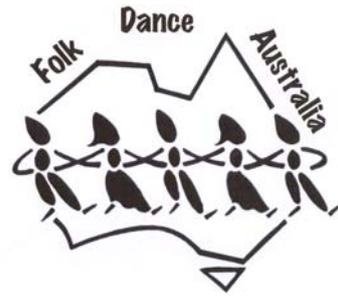


# Footnotes



ISSN 1037-2660

Issue No 108 – December 2008

Bi-monthly magazine of Folk Dance Australia Inc  
[www.folkdanceaustralia.org.au](http://www.folkdanceaustralia.org.au)

ABN: 78 530 632 531

If undelivered, please return mail to:  
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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

Summer is here for us and, of course, winter for the northern hemisphere, where our seasonal festivities had their origin.

Many of the traditions began around 4000 years ago with the Mesopotamian celebration of the New Year, called Zagmuk. Each year as winter arrived, it was believed that Marduk, the chief of the gods, would battle the Monsters of Chaos. In order to assist Marduk during his struggle, the Mesopotamians held a festival for the New Year, which lasted for twelve days.

The ancient Persians and Babylonians celebrated a similar festival which they called the Sacaea. Part of that celebration included the exchanging of places within the community...slaves would become masters and the original masters were obliged to obey the former slaves' commands.

The ancient Greeks held ceremonies similar to those of the Zagmuk and Sacaea festivals. The purpose of this feast was to assist their god Kronos, who would battle against the god Zeus and his army of Titans.

In Scandinavia, thirty-five days after the sun "disappeared", scouts would be dispatched to the mountain tops to await the return of this life-giving heavenly body. When the first light was espied, the scouts would hurry back to their villages bearing the good news. In celebration, a great festival would be held, called the Yuletide.

Members of the pagan order have always celebrated the Winter Solstice...the season of the year when days are shortest and nights longest. The pagan Romans called this celebration Saturnalia, in honour of their god Saturn. The festivities began in the middle of December and continued until January 1st. On December 25th, "The Birth of the Unconquerable Sun" was celebrated, as the days gradually lengthened and the Sun began to regain its dominance. It is a general pagan belief that the Sun dies during the Winter Solstice and then rises from the dead. Again, as with Sacaea, the masters and slaves would exchange places.

In Germany, people honoured the pagan god, Oden, during the mid-winter holiday. Germans were terrified of Oden, as they believed he made nocturnal flights through the sky to observe his people, and then decide who would prosper or perish.

Hanukkah or the Festival of Lights, is an eight-day Jewish holiday, celebrating an ancient tradition dating from the 2nd century BCE. This year, the Festival begins on 22 December, also our day of the Summer Solstice. The festival is observed by the kindling of the lights of a special candelabrum, the Menorah, or Hanukkah, one light on each night of the holiday, progressing to eight on the final night.

*"Hanukkah, Oh Hanukkah, come light the Menorah  
Let's have a party, we'll all dance the hora  
Gather round the table, we'll all have a treat  
Sivivon to play with, and latkes to eat."*

However you choose to celebrate this time of year, have a merry time and a happy New Year.

## MANDALA 25TH ANNIVERSARY

On the 18<sup>th</sup> October, the Mandala Folkdancers (Nambour) celebrated their twenty-fifth anniversary.

In 1983, several people attended a Circle Dance workshop led by Babs Stubemeyer and Russell Holland. The experience was so enjoyable that they decided to continue meeting regularly to keep doing the dances they had learned at the workshop. Pat Kelly (now Symons) led the group because she was able to obtain music and instructions from Alison Bird and Gary Dawson.

Over twenty-five years, the group has had several leaders. Danni Mackenzie took over leadership of the group from Pat. Danni put an enormous amount of work into teaching, obtaining dance resources, overseeing performances and all the hundreds of tasks associated with running a group, until she left at the end of 1995 to concentrate on the group she had founded in Noosa. In 1989, a second class began, and Delicia Williams offered to take this class. When she left to work full time, Jean Ellis took over the teaching of this class. I took over teaching Danni's class in 1996. Jean continued to teach until her death in 2006 at the age of 84, and since then I have taught both classes.

Several of our dancers have attended classes for more than twenty years, and in recent years, Pat and Danni have also returned to dancing with the group as often as they can. Twenty-five years is a long time for any association to continue, so we felt that we needed to celebrate this anniversary with a dance party.

