.au>

Tuesday, Belly Dance classes: 6.15pm Basic /Beginners Class, 7.15pm Beyond Beginners Class, 8.15pm Choreography Group, Randwick Literary Institute, 60 Clovelly Road Cnr Market St, Randwick North. Contact Vera Myronenko (02) 9665 9713 or 0418 416 849 (Mobile).

Tuesday, 7.30pm, Swedish Folk Dancing with Linnéa, 141 Campbell St, Surry Hills (close to Central Station). Contact Graeme Traves, (02) 9874 4194 or linneafolk@hotmail.com

Tuesday 7 30pm Belly Dance classes - Basic / Beginners, Girraween Hall, 17 Tungarra Road, Girraween. Contact Vera Myronenko (02) 9665 9713 or 0418 416 849 (Mobile).

Tuesday, 7.30 Sydney Irish Ceili Dancers, Scout Hall, Martha St, Yagoona. Contact (02) 9150 6765.

Tuesday, 7.30pm – 8pm (beginners) 8pm – 9.30pm (advanced), Turkish Dance classes, with Yusuf Nidai, Auburn Girls High School. Contact Yusuf Nidai (02) 9646 1166.

Tuesday, 8 - 9:30pm Greek Folk Dance Adult classes, Pan-Korintian House, Level 1, 11Anglo Road, Campsie. Cost \$7/night casually, or \$50/term for 10 weeks. Contact Vas Aligiannis, 0407 081 875 (m) or email greekdancer@excite.com or Internet <http://www.greekdancing.com.au>

Tuesday, 8pm – 10pm, Hungarian Dance classes, with Gary Dawson, cost: \$10/\$5 per class, \$80/\$40 for semester (school term). Uniting Care Harris Community Centre, 97 Quarry St (cnr Bulwarra Rd), Ultimo. Contact Gary Dawson (02) 9559 4485, 0425 268 505 (m) or email: gazad@unwired.com.au

Wednesday 9 – 10am beginners, 10 – 11am, advanced (school term only). International Folk Dancing – classes for older women. BOWWC at Bankstown Police & Community Youth Club (PCYC), cnr Meredith St & French Ave, Bankstown. Contact Gabrielle 02 9728 7466 or Alita 02 9798 9269.

Wednesday 3.30 – 4.30pm (juniors), Greek Folk Dance classes, Kingsgrove Public School, Kingsgrove. Contact Vas Aligiannis, 0407 081 875 (m), greekdancer@excite.com

Wednesday 6.30 – 8.30pm. Macedonian Dance classes. Macedonian Cultural Association Ilinden, 65 Railway St, Rockdale. Cost \$5.00 per lesson. Contact Yorgo Kaporis 0412 861 187.

Wednesday 7.00pm (seniors), Greek Folk Dance classes, Alexander the Great, Greek-Macedonian Club, Livingstone Rd, Marrickville. Contact Vas Aligiannis, 0407 081 875 (m), greekdancer@excite.com

Wednesday 8.00 – 10pm. Australian Heritage Dancers, rehearsals, Annandale Neighbourhood Centre, 79 Johnston St, Annandale. Contact Patrick Burnett: (02) 9957 6049.

Wednesday Belly Dance classes: 8.00pm Basic /Beginners Class, Randwick Literary Institute, 60 Clovelly Road Cnr Market St, Randwick North. Contact Vera Myronenko (02) 9665 9713 or 0418 416 849 (Mobile).

Thursday, 7pm – 9pm: Adults Greek Folk Dancing, with Vasilios Aligiannis, Pan-Macedonian Association, 103 Railway Pde, Sydenham. Contact: 0407 081 875 (m) greekdancer@excite.com

Thursday Belly Dance classes, 6.15pm: Basic Beginners class, 7.15pm: Choreography and Performers Group. Girraween Hall, 17 Tungarra Road, Girraween Contact Vera Myronenko (02) 9665 9713 or 0418 416 849 (Mobile).

Thursday 7pm Sydney Irish Ceili Dancers, Girl Guide Hall, Wardell St, Arncliffe. Contact (02) 9150 6765.

Thursday, 7:30pm - 9pm: Adults Greek Folk Dancing, with Vasilios Aligiannis, Alexander the Great Greek Macedonian Club, Livingstone Road, Marrickville. Cost \$7/night casually, or \$50/term for 10 weeks. Contact: 0407 081 875 (m) greekdancer@excite.com or Internet <http://www.greekdancing.com.au>

Friday 10.00am Belly Dance classes - Basic / Beginners, Girraween Hall, 17 Tungarra Road, Girraween. Contact Vera Myronenko (02) 9665 9713

Friday, 6.15pm – 7.15pm (juniors / intermediates), Greek Folk Dance classes, Drummoyne Community Centre, Cometrowe St, Drummoyne. Contact Vas Aligiannis, 0407 081 875 (m), greekdancer@excite.com

Friday, 8 - 11pm. Sedenka International Folkdance Group, Rozelle Neighbourhood Centre, 665A Darling St, Rozelle. Contact Chris (02) 9560 2910.

