

Footnotes



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127 Woronora Cres
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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

Here in the Southern Hemisphere it is Summer time already, and the year is swiftly drawing to an end. Enjoy dancing in cool venues over the summer break.

2006 has provided us with many opportunities to enjoy dance..... Festivals, displays, workshops and your regular dance group sessions. We look forward to what will be on offer in 2007. Check the "What's on Where" section of this and following issues.

Remember too, to take the time to relax and stretch and have your muscles released from their tension.

This Christmas, may you have a meaningful and wonderful time with family and friends. Best wishes for 2007, take care and happy dancing



Fiona Clark, President

FDA NEWS

MEMBERSHIP FEES FOR 2007 = \$25.

The FDA Committee has had to increase the cost of membership fees for 2007 to \$25 to cover the increase in printing costs of "Footnotes".

However, for those who elect to receive their "Footnotes" by email (as a .pdf file), the cost will stay at \$20.

If you would like to take this email option, please tick the box on the 2007 Membership Form and, of course, include your email address on the line provided (see page 15 for 2007 Membership Form).

FDA NEWS

NOTICE OF FDA ANNUAL GENERAL MEETING

Folk Dance Australia's Annual General Meeting will be held on **Sunday, 18 February, 2007**, commencing at 1pm, upstairs at:

**The Newtown Neighbourhood Centre,
King St, Newtown, Sydney.
(the old Newtown Town Hall opp the
Newtown Railway Station).**

The business will include receiving reports from the committee (President, Treasurer, TTC Graduate Sub-Committee) and election of office bearers and ordinary members of the committee.

Members wishing to bring any special business before the general meeting must give notice in writing (or email!) of that special business to the secretary, Graham Witt, 26/ 7-11 Elizabeth St, PARRAMATTA 2150 or email gwitt@pacific.com.au.

If anyone from interstate would like to attend, we are happy to arrange billeting. Please contact Debbie Hotchkis, email: m_d.hotchkis@optusnet.com.au, ph: 02 4294 1363, address: 4 Old Station Rd, HELENSBURGH 2508.

☺ WELCOME TO OUR NEW MEMBERS ☺

Bronia Renison, Townsville, QLD
Sue Miller, Garran, ACT



Merry Christmas to all and a
Happy New Year for 2007

FDA CONTACTS

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

PLEASE NOTE: Change of email address for
Footnotes Editor to: mep1@westnet.com.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.

Whether you think you can or you can't, you are right.
Henry Ford

THE FDA RESOURCE SALE

SPECIAL ONE-DAY SALE

up to 75% saving on dance books, cassettes and videos.

MONSTER FDA STOCK-TAKE SALE!

When: 18 February, 2007
Where: Newtown Neighbourhood Centre
King St, Newtown Sydney

What's for Sale?

By Andre van de Plas

International Folk Dances for Adults: 1989-2000 tours:
Book & cassette \$6 each set
Videos \$20

Children's Folk Dances, 1989 (pink), 1991 (yellow),
1994 (green), 1997 (mauve)
Book & cassette \$10 @ set

By Yves Moreau

'Ajde Na Hora', 20 Bulgarian Dance Favourites:
Book & cassette \$10

By Jim Battison

Book - 'Glossary of Dance Terms' \$6

Nevofoon / FDA Workshops

Various Nevofoon and FDA Workshop resources (on sale on the day) at incredibly low prices!

From Carol Maddocks

Folk Dance accessories: eg, braids, Spanish combs, fans, etc.

Your Second-hand Treasures!

Do you have CDs, Folk Dance Books, TAPES, folk dance shoes, scarves, other items, etc, that you would like to sell? **Bring them on the day** to add to our monster sale!

How to Order?

To pick up your FDA sale items on the day, please pre-order them from Kaye Laurendet by phoning 02 9528 4813, or email: okaye@optusnet.com.au by Friday, 27 January, 2006.

If you wish to order on the day (samples available at the AGM), then postage will be extra.

BE THERE!

FDA EVENTS

FDA BALKAN WORKSHOP (continued) FEB 18

In conjunction with our FDA sale and AGM, Gary Dawson, that energetic and energising folk dance presenter, will continue with dances from the Balkans. on

Date: Sunday, 18 February, 2007
Time: 10am - 3pm
Place: Newtown Neighbourhood Centre
King St, Newtown
(opp Newtown Station), Sydney
Cost: \$12 per session; \$20 full day
(\$10 or \$18 for FDA members)

BYO lunch - morning and afternoon teas are provided.

For more details, contact Sandra Bassetti, 02 6552 5142, or Kaye Laurendet, 02 9528 4813, email: okaye@optusnet.com.au.