We sent out invitations to former dancers, occasional dancers, and friends from other dance groups. We asked all former teachers of the group if they would teach a couple of dances each on the day. One of our dancers suggested that we make a paper chain of twenty-five dancing dolls, one for each year, which was done enthusiastically. We organized food for afternoon tea. Then we became anxious as the date loomed, and few people had advised they were coming. Would we be celebrating in an empty hall?

The day came and people converged on our hall- visitors from the Brisbane dance groups, former dancers we hadn't (in some cases) seen for years, friends from the Noosa group, and a few people who hadn't danced before, but thought it sounded like fun. The hall was full of people and chatter. We had put up loads of old photos and there was much groaning at how we've all changed, (i.e. grown older) and much laughter, as we recalled disasters from performances, etc.

The rule for the day was that all dances were to be



Maureen Petherick, President

easy, taking no more than a couple of minutes to teach.

We mingled with dances like Fitsko, and Scatter Promenade; we went back in time to our early days with dances like Zemer Atik, Ve David and King of the Fairies and enjoyed more recent dances like Harmandan and Sardana Curta. Late in the afternoon, a few intrepid souls danced the Mandala version of Zorba, and followed that up with the Turkish Muhtarin Oglu Ali. With several people teaching dances, we enjoyed a variety of dances, and it gave everybody a chance to join the dance circle.

Amid all the fun, we remembered two of our dancers, Barbara Camplin and Jean Ellis, both no longer with us. It was Barbara who gave the group our name, and Jean's skill in costuming is responsible for most of our performance costumes. They were both very special people and not forgotten amid the celebrating.

The original dancers from 1983 were amazed that twenty-five years has gone so quickly. We may not be around for the Mandala's fiftieth anniversary, but if the enthusiasm for dancing at the party was anything to go by, we'll be around for a while yet!

**Lorraine Moore**

## FOLK DANCE CANBERRA 2008

It was yet another bumper year for international folk dancers in Canberra, what with the annual Multicultural Festival in February and the National Folk Festival at Easter (both in danger of drowning in their own popularity), in addition to events and workshops organised by Folk Dance Canberra, some in conjunction with other ACT groups.

Successful workshops have included Andre van der Plas's visit in July, following his mega-popular weekend stint in Bowral. It's difficult to imagine folk dance before Andre's regular visits to Oz and his ability to come up with such a variety of enticing dances, chosen to please most of the people most of the time!

Setting a more meditative tone was our workshop on "Dances of Universal Peace" in October, given by various members of this group in the absence of their teacher, who was unfortunately away sick. A myriad of flickering candles created an atmosphere of calm and relaxation, as a number of dances from a variety of religious traditions were taught, often to the accompaniment of chanting. This could be tricky, although the steps themselves were slow and easy to pick up. Bare feet and flowing dresses were the order of the day, reminding me of Byron Bay! After a fabulous supper and much social chit-chat, Maria Jenkins from FDC taught 5 of our international dances, which were also easy to pick up, changing the pace of the evening somewhat, especially with *La Vieille Bastringue*, a French-Canadian mixer. The evening was suitably rounded off with Glenys West's run-through of the meditative Armenian dance, *Khar Par*.

Those keen on performing (and some not so keen!) have given displays at the Yass show, St Ninian's friendship group, Carey Gardens Lodge and at the suburb of Hackett's 45th birthday celebrations, where audience participation was encouraged. Lesley Rose has been our capable organiser, with help from Maria Jenkins and a live Greek band at the latter event.

Last, but not least, have been our dance parties, ranging from Greek nights organised by Maria on the first Friday of the month to those organised by our Events Committee: the mid-year party in international costume with fancy food, and a huge one in April to commemorate the life of Shannon Darcy, who died suddenly the year before, and who contributed so much to 5 Canberra dance groups. In our Hackett hall, which was bursting at the seams, representatives from each of the groups were invited to teach a few dances, so, as you can imagine, the show went on until the wee small hours!

We are looking forward to our final event for the year, our Xmas party on Saturday, 13th December from 7.30pm with request dancing and party pieces, of course! Do come and join us if you are in Canberra at that time. (Enquiries: Sue 6241 2941 or Ros 6258 5443)

**Marilyn Charlton**

## OLYMPICS - FITZROY FALLS

Having recently joined Margaret Connor's Southern Highlands International Folk Dancing group I was privileged to be able to participate in the annual weekend which she and her colleague Kaye Laurendet held at Fitzroy Falls Conference Centre.