Saturday Belly Dance classes: 9.00am Children's class 12yrs & under; 9.45am: Adults Basic Beginners class; 10.45, Choreography class, PCYC building, Hassall St, Parramatta (near station on Nth side). Contact Vera Myronenko (02) 9665 9713.

(Blue Mountains)

Thursday 2.30 – 4pm, Israeli Folk Dancing. The Village Fitness Centre, 185 Leura Mall, Leura. Contact Yudit Kayatsky (02) 4759 1952.

Thursday 7.00 - 8 15pm and/or 8.30 - 10.00pm. The Blue Labyrinth World Dancers, Baptist Church Hall, King St, Glenbrook. Contact Jo (02) 4739 6498 or Pat (02) 4739 1005.

(Braidwood)

Monday, 9.30 am Beginners; 10am - 11am, Braidwood Folk Dance Group, Braidwood RSL Hall, Braidwood. Contact Noela (02) 4842 8004.

Friday, 4.30 pm, Braidwood Belly Dance Group, Braidwood RSL Hall, Braidwood. Contact Erika (02) 4842 2505.

(Bowral)

Thursday 9.00 - 11.00 am. Southern Highlands Recreational International Folk Dance Group. Presbyterian Hall, Bendooley St. Bowral. Beginners start at 9 am.

Contact Margaret Connor (02) 4861 2294.

(Newcastle)

Saturday (first Saturday of the month), 1.30-4.00pm. Folk dances, peace dances, circle dances. Anglican Church Hall, Naughton Street, Birmingham Gardens. All are welcome. No experience necessary. Cost \$10 per session. Contact Judith 4945 5343.

kellsull@ozemail.com.au

Saturday (2nd Saturday of month) 7.30pm, Wesley Fellowship Hall, Hamilton. Contact Cecille (02) 4957 0830.

(Queanbeyan)

Sunday 6.30pm – 8.30. Macedonian Folk Dance classes, with the cultural association, "Razigrana Makedonka", Macedonian Community Centre (upstairs, 266 Crawford St, Queanbeyan. Contact Aleks Celeski, 0411 145 443 or email ac_maco@hotmail.com. Website for Razigrana Makedonka:

<http://www.sportscentreeoz.com/qmdg.htm>.

(Shoalhaven area)

Monday, 7.30pm. Balkan & International Folk Dance, Cambewarra Hall, Main Rd, Cambewarra. Contact Suzi Krawczyk 02 4446 0569 or email: plotki@shoal.net.au

Tuesday, (school terms only), 7.15pm – 9.15pm, International Folk Dance, Callala Bay Progress Hall, Boorawine Terrace, Callala Bay. Contact Maureen Petherick 02 4446 6550 or email: mep1@westnet.com.au

Friday, (school terms only), 8pm - 10pm, Shoalhaven Folk and Bush Dance Club, Cambewarra Hall, Main Rd, Cambewarra. Easy social dances, Colonial, Scottish, English and Folk. All welcome. Contact Margaret 02 4421 0557 or email: msharpe@shoal.net.au

(Taree)

Wednesday, 6 pm – 8.30 pm, Lazarka International Folk Dance Group, Steiner School, Albert St, Taree. Contact Sandra Bassetti (02) 6552 5142.

NORTHERN TERRITORY (Darwin)

Tuesday 6 - 8pm. International and Playford Dancing - Beginners to advanced; at the Railway Institute, Parap. Contact Anna 08 8981 6400 or Sue 08 8985 1827 or email sueross21@hotmail.com.

QUEENSLAND (Brisbane)

Wednesday 6.45 – 8.00pm, Academy of Greek Dancing, Russian Orthodox Hall, Lotus St, Woolloongabba. \$25 per month (payable 1st Monday of month). Contact Victor Comino 0433 126 619.

Friday (2nd & 4th of month) 8 - 10.00pm, Brisinta International folk dancing, Uniting Church Hall, cnr Kingsley & Kadumba Sts. Yeronga. \$5. Contact Lyn or Barry (07) 3379 2088.

Saturday (monthly, generally 2nd Saturday of the month), 8.00 - 11pm. Colonial/bush, Celtic, American Contra and multicultural dancing. Morningside School of Arts, cnr Wynnum & Thynne Rds, Morningside. Supper provided; music by the Champion Moreton Bay Band. Contact Vic or Jan on (07) 3848 7706.