BULLETIN BOARD

WONGAWILLI CHRISTMAS

Wongawilli Colonial Dance Club Inc presents its Christmas fling, in the interests of fun, food, dancing and Christmas good cheer - an evening of fine food and over 5 hours of dancing. All dances are called and walked; the dress colour theme is Silver and Green.

It will be held at the Albion Park Centenary Hall on Saturday 16th December from 6pm, followed by Carol singing and then a scrumptious meal before tripping the light fantastic to the sounds of one of Australia's best traditional dance bands with a selection of old-time, bush, colonial and contemporary folk dances.

Adults \$25, Youth 5 to 16 \$10, Child U5 free
Bookings essential by Wednesday 13th December with Pat 02 4236 0097. Telephone Card facilities available; web: www.wongawillicolonialdance.org.au

XIII AUSTRALIAN-HUNGARIAN CULTURAL TALALKOZO (GATHERING)

This year, the XIII Australian-Hungarian Cultural Talalkozo (Gathering) - a 3-yearly cultural Festival organized by the Hungarian Community - will take place in Sydney. As part of this event, there will be a dance seminar organized by the Kengugro Australian-Hungarian Folklore Ensemble.

The seminar will be held from Saturday, 30th December to 5th January at the University of Western Sydney, Wyndham College, Blacktown, NSW. The dance sessions will be taught by Dusán and Anikó, from the Ifjú Szivek Magyar Neptanc Együttes in Pozsony. Both teachers have wide experience as professional dancers and teachers and will be focusing on the Hungarian dance and cultural traditions from a village in present-day Slovakia called Magyarböd.

The cost of the seminar is \$150, covering all teaching, entry to the Táncház and access to more informal sessions of music, dance and song. Meals and accommodation are not included. For more information, email castopic@optusnet.com.au or website:

www.talalkozo.info/

DANCING IN THE PARK - ACT

Looking for some dancing over the Christmas break? Then go to Stage 88, Commonwealth Park at 6:45pm till dusk on Monday 4th, 11th, 18th December and January 8th, 15th and 22nd.

The music will be provided by the Monaro Folk Society Musicians (open stage). Dances are taught and called by Daryl and Diana Powell and friends. There is no charge; partners are not required and there is no need to book.

Live music and experienced dance callers make this a not to be missed summer activity for beginners and experienced dancers alike. Walk up musicians are welcome and sheet music will be provided.

2007 TOURS WITH TINEKE VAN GEEL

Due to the overwhelming success of the two tours in 2004 and 2005, Tineke van Geel will organise three dance tours in 2007.

May 26-June 9 *dance tour to Armenia;*

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

BALKANFOLK SEMINAR 2007

This 2 week workshop, which provides a unique opportunity to experience the folklore, customs and beauty of Bulgaria, will be held in the mineral baths township of Bankya, situated approximately 17 kms from Sofia. Accommodation will be at Hotel Zheravna.

The courses offered are Bulgarian folk dances, Romanian folk dances, and Serbian folk dances.

Instruction in traditional Bulgarian musical instruments and Serbian accordion is also available, as well as Bulgarian singing lessons and Bulgarian language lessons.

There will be excursions to Gabvrovo Architectural ethnographic complex "ETAR;" Shipka Memorial at the top of Shipka; Vitosha National Park and the X1th Vitosha International Folk Festival.

For more information and prices, please visit the Balkanfolk website: www.balkanfolk.com

2007 ST ALBANS FESTIVAL (NSW)

Applications for next year's St Albans Festival are open and will close at the end of January. Forms can be found at <http://www.snalbans.iwarp.com>.

Apply to Alison Boyd (St Albans Folk Festival), 125 Darcy Road, Wentworthville, NSW 2145 or contact her 0404 278 142, email: alis0n@tpg.com.au.

FROM NEAR AND FAR

BALKAN FOLK DANCE WORKSHOP (29th October, with Gary Dawson)

Gary is giving a workshop on Sunday, should be good! Can I get there? Might be difficult, won't have the car, Suzi's busy that day. I'll get the train. Up at 5a.m. Oh no! It's daylight saving. It's really 4 am; three hour train trip, bleary eyes hurt from not being closed enough. The day picks up when I see Maureen and Kaye's smiling faces on the platform. A short trip to Newtown and we're actually early. Gary's set up.



Peg, despite his early start, enjoying the workshop!

We start with a pravo oro - Kočani Orkestar going crazy from the little speakers. Ah! It was worth it. A good crowd of the usual suspects are in attendance. My guess is about 16 people, just the right number.