Each year they have a different theme and this year it was '*Horas, Horos, Oros and Kolos*' (circle dances from 5 countries). We adopted an Olympic theme with circles in mind and we were dressed as ancient Greek maidens and led the Greek Goddess herself in on a chariot, made and painted by one of our many talented members.

I was a "Fitzroy Virgin" - a first timer, dancing our opening Olympic number to Chariots of Fire and don't remember a thing due to nerves or laughter or both.

For months we had searched for braids and garlands for the table decorations and to decorate our dormitory with the Greek Parthenon banner, Olympic rings and ivy.

We lived our Greek theme for as much of the weekend as possible. We have many great photos of our room and the two dance routines we performed.



Those Bowral girls certainly know how to immerse themselves in the theme, I think they've developed a bit of a reputation but I love it and look forward to next year's challenge - yet to be set by Margaret and Kaye.

I'm sure everyone had a great time over the entire weekend. I know I certainly did.

**Judy Munro**

## FDA FEBRUARY WORKSHOP

Sunday 8<sup>th</sup> February 2009 10 a.m.

**Carol Maddocks**  
will be presenting

**Costume Care and  
Conservation**

**Bring your dance shoes for your  
favourite dances**

**This will be followed by the  
AGM After Lunch  
and more dancing**

**MARRICKVILLE YOUTH RESOURCE CENTRE**

**Cnr Yabsley and Northcote Sts Marrickville**

**10 minutes walk from station**

**3 minutes from shopping centre**

**Plenty of street parking**

**Enq: Sandra 6552 5142 or Kaye 9528 4813**

## FDA FEBRUARY WORKSHOP

My short workshop/discussion in February will be on the subject of Costume Care and Conservation. It is an area I have been interested in for many years. During the past few years I have gathered a huge amount of information through various forms of research. I'm not a professional textile archivist/conservationist and can only pass on the information I have found.

The workshop will cover basics such as;

- Do's and Don'ts of costume care and storage
- Simple ideas and hints on caring for costumes
- Understanding Textiles
- Deterioration Factors
- Basic storage methods
- Handling textiles
- Common types of damage

My aim is to eventually produce three brochures

- Conservation of Heritage costumes to include information re correct archival practices.
- Do's and Don'ts for storage and care of cultural costumes
- Ideas for modern folk costumes in constant use for performance

Eventually FDA may consider seeking some professional advice to assist folk dance groups and cultural organisations. I have made contact with an archivist with Preservation Australia. This archivist is highly qualified and has been recommended by a variety of sources.

**Carol Maddocks**

## **\*\*NOTICE OF AGM\*\***

**ALL WELCOME**

**The AGM will be held at 1.30 pm on February 8<sup>th</sup>  
at Marrickville Youth Resource Centre,  
Northcote St, Marrickville.**

## OVERSEAS SEMINARS 2009

### BALKAN WORKSHOP, FRANCE

**8 – 13 Feb, At the Chalet des Alpes Le Bessat**

There will be 6 hours of dancing everyday. One day we plan an excursion, exploring the surrounding area.

Every evening, our dance teachers and their musicians will offer us the possibility to dance. There will be a party animated by the trainees and also a carnival party (bring a disguise!!).

Accommodation will be at The Chalet des Alpes in bedrooms for four people with toilet and shower in every room. Bed linen and blankets will be furnished by the Chalet, but bring your towels with you.

[www.larondefolklorique.com](http://www.larondefolklorique.com)

### BARCELONA DANCE GRAND PRIX

**9<sup>th</sup> to 13<sup>th</sup> April – Dance Awards - Barcelona  
18<sup>th</sup>-22<sup>nd</sup> June 2009 Grand prix – Italy & Paris**

Designed to showcase/competition the work of approximately 50 emerging and established dance schools/companies from all over the World, in marathon-like performances.

The 2009 DANCE COMPETITIONS is an integral part of the larger Annual Dance Awards created by W.R Dance Festival Association. The programming will represent the freshest and most original emerging contemporary dance artists.