Sunday 6.30 – 7.30pm (beginners), 7.30 – 9.00pm, (Social), Hoppa Hey Israeli Dance Group, Margaret St Synagogue Hall, Brisbane. \$10 per evening, (concessions for students and payment in advance). Teacher: Osnat Berstein. Contact Barbara at: blachish@optushome.com.au .

(Cairns)

Wednesday 8pm; Italian dancing classes, Tennis Court Hall, Windarra St, Woree. Contact (07) 4054 4259 or (07) 4051 1065.

Thursday 7pm, Bavarian, Austrian and Swiss folk dance practice, Germania Club, Winkworth St.

(Sunshine Coast)

Monday 9.30 - 11.30 am, Buffaloes Hall, Price Street, Nambour. \$5. Contact Lorraine 07 5445 1740.

Thursday 9.30 – 11.30 am, Buffaloes Hall, Price Street, Nambour, \$5. Contact Lorraine 07 5445 1740.

Friday 9.00 – 11.30am, Noosa Bicentennial Hall Annexe, Bicentennial Drive, Noosa, \$6. Contact Danni 07 5471 0409 or email dannilyn@hotmail.com

(Townsville)

Tuesday 6pm - 7.30pm; International Folk Dancing at the AWU Hall, Sturt St, Townsville. Contact Maurice (07) 4772 2757.

SOUTH AUSTRALIA

Monday 7 – 10pm, Adelaide Traditional Dancers, RSL Hall, Woods St, Norwood Oval, Norwood. Teaching for beginners from 7 – 8pm, cost \$3. Contact Rae 08 8356 2172.

Tuesday 7.30pm – 9.30pm, (2nd, 4th and 5th Tuesday of the month), Adelaide Traditional and Bush Dance Society (ATBDS), Broadview Baptist Church Hall, Collingrove Ave, Broadview, Adelaide, English, Scottish, Irish dances and some American Contra style dances, followed by supper. Contact atbds@senet.co.au

Wednesday 1.30pm – 2.45pm, International Dance: Alwyndor Aged Care Centre, Dunrobin Rd, Hove. Contact Ann Tregenza 08 8295 2576.

Thursday 10.45am – 12 noon, International Dance: Community Club, Glenelg Community Centre, Colley Terrace, Glenelg. Contact Ann Tregenza 08 8295 2576.

Thursday International: 1st, 3rd (& 5th) Thursday of the month, Broadview Baptist Hall, cnr Collingrove & Howard Sts, Broadview. Contact: Kay (08) 8278 8087.

Saturday 12 noon – 1.30pm, Cajun dancing (1st Saturday of the month), Cajun Club, Governor Hindmarsh Hotel, Port Road, Hindmarsh, Adelaide. Dancing session followed by Cajun music session 2 pm - 5pm approx. led by the Backdoor Cajun band plus Cajun-style meal available for \$5. Contact Martin Colquhoun cajuns99@hotmail.com

TASMANIA (Hobart)

Thursday 8pm, Hobart Multicultural Dance Group, \$3 + contribution to shared supper, St Peter's Hall, cnr Lord & Grosvenor Sts, Sandy Bay, contact Graeme (03) 6239 1553, Krista & Peter (03) 6227 8471 or email Peter: PeterSands@netspace.net.au

VICTORIA (Melbourne)

Monday 1.45pm. International Folk Dancing, University of the Third Age, St Stevens Church, 20 Norman Court, Mount Waverley. Contact Margaret (03) 9807 4755 or Audrey (03) 9898 3567.

Tuesday 7.30 - 10pm. Greek traditional, popular, national & folkloric dancing at Margaritas Centre of Greek Dance & Folklore, Richmond Community Primary School, Cnr Davidson & Kent Sts, Richmond. Classes for beg/inter/advan or private lessons. Also available for teaching intellectually, sensory & physically disabled (03) 9583 1173 (all hours) or Mobile 015 821 203.

Wednesday 6 - 10pm. Pine St Hall, Pine St. Cheltenham. Contact Margarita (03) 9583 1173.

Thursday 10.00am. International Folk Dancing, U3A, Dandenong, Uniting Church Hall, Birch Ave. North Dandenong. Contact Conny (03) 9792 9377.

Friday 7.30 - 10.00pm, every 2nd Friday of each month. International Dancing, Box Hill Ballet Association hall, Whitehorse Rd, Box Hill. Contact Jan Turner (03) 9434 3368 or email jant@alphalink.com.au .

Saturday 4th Saturday of each month, 1:30 - 3:30pm, St Kilda International Dancers, Frank Tate Studio, Melbourne University, Swanston St. Contact Marie Feigl 5473 3355 or 0412 447 600.

Sunday 2 - 4.30pm. Margaritas Centre of Greek Dance. (See above, Tuesday).