We did some good basic dances to start with. Skopski Čoček to the tune Linsey's Čoček. one of my all-time favourite pieces of music. Pembe or Jeni Jol - an important one because it's the basis of other favourites like Indijski Čoček and the Sao Roma Čoček. Minka, a women's wedding dance from Rhodop and, as Gary pointed out, a rather sad occasion as the Bride is leaving friends and family to go and live with the husband's family. This dance had lovely hand movements, but I was in real trouble getting them to behave as they should with my feet.

We then moved on to the Pirot Splet (suite) which included Pošla Rumena which I loved and went into a daichevo, called Lile Lile, which was also great. We did Trite Puti. I'm really glad we did that because I had forgotten it and I love it. Other dances were Yavuz from Turkey and we did a Čačak.



Gary leading us at the Balkan Workshop

Gary told us a lot about the areas the dances came from and showed us on a map where the town or village was located and also talked about costume and things of cultural significance using illustrations from books that he had. Gary has such a depth of knowledge and everything was imparted with a spirit of sharing and humour. We are lucky to have this valuable resource available to us in the Folk dance community.

Thanks Gary.



Peg Ryan (NSW)

MANDALA FOLKDANCERS

Coast dancers had a busy 2006. The year was dominated by the loss of our matriarch, Jean Ellis, in early September. Jean had been an active and enthusiastic member of the group since the early days; teaching, making costumes and writing newsletters. Although she was 83, she could dance the socks off most of us, especially when it came to a tricky little Macedonian or Bulgarian rhythm.

Jean's family arranged for her to be dressed in her costume for her last "performance", a gesture which I think she would have loved. The group held a "Jean's Dance Day", dancing dances which she loved and taught, and we farewelled her with candles and a Mom Bar.

I represented the group at Chris Green's memorial dance party. Many of us had attended Chris's workshops in past years, and he had also visited our group and workshopped his son Nick's Romanian material. We had all enjoyed Chris's enthusiastic teaching and his gentle manner, and mourned the loss of another dance icon.

During the year we held a dance party, and attended dance parties held by the Noosa group, and by Anita Houliman in Brisbane. We have managed quite a few performances this year, at festivals, expo's, nursing homes, etc. Some of us managed to get to Bowral and have enthusiastically shared many of André's lovely dances.

To-ings and fro-ings in the group have been considerable this year, and there probably haven't been too many destinations not visited by one of the Mandala folk dancers.

We have also attracted a couple of new dancers, and are hoping to boost our numbers more in 2007. We're a small group, but we're enthusiastic!



Lorraine Moore (QLD)

FROM OUR FOREIGN CORRESPONDENT NEWS from BULGARIA

Last month 33 dancers from "Zornitsa" ensemble, Sofia, were at a dance camp at Bachinovo, 3 kms from Blagoevgrad, in the picturesque region of the Rila mountains. Our accommodation was in a forest and, for one week, rehearsals were held in a hall from which we looked out at only trees and birds - it was wonderful. The dance sessions were intense but fun, men and women separately, 2 hours each mornings and afternoons accompanied by the accordionist who plays for us in Sofia. Though not all dancers were able to be present, this was in preparation for the 25th anniversary concert of "Zornitsa" next year.

Our visit coincided with Makedonia Fest, a singing competition held over 3 days, 21st - 24th September, 2006. The event was divided into 4 categories:

1. Traditional urban songs.
2. Poets, composers, arrangers and performers who created songs on a Macedonian folklore basis.
3. Children and teenagers performing traditional urban or Macedonian folklore songs.
4. Individual performers and groups, representing the authenticity and originality of the traditional art and culture of the Macedonian region.

The first evening we saw a concert held outside the American University in Blagoevgrad. The designers had been creative and the stage setting was very artistic. That evening there were many popular songs as well as more traditional. The Gala concert, "The Balkans for Europe" on Saturday evening at the same venue, included all the winners, our singers from "Zornitsa" as well, and on this night dancers from Pirin ensemble complemented most of the singers. There was an absorbing strong dance by men to the beat of the tapan, which was excellent. However, the "Song for Tsar Samuel" to which they danced, told the story of Vasili, a Byzantine who captured soldiers in the Bulgarian army and for every 100, took an eye. Thereafter, he was known as "Vasili the Bulgarian killer." Samuel was the Bulgarian tsar at the time. Unfortunately, the wonderful dance is connected to a gruesome story.

Performers from Turkey, Greece, Macedonia, Serbia and Croatia as well as Bulgaria, contributed to an interesting and enjoyable concert. Amongst many talented artists were the famous Theodossi Spassov, Kanarite orchestra, the Eva Quartet and Vesselin Marinov.

On the Saturday morning we saw a concert which, to my mind, was the most authentic of all. Many "babi" (grandmothers) had come from small villages near Sandanski, Gotse Delchev, etc., etc., and took part in the programme.