Only a small fee to participate, accommodation in a shared twin room. The fee covers your dance group registration performances, the attendance for chaperones of all events of the dance program, four nights of hotel accommodation shared in twin room (two persons share one room), three meals per day (breakfast, dinner and lunch). <http://www.dancegrandprix.org/>

### CULTURAL TOUR OF ARMENIA

**April 21 – 28, 2009, Yerevan**

Together with Helene Eriksen ([www.helene-eriksen.com](http://www.helene-eriksen.com)) and the Armenian Youth Centre from Yerevan, Simona Jovic invites you to Armenia to discover the Persian, Armenian and Romani culture. Enjoy dance workshop with Helene Eriksen (Persian dance), Armenian artists (Armenian dances) and Simona Jovic (Roma dances). Cultural visits, discovering the city of Yerevan and other surprises! More details online very soon. In the meantime for more information email [contact@simonajovic.com](mailto:contact@simonajovic.com)

Ever since an early age Simona has been regularly in contact with the Roma from her Czech-Serbian origin and could thus establish a special connection with their communities. She has the chance to be accepted and be able to share with them their way of living, their traditions, music and dancing.

Her passion for the Balkan and Roma culture was passed on to her from her father, so that she started

singing traditional songs at the age of five. Her mother introduced her to dancing and she 'practised' daily at Serbian and Gypsy festivities, which she considered her most important dancing school.

<http://www.simonajovic.com/v2/sommUS.html>

## **MACEDONIAN PEARL SEMINAR**

**July 5<sup>th</sup> to 16<sup>th</sup>, 2009.**

Macedonian Pearl Folk-Seminar will be held in a different location in 2009 – in the Eastern part of Macedonia in Hotel Manastir, Berovo. 8 km from Ratevo (Ratevka Dance), 5 km from Rusinovo village (Berovka Dance), and 3 km from one of the most beautiful mountain lakes in Macedonia - "Berovo Lake". This is the most beautiful and clean ECO region in Macedonia. Accommodation is much better than hotel "Biser" in Struga, and the neighbourhood is authentic village style. The gypsy quarter is very close to the hotel, so there will be a lot of dancing and singing all the time. Big open market is 1 km from the hotel.

For the dancers there will be a wood floor – Original village style wood. There will be local dance teachers for traditional village style. Of course every night will be live music.

The number of participants is limited to 40 people maximum. So the hotel will be only for us - we will not disturb anybody. The nights in Berovo are very cold, so in the middle of the restaurant we have big village style fire place.

Goran Alecki will show you his village "Vladimirovo" - including roast lamb and homemade bread. In the free time, Bajsa (musician) will show us a lot of things in Roma neighbourhood.

The site is not completely updated from last year (different dance teachers) but you can visit <http://www.macedonianfolk.com> to see pictures from previous seminars and video clips. Prices from 600 euro full board.

## **FOLK DANCE CRUISE UKRAINE**

**July 7<sup>th</sup> to 22<sup>nd</sup>, 2009**

The cruise will be from Kiev in the Ukraine to Istanbul in Turkey, the on-board portion ending at the Black Sea port of Nessebar, Bulgaria. For most people, the trip will start with a flight from the USA on July 6 and will end with a flight from Istanbul to the USA on July 22. A bonus day and night in Istanbul will be included.

The leader of the dancing for the cruise will be the highly talented Lee Otterholt, who, thanks to his various connections in the dance world, will have visits to local dance groups during the trip as well as daily dance lessons and some all-request dance parties.

The tour operator has arranged for tours in Kiev, Zaporozhye, Sevastopol, Yalta, Odessa, Nessebar and Istanbul along with boating along the Dnieper Delta and the Danube Delta. St. Sophia's Cathedral and the Livadia Palace will be among the sights visited. In addition, there will be on-board concerts, an on-board band for entertainment and dancing, language lessons, lectures, games, a welcoming cocktail and gala farewell dinner plus more listed in the itinerary.

<http://www.folkdanceonthewater.org/ukraine09.php>

## **BALKANFOLK SEMINAR 2009**

**July 17 – 30, Bankya, Bulgaria**

This two-week workshop will be held in the mineral baths township of Bankya, 17 kms from Sofia. It provides an excellent opportunity to experience the folklore, customs and beauty of Bulgaria.

Accommodation will be at the Jeravna hotel.

Participants have the choice of learning Bulgarian, Serbian and Greek dances at beginners and advanced levels. Instruction in traditional Bulgarian musical instruments and Serbian accordion is also available and there are Bulgarian singing and language courses. All lessons are taught by professional teachers.