WESTERN AUSTRALIA (Perth)

Monday Perth International Dancers, 7.00pm teaching, 8.30-10.00pm social dancing. St Margaret's Hall, cnr Tyrell and Elizabeth Sts Nedlands, WA. Contact Nina Thompson (08) 9385 3689, or Palenque (08) 9279 4813 or email palenque@ozadsl.com.au.

Tuesday 7.45 – 9.45pm. Hora Dance (Israeli), Temple David Social Hall, 34 Clifton Cres, Mount Lawley. Contact (08) 9276 7566 or (08) 9335 2042.

Wednesday 7pm to 9pm , regional French dancing classes with Souleiado French Dance Group. RSL Hall, Cape and Main Sts, Osborne Park. Learn traditional and popular dances from various regions of France. Contact Laurel (08) 6389 0767, or Sheila Parker (08) 9405 6825email farandole@nw.com.au . Also check website of performance group: www.arach.net.au/users/bgoldby

Thursday 10 am – Noon, St Paul's Hall, 162 – 164 Hampton Rd, Fremantle. Contact (08) 9276 7566 or (08) 9335 2042.

Friday (during school terms), after school, French traditional Dancing, for students, at St Mary's AGS, Elliot Rd Karrinyup. Contact Laurel (08) 6389 0767, or (08) 9448 8179, or email farandole@nw.com.au . Website of performance group, "Souleiado ", www.arach.net.au/users/bgoldby

Saturday 10.00am – 12 noon, Perth International Folk Dance Group, John Leckie Pavillion, College Park, Nedlands, WA. Contact Jenny Bardill (08) 9381 5235 or Internet <http://members.iinet.com.au/~currell/>.

 ** PLEASE NOTE: The views expressed in this magazine are those of the authors and do not necessarily reflect the views of FDA. Events publicised in this magazine are not necessarily sponsored by FDA **

DATES FOR YOUR DIARY

- 10 Aug 2007** 5 days, **Dutch Dance Tour**, and 7 days **Armenian Dance Tour**, with Tineke van Geel. Visit her website: www.tinekevangeel.nl
- 7 Sep 2007** 3 days, Kangaroo Valley festival, contact kvfolk@bigpond.com, or check website: www.kvfolk.shoalhaven.info/
- 5 Oct 2007** 4 days, **2007 Bahar Bayram**, at Camp Bornhoffen, Numinbah Valley, SE QLD. Check website: www.bamedamcamp.com
- 8 Oct 2007** one night concert, **Lucnica Slovak Dance Ensemble**, The Arts Centre, Hamer Hall, Melbourne. Contact 1300 136 166, or check website: www.ticketmaster.com.au
- 12 Oct 2007** one night concert, **Lucnica Slovak Dance Ensemble**, the State Theatre, Sydney. Contact Ticketmaster 136 100 or www.ticketmaster.com.au
- 16 Oct 2007** 11 days, **Armenian Dance Tour**, with Tineke van Geel. Visit her website: www.tinekevangeel.nl
- 25 Oct 2007** 4 days, 26th Yungaburra Folk Festival, Atherton Tablelands, Qld. Contact 0448 017 877 or check website: www.yungaburrafolkfestival.org
- 26 Oct 2007** 3 days, **Dorrigo Folk and Bluegrass Festival**. Check website: www.dorrigofestival.com
- 26 Oct 2007** Weekend, **Fitzroy Falls Folk Dance Workshop**. More details later.
- 2 Nov 2007** 4 days, 34th **Maldon Folk Festival**, VIC. Contact 03 5475 1167 or 0409 955 438, or check website: www.maldonfolkfestival.com
- 16 Nov 2007** **Music at the Creek Festival**. www.musicatthecreek.com.
- 27 Dec 2007** 6 days, **Woodford Festival**, Qld. Check website: www.woodfordfolkfestival.com
- 17 Jan 2008** 4 days, 23rd **Illawarra Folk Festival**. Check website: www.illawarrafolkfestival.org.au
- 20 Mar 2008** 5 days, **National Folk Festival**, Canberra, ACT. Check website: www.folkfestival.asn.au



Folk Dance Australia Inc **Application for 2007 Membership**

Name: _____

Address: _____

_____ Phone: (____) _____

Signed: _____ Date: _____

Email: _____

If you elect to have your Footnotes emailed to you instead of posted, then your Membership Fee is reduced to \$20.



I would like my Footnotes Newsletter to be emailed to me instead of posted.



Please send Membership/Renewal Form with membership fee of **\$25** (or \$20, if Footnotes is to be emailed to you) as a postal note or cheque made out to Folk Dance Australia Inc to:

The Membership Secretary
Folk Dance Australia
4 Old Station Rd
HELENSBURGH 2508



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