There were a few men, too. Whilst their voices were of course mature, it was still a joy to listen to the purity and see the folk clad in genuine costumes and dancing horo. The concert was held in a bushland setting with many trees, a river, lamb roasting on the spit - the ambience was marvellous.

We danced a lot that week; it reminded me of the Balkanfolk workshops because there was dancing not only at rehearsals but at evening parties at the camp or at a nearby mehana (typical Bulgarian restaurant) where live music was played. It was great.

Back in Sofia, the dancing shoes were donned again for rehearsals at our usual hall, practising for concerts in October, November and December in the towns of Pernik, Sofia and Blagoevgrad.

Towards the end of November, I will go to Argentina and Brazil. At the Balkanfolk workshop this year I met a dance teacher from Sao Paulo (Brazil) who has invited me to stay; it should be fantastic. Perhaps I'll have news of tango and samba after my return to Bulgaria!

I'd like to wish all my dance friends and those dancers whom I've not yet met but read about in Footnotes, and others who enjoy reading the Footnotes magazine, a very Happy Christmas and a peaceful, happy and healthy 2007.



Anna Trivali (Bulgaria)

Exercise is good for you?

It is well documented that for every minute that you exercise, you add one minute to your life. This enables you, at 85 years old, to spend an additional 5 months in a nursing home at \$5000 per month

The advantage of exercising every day is that you die healthier.

TEACHING FOLKDANCE IN FRENCH?

If you think teaching folkdance has its challenges, you should try it in a foreign language, eg, how does one keep the pace moving when each direction has to be bilingual?

However here in Auzances, I am having the greatest fun with a group of French and English who are SO enthusiastic I can hardly keep up with them. It is really great to have a group of folk dancers who are energetic and congenial and very determined to master these strange and apparently difficult dances from all over the world.

Next week we are also starting a new phase where different teachers have input – eg, some French friends will be showing us all La Bourree. (I'm pleased to say not in clogs, yet.) When we have some nice photos to share I'll send you an update on how that went.

Au revoir



Liz Hull (France)

TO THE EDITOR

We were saddened to hear of the recent death of our dear friend, Chris Green, who contributed a great deal to folk dance in Australia, both as a participant and teacher. Chris came to Australia after many years' dancing experience in England. He brought with him a wealth of knowledge on dance styles, including the dances of John Playford and Pat Shaw, rapper sword dancing and Morris dancing.

Chris danced and performed with many groups over the years, including the Sydney Playford Dance Group, Sedenka International Folk Dancers and a folk dance group in Parramatta which he founded himself. He also ran dance workshops for Folk Dance Australia and at various folk festivals. His energy, enthusiasm and broad knowledge of folk dance were an inspiration.

A scientist by profession, Chris was also a very spiritual person, with a passionate interest in nature, the environment and the rich diversity of human cultures. Tsvetanka fondly remembers bushwalks, some led by Chris, in many NSW national parks. His knowledge of native flora and fauna was impressive, his enthusiasm for protecting our environment, relentless. Fellow bushwalkers loved listening to the stories Chris shared with them on Aboriginal art, the dreamtime and spiritualism. Those memories will stay with them always.

Farewell, dear friend.



Tsvetanka Guarrera,

Chris Wild, Angelika Lange and Jo Wall
(Sedenka Folk Dancers, NSW)

You make a living by what you get, but you make a life by what you give. -- Winston Churchill

"He who wishes to secure the good of others has already secured his own. -- Confucius

With every deed you are sowing a seed, though the harvest you may not see. -- Ella Wheeler Wilcox

INTERNATIONAL DANCE COUNCIL NEWS

Events

Festival in Malta: For folk groups up to 30 persons; 26 December 2006 to 2 January 2007. Cash prizes 3500, 2300 and 1000 euros.

Festival in Gibraltar: 1- 4 March 2007. Open to amateurs aged 4 to 25. Individuals /Groups /Schools /Academies from all countries are invited. Organizers cover accommodation and meals.

Festival in Spain: Celebrating its 20 years, the folk festival invites ensembles from all over the world to send applications. On the island of Mallorca, 10-14 April 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

Report: 20th World Dance Congress in Athens, October 2006. It was by far the biggest gathering of dance specialists in History: 702 registered delegates from 64 countries of the 5 continents.

The **21st Congress** will take place in Athens 12-16 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>

RADIO NATIONAL HIGHLIGHTS

Los Gaiteros De San Jacinto

<http://www.abc.net.au/m/dailyplanet/stories/2006/1773616.htm>

This group from Colombia's violence-wracked hinterlands carries deep indigenous and African traditions in their music – their long-tubed gaita flutes and unique drums are the foundation of their country's world-beating cumbia style amongst others.