Two excursions are included. One is a visit to Plovdiv and Koprivshitsa and the other to Sofia, the National History Museum and Vitosha National Park. Balkanfolk workshop is highly recommended to all those interested in Balkan folklore and to anyone who would like to visit Bulgaria for a unique experience (non participants are also welcome). Apart from feeling the ambience and joining in the fun parties each evening, it's an intriguing place to visit which is changing rapidly since joining the European Union.

We hope to greet you here in 2009. For information and prices, please visit the Balkanfolk website: [www.balkanfolk.com](http://www.balkanfolk.com) or email [info@balkanfolk.com](mailto:info@balkanfolk.com)



*Balkanfolk Excursion 2008 to the Belogradchik Rocks*

## **BELCO STANOV 2009**

**July 12 – 26, July 28 – Aug 11, Aug 22 – Sept 5**

During 2009 each Workshop will include a trip within Bulgaria. For example, we will travel to and visit one or more of the following: Veliko Tarnovo, the ancient capital of Bulgaria including the international Folk Festival there, the ethnographic museum "Etara" near the city of Gabrovo, Drjanovo Monastery, the city of Trjavna (with its old traditional architecture), the international Folk Festival in the city of Varna, Aladza Monastery near Varna, the Madara Horseman, the peninsula of Nessebar, city of Balcik, and other sites.

Accommodation includes four meals a day (traditional Bulgarian cuisine) and the buffet is open round the clock. Both non-alcoholic and alcoholic beverages are available at no extra charge.

Permanent teachers are: Belco Stanev, Irena Staneva and Julian Stanev. Price 750 euros.

<http://www.belcostanev.com/EN.html>

## SEDENKA - 2008



As another year comes to an end it is nice to reflect on the fun we have had at Sedenka this year.

To add some excitement to our dancing we have organized "party" nights once every few months. We have found there are many dancers who only come on party nights, so we really enjoy these opportunities to see them again. There is always a reason to party. A 25<sup>th</sup> wedding anniversary with Lyn and Barry Beard, a fabulous 50th birthday party for Jenny Dornan, Spring, Winter, Summer. Any tag will do if it means we have a great night of dancing. We have been lucky enough to have a variety of musicians to play at party nights, which certainly adds to the fun, with special thanks to Vas Haralambous and Linda Dawson, who are always ready to play for us. Other guest musicians have included Kim Sanders and Cory Dale. Many thanks to everyone who helped make these nights a great success.

Another treat we have enjoyed this year is having Yorgo Kaporis teach on the first Friday of each month. As well as the regular Sedenka members several other dancers come along to enjoy these nights. We hope he will continue with this in 2009.

Next year Sedenka will celebrate our 40<sup>th</sup> Anniversary. Amazing how quickly the time has passed. So we hope to have a really special party some time in the new year.

All that's left is our last party for the year, to finish 2008, on Friday 19<sup>th</sup> December. Everyone is welcome. We then have a few weeks break and will meet again on Friday 23<sup>rd</sup> January 2009.

Wishing everyone all the best for this holiday season, and a New Year filled with happiness and lots of dancing.

**Chris Wild**

## GREEK DANCE WORKSHOPS

**Melbourne Nov 28 – Dec 3**

This event is organised by three organizations:- The Thessaloniki Association, The Pontian Community of Melbourne, and the Greek Orthodox Community of Melbourne and Victoria  
Vangelis Tsaganos will be teaching dances from Macedonia - specifically dances of Serres, Drama, etc (refer to program below) Yiannis Dimas is also coming out and will be working together with Vangelis. For more information contact Nick Papaefthimiou. [npapaefthimiou@plaspak.com.au](mailto:npapaefthimiou@plaspak.com.au) Mobile 0400 140 108

- **Friday** - 7:00pm Dinner at Pontian Community meet and greet with Giannis Dimas and Vangelis Tsaganos. **Saturday** – 10am – 1pm & 1.40 – 5 pm. Dances from Orini- Xirotopos, Darnakohoria Serres
- **Sunday** – 10am – 1pm & 1.40 – 5 pm. Dances from Monastiraki, Volakas, Kali Vrissi, Serres, Sarakatsanika
- **Sunday** - 6:30pm Traditional Glendi with live music, clarinet, lyra, gaida. Special feature Giannis Dimas on vocals. Including vlachika.
- **Monday, Tuesday & Wednesday. 7 – 10.30pm**

## Sydney Dec 27 & 28 (To be confirmed)

Vas Aligiannis is organising a teacher to come out from Greece to give a workshop in Sydney. At time of going to press he was still awaiting flight confirmation. If you are interested please contact Vas for further information.