Vardos

<http://www.abc.net.au/m/dailyplanet/stories/2006/1795470.htm>

With violin, accordion and double bass this trio of Melbourne women play songs learnt from the Roma people of Eastern Europe and aim for the appropriate level of intensity and abandon in their music. Wild Side of the Village is their latest album.

Bela Lakatos and the Gypsy Youth Project

<http://www.abc.net.au/m/dailyplanet/stories/2006/1768156.htm>

This is the exhilarating and at times – heart-breaking music of the young Roma (Gypsy) musicians of Hungary.

Tumba Francesa la Caridad de Oriente

<http://www.abc.net.au/m/dailyplanet/stories/2006/1784130.htm>

Tumba Francesa la Caridad de Oriente is a 140 year old institution in Cuba, stemming from early Afro-Cuban mutual aid societies. With costumes based on 18th century French ballroom fashion and African ritual drum music, Tumba Francesa is one of only two functioning examples of this unique Afro-Cuban cultural phenomenon.

The Habibis and Rebetiki: Melbourne based Greek bands

<http://www.abc.net.au/rn/musicdeli/stories/2006/1784399.htm>

Recorded at one of the 'Second Home' concerts at the Melbourne International Festival of Arts, The Habibis; and from the July Music Deli Celebration concert, Rebetiki. Plus tracks from the new Music Deli CD.

Tartit

<http://www.abc.net.au/rn/dailyplanet/stories/2006/1756430.htm>

Tartit are members of the Kel Tamasheq culture, commonly called Tuareg - the traditional nomads of the Sahara. Tartit's version of the 'Sahara blues' is a hypnotic blend of traditional tinde drums, electric and acoustic string instruments and predominantly female vocals.

DVA

<http://www.abc.net.au/rn/dailyplanet/stories/2006/179938.htm>

Dva is pronounced 'D-vah' and it's the Macedonian word for 'two'. Tunji Beier and Linsey Pollak are two resolutely creative Australian musicians who get great joy out of playing together and experimenting with instruments and different approaches.

They claim they blend 'ancient percussion, hybrid winds and looping' and their album, *six four five eight six four seven eight* is packed with more sound than most duos can ever manage.

Rahim Alhaj

<http://www.abc.net.au/rn/weekendplanet/stories/2006/1790562.htm>

You'd have no reason to guess that this artist lives in New Mexico. However, your ears will tell you that Rahim Alhaj is a virtuoso lutenist. When the Soul is Settled: Music of Iraq features his refined yet adventurous mastery of the fretless, Arabic lute. Hand percussionist Souhal Kaspar is a welcome presence on at least part of each cut. Rahim Alhaj was a noted player of the oud even before he fled Iraq, in 1991.

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.

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 NSW 2226

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 below):

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.

NEW CD & BOOKLET:

'INTERNATIONAL FOLKDANCES' MIX 1983-1995

- a selection of favourite dances from André van de Plas' earlier programs:

Hora Femeilor, Vrni se Vrni, Joc Batranesc, De Sarit din Bogdan Voda, Hora Lautareasca, Ahavat Hadassa, Idam ne Idam, Bela Sicko oro, Tfilati, Mom Bar, Bepundak Katan, Musette Waltz, Hovergakan, Gankino Choro, Kezes, Mechol Hashabath, Gerakina, Kirya, Le Printemps, Balada Lema A'yan

COST - CD: \$20, Booklet: \$10, Postage: \$5

Please make cheques payable to Avdp World Dance, and mail to c/- 127 Woronora Cres. Como West 2226

Closing Date for the next Footnotes issue:

Please send articles for the February, 2007 issue to: The Editor, "Footnotes", 25 Verge Rd, Callala Beach 2540, or email mep1@westnet.com.au by 8 January, 2007

WHY FOLK DANCE?

You know it's good for you! Great aerobic and strengthening exercise, brain stimulation, getting to know about other cultures, social interaction and stress relief (I know that when I'm dancing, any worry I had going there completely goes out of my head – the music, movement and companionship take over).

What follows are a collection of definitions and articles gathered from the web on recreational dance to support this perspective.

DEFINITIONS

According to Britannica (Britannica.com), "a folk dance is one that has developed without a choreographer and that reflects the traditional life of the common people of a country or region. The term, coined in the 18th century, is sometimes used to distinguish between dances of the people and those of the aristocracy". This means that the dances are more likely to use more natural movements and unfettered joy.

Wikipedia (http://en.wikipedia.org/wiki/Folk_dance) says that, "Folk dances are traditionally performed during social events by people with little or no professional training. Folk dancing is viewed as more of a social activity rather than competitive." It follows that folk dancing is accessible to all and suitable for all occasions.

Wikipedia continues, "Folk dances are part of the overall culture of the country, and often have common features. People familiar with folk dancing can often determine what country a dance is from even if they have not seen that particular dance before. Some countries' dances have features that are unique to that country, although neighboring countries sometimes have similar features. Folk dances sometimes evolved long before current political boundaries, so that certain dances are shared by several countries. For example, some Serbian, Bulgarian, and Croatian dances share the same or similar dances, and sometimes even use the same name and music for those dances." People who folk dance absorb this knowledge about other cultures.

EXCERPTS from an INTERVIEW of DR. UGALDE

Jennifer Harrison, *Pulse Reporter*:
<http://www.ucdmc.ucdavis.edu/pulse/scripts>; UC Davis, University of California.

"Dr. Ugalde, why is dancing so good for us?"

Dr. Ugalde: "Well, I think any movement that uses large muscle groups gives you a good response with your heart and your lungs. There was an interesting study just recently published that looked at a group of people that did dance as a form of exercise and found that it was particularly helpful for not only improving muscle strength, which was important to help prevent falls, but also to help with balance and coordination."

Dancing also helps the brain. "Another study that compared two groups of people; one group looked at videos, and the other group did a dancing class. The study looked at positive thinking and the ability to concentrate and found that those folks that danced actually had much higher positive scores."

Memorizing and learning new steps keeps the brain alert and helps social health, too. Taking a dance class, especially as we age, forces us to interact with others and research shows socialization is important because as we get older, we have a tendency to get more isolated.

RECREATIONAL FOLK DANCE: a multicultural exercise component in healthy ageing

Margaret Connor

Recreational international folk dance provides a gentle form of exercise for people of all age groups, and may be used by an occupational therapist to provide a different leisure option for older people. The older adult is often stereotypically perceived as being only capable of certain types of leisure activities, such as bowls, bingo and cards. In multicultural Australia, activities need to be more diverse.

Recreational folk dance provides an activity that is socially engaging, physically challenging, creative, and culturally and mentally stimulating. Involvement in the activity has general exercise benefits, which contribute to a healthy lifestyle. The participants can be empowered by their increased participation in community life, due to the classes, but also because of the public performance aspect that is offered with this activity.

Exposure to folk costumes, customs, and traditions, can increase awareness of other cultures. Recreational folk dance has a beneficial effect on interpersonal and intrapersonal aspects of self. The language of dance crosses many cultures. Gesture and movement can be conveyed without words, thus making folk dance a good 'non-language' based activity to be used in a multicultural population.

Australian Occupational Therapy Journal, Volume 47 Page 69 - June 2000; doi:10.1046/j.1440-1630.2000.00214.x Volume 47 Issue 2.

A COMPARISON OF FACTORS IN DANCE TYPES

As the chart over the page (on page 9) explains, the results may vary, depending on environmental factors (instructor, class, group, location, etc); the dance within each category would also impact on results. For example, a Swedish investigation* evaluated the aerobic demands of the most popular and demanding Swedish folk dance, the hambo. All subjects were moderately well-trained; during a physical work capacity test on a treadmill, their average oxygen uptake was measured at 42.8 and 53.2 ml/kg·min⁻¹) for women and men, respectively.

The physical demand during hambo dancing was high in all subjects. Oxygen uptake was 38.5 and 37.3 ml/kg·min⁻¹; women used 90% and men 70% of their maximal aerobic power obtained on the treadmill.

*Ewa Wigaeus and Åsa Kilbom, "Physical demands during folk dancing", *European Journal of Applied Physiology*, Springer Berlin / Heidelberg; ISSN 1439-6319 (Print) 1439-6327 (Online)

Biomedical and Life Sciences and Medicine, Vol 45, nos 2 – 3, December, 1980.

The chart below rates and compares each dance in eight different categories.

Criteria are rated from (least) * to (most) ****.

The categories involve subjective judgments and may vary according to instructor, class, group, location, etc.

	Square	Ballroom	Aerobic	Folk	Ballet	Tap	Jazz	Modern
Sociability	****	****	***	****	**	***	**	**
Aerobic Conditioning	***	*	****	***	*	**8	**	**
Lower body muscle toning	**	*	****	**	***	**	***	***
Upper body muscle toning	**	*	****	**	***	**	***	**
Flexibility	**	*	***	**	****	**	****	****
Risk of injury	**	*	***	**	***	**	***	***
Creative Expression	**	***	*	**	*	**	***	****
Difficulty of learning	**	**	*	**	****	***	***	***

Sources: Susan Johnson, de, director of Continuing Education, Institute for Aerobics Research, Dallas, TX; Elizabeth Larkam, director of Dance Medicine Rehabilitation, Center for Sports Medicine, Saint Francis Memorial Hospital, San Francisco, CA.
 Excerpted from the *Turning Point* by Liz Brody in *Modern Maturity*.

RESOURCES for SALE by FDA

By Jim Battison

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 – 2001 tours. \$12 set.

2002 - 2006 tours \$25 set.

Book & CD

2000 - 2006 tour \$30 set

Videos (and DVD for 2005, 2006).

1989 - 2006 tours. \$35 each.

'International Folk Dances for Children'.

Book & cassette.

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

1997, 2000 \$30 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 Gary & Carol Crees

'Off the Wall Dances' (Volume One) (for 2-8 year olds)

Book & CD \$45 set

'Off the Wall Dances' (Volume Two) (for 2-8 year olds)

Book & CD \$45 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.

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)

OTHER RESOURCES

The Red House - "The Heritage of the Scottish Fiddle", Chris Duncan, Catherine Strutt, Julian Thompson. ABC 4768036

There's something special about Scottish traditional music. It has its very own defining lilt, rich varied tunefulness and evocative character that fit so well with the country's stark yet colourful terrain, changeable weather, isolation and dignified spirit of its people.

The three artists on "Red House" are totally attuned to that uniqueness and spirit – they know this music well, very well. Fiddler Chris Duncan was a NSW country boy who, when he was a teenager, became one of the pioneers of Scottish music in Australia. He's been well known all over the country for many years for his performances, especially at Scottish dances, his workshops and his work with fiddle clubs. One of his inspirations has always been legendary Scottish fiddle Alasdair Fraser, and it would be fair to say Chris is Australia's Alasdair. Chris's previous album for ABC, "Fyvie's Embrace" has sold over 11,000 copies.

As a teenager Catherine Strutt joined her parents' bush band on piano, before undertaking extensive Celtic Music studies in the US, including at Alasdair Fraser's "Valley of the Moon" Music School in California. She is regarded as one of the finest Scottish-style piano players in Australia. Catherine and Chris have been entertaining audiences together since 1990.

Cellist Julian Thompson is Principal Cello with the Canberra Symphony Orchestra but combines his busy classical schedule with performances in folk music, especially at folk festivals.

There's a strong empathy between these players. Each has his or her turn at the lead, or plays solo, but the high level of artistry means they're always right in the same musical space. Tunes are either on their own or nicely grouped in sets, arrangements are fluid and interesting, and there's an agreeable mix of dances and airs. From the mystical, to the earthy and on to the transcendent, the listener is carried comfortably along from one mood to another.

A number of sources old and new are used, from 18th C. manuscripts like Walshe's Country Dances, McGibbon's Scots Tunes and Petrie's 2nd Collection of Strathspey Reels and Country Dances, to the 19th C. Ryan's Mammoth Collection, to 20th C. ones like The Archie Allan's Scottish Violinist and David Gordon's Nineties Collection. There are also tunes by Chris Duncan and Muriel Johnstone. Extensive interesting notes on the music's origins are included.

A great deal of love and dedication has been lavished on this album, and the beauty of the cover photo of the famous Black Rock Cottage on Rannoch Moor near Glencoe in the Scottish Highlands perfectly matches the contents.



Julius Timmerman (NSW)

HEALTHY FOOD FOR FOLK DANCERS!

We dancers need to eat to keep up our energy – and what better than the summer-ripening mango. Ed

A mango a day may one day protect against diabetes and high cholesterol, a preliminary study suggests.

The study is analysing how individual components of the luscious summer favourite affect human cells.

And early results, presented at the Australian Health and Medical Research Congress in Melbourne this week, suggest that some mango components act on the same pathways that diabetes and cholesterol drugs target.

University of Queensland PhD student Ashley Wilkinson says the study, the first of its kind, aims to find unique ingredients in mangoes and other tropical fruit like paw paws.

"There's been a lot of research looking at nutritional bioactives but it's focused on more temperate fruit and vegetables like broccoli and grapes. And there hasn't been any research looking at tropical fruit in the context of looking at modulating cellular processes," she says.

Dr Sarah Roberts-Thomson of the university's school of pharmacy, who is supervising the work, says early results suggest some compounds in mangoes work by activating or inhibiting groups of receptors known as 'peroxisome proliferator-activated receptors', or PPARs. "That could end up with positive nutritional health benefits for diabetes and high cholesterol," she says.

PPARs are also increasingly being linked to colon and breast cancer, and the study will investigate whether compounds in mangoes can also kill cancerous cells.

One of the compounds the researchers are focusing on is quercetin, a chemical also found in onions. Another is norathyriol, a by-product of mangiferin, which is found in a range of fruits and traditional antidiabetic herbs.

Gut bacteria convert mangiferin into norathyriol, Wilkinson says. Once converted, it appears to have an even more potent affect on PPARs.

Preliminary findings also suggest that mango skin, often a component of mango juice, is particularly rich in these compounds, Roberts-Thomson says.

A long way down the track these compounds could be isolated to form alternative treatments for metabolic disorders like diabetes and high cholesterol, she says.

The study is being conducted with the Queensland Department of Primary Industries.



Compounds isolated from mangoes could be used to treat metabolic disorders, early research suggests (Image: iStockphoto)



Judy Skatssoon (ABC Science Online, 27/11/2006)

WHAT'S ON WHERE

A.C.T. (Canberra)

Monday, 7:00-8:30pm Folk Dance Canberra - FDA: 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 - FDA: 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 - FDA: 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 - FDA: 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 - FDA: 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

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 - 8.45pm (Performing group and adults / advanced), Greek Folk Dance classes, Emporium Function Centre, Level 1, 256 South Terrace, Bankstown. Contact Vas Aligiannis, 0407 081 875 (m), greekdancer@excite.com

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, 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 Vasilius 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.

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.sportscentreez.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.

The journey of a thousand kilometres begins with a broken fan belt and a leaky tyre

(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 Annex, Bicentennial Drive, Noosa, \$6. Contact Danni 07 5471 0409

(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 cajunsa99@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 Laurel (08) 6389 0767 or email: louis@nw.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, email 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 email farandole@nw.com.au. Website of performance group, "Souleiado", www.arach.net.au/users/bgoldby

Saturday 10.00am - 12 noon, Perth International Dancers, www.webinthehills.com.au/dance/, John Leckie Pavillion, College Park, Nedlands, WA. Contact Jenny Bardill (08) 9381 5235 or Laurel (08) 9448 8179 or email louis@nw.com.au.

RECIPE FOR A HAPPY NEW YEAR

TAKE twelve whole months; clean them thoroughly of bitterness, hate, and jealousy. Make them just as fresh and clean as possible.

CUT each month into days but don't make up a whole batch at once, prepare it one day at a time.

TAKE the following ingredients, mix well into each day - one part of faith, patience, courage and work.

ADD to each day one part of hope, faithfulness, generosity and kindness.

BLEND with one part of prayer, meditation and good deeds.

SEASON the whole with a dash of good spirits, a sprinkle of fun, a pinch of play and a cupful of good humour.

POUR this into a vessel of love, cook thoroughly over radiant joy, garnish with smiles and serve with quietness, unselfishness and cheerfulness.

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

DATES FOR YOUR DIARY

- 16 Dec 2006** 6pm and on, **Christmas with Wongawilli**, Albion Park Centenary Hall, Tongarra Road, Albion Park. Tickets:\$25 per adult, \$12 for children (5 to 15 years). Children under 5 free. Contact Pat Murray 02 4236 0097.
- 27 Dec 2006** 6 days, **Woodford Folk Festival**, QLD. Contact: 07 5496 1066 or check website: www.woodfordfolkfestival.com/main/index.php
- 30 Dec 2006** 7 days, **XIII Australian-Hungarian Cultural Talalkozo (Gathering)**, University of Western Sydney, Wyndham College, Blacktown, NSW. Contact castopic@optusnet.com.au or website: www.talalkozo.info/
- 25 Jan 2007** 4 days, **22nd Illawarra Folk Festival**, Bulli, NSW. Website: www.illawarrafolkclub.org.au.
- 18 Feb 2007** 10am – 3pm, **FDA Balkan Workshop continued**, presented by Gary Dawson, Newtown Neighbourhood Centre, King St, Newtown (opp Newtown Station), Sydney. Contact Sandra Bassetti, 02 6552 5142, or Kaye Laurendet, 02 9528 4813, email: okaye@optusnet.com.au
- 18 Feb 2007** 1pm, **FDA Annual General Meeting**, Newtown Neighbourhood Centre, King St, Newtown (opp Newtown Station), Sydney. All welcome.
- 18 Feb 2007** **The MONSTER FDA Resource Sale** – Books, Cassettes, CDs, Videos, DVDs, Folk Dance Accessories. Newtown Neighbourhood Centre, King St, Newtown (opp Newtown Station), Sydney.
- 23 Feb 2007** 3 days, **12th Annual Cobargo Folk Festival**. Website: www.cobargofolkfestival.com
- 5 Apr 2007** 5 days, Easter **National Folk Festival**, Exhibition Park, ACT. Contact info@frolkfestival.asn.au or website: www.folkfestival.asn.au.

How does your FDA Membership benefit you?

- 6 issues of the FDA newsletter, "Footnotes", emailed or posted to you;
- 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



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