Kostas Mitsis was born in 1975, Munich Germany.

In 1976 he moved to Greece in the area of Preveza, Epiros, where his parents have their roots. Kostas grew up in a farm life environment with the customs of traditional farm family life, where traditional dance and music were holding significant place in his every day life. He studied Agriculture in the "Aristoteleio" University of Thessaloniki, and at this moment he is doing postgraduate studies at the University of Ioannina.

Kostas speaks three languages, Greek, English and German. From 1982 he has been a member of the folk dancing groups of the Preveza area, in addition to other areas of Greece where he lived or travelled for this reason. He has also attended numerous Greek dance seminars, symposiums and conferences in the subject of Cultural studies. From 1997 he has been teaching traditional folk dancing in many folk dancing schools in Thessaloniki, Preveza and Athens. In 2000 Kostas started doing research in the areas of Epiros, Preveza, Syrrako, Metsovo, Konitsa, Zagori and Souli. In parallel he is doing research in the area of Grevena and the refugees from Asia Minor in the region of Preveza.

Kostas has conducted many seminars of traditional folk dancing in Greece and the USA. He has also represented Greece in folk dance festivals to more than 15 countries around the globe. In 2002 he created a festival in Preveza for the preservation of the Hellenic Tradition. This was the first ever festival in Greece that participants (groups and musicians) should follow strict rules for presentation of the Greek folk traditions. He is also occupied with Greek traditional folk singing and has studied songs in the Greek, Vlahiki, Albanian, and Turkish languages.

In September 2006 he moved to Athens and joined the performing team of "Lykeion ton Ellinidon" of Athens. He is working as an Executive Consultant to the European Organization for Strategic Planning. In March 2007, was one of the main organizers in the 1st European Conference and the biggest ever Exposition and Festivities for the "Greek Folk Culture" in Greece, which took place in the Olympic "Peace and Friendship" Stadium in Piraeus. Kostas is a member of the Cultural Commission of the Panepirotiki Confederation of Greece and responsible for the events concerning the tradition of Epirus. Enquires can be directed to me on (02) 9708 0801 or 0407 081 875

**Vas Aligiannis**

## ANDORRA

After a month at dance workshops in the Balkans I flew to Andorra, staying in my sister's modern unit. At one stage I thought I might be stuck amongst hundreds of unruly people at the Alitalia counter in Rome but I managed to catch my connection and arrived in Barcelona where Trischa and Bruce collected me and drove me to Andorra. Olga (navigation system) helped Bruce navigate out of the very busy city as I had chosen to arrive on the busiest day of the airport calendar.

Once on the road there was time to chat and catch up and watch the wonderful scenery passing by, wishing I had longer to explore the wonders of Spain.

I'd had a long day, my early departure from Sofia was delayed as was my flight from Rome but, having sat for so long, I was happy to go along with Trischa's suggestion of a short walk before our 9 pm dinner (the norm in Europe). I was to try out a pair of hiking boots loaned by a friend of Trischa's and get some practice walking with poles. The short walk turned out to be up an extremely long, steep hill (there is minimal flat land in Andorra), the shoes surprisingly comfortable.

Bruce's idea of a perfect day is to have a very long, energetic hike (the fact he has a hip replacement doesn't stop him hiking or skiing) followed by lunch at a restaurant with a bottle or two of good wine. I was more than happy to go along with that!

Our days fell into a pattern. Visited a cultural site such as the Plandolit museum to see how the rich industrialist who owned the iron forges lived in the "old days". Went for a hike and/or swim at the very well equipped gym, had lunch out. Drove to all corners of the country and headed home to relax before dinner.

The second evening we hiked 30 minutes through wonderful wildflowers to a field FULL of wild irises.



Just gorgeous. As we hiked back to the car we noticed the sky was very black towards the South and there was some thunder and lightning. We felt a few drops and were pleased we weren't too far from the car as we hadn't taken any jackets.

The next day we drove south to do some sightseeing and visited a cute village on the Spanish border. The traffic was extremely heavy but we thought nothing of it as it was August school holidays. However as we drove on the mountain roads there were huge mounds of shale

and stone across the road and, in one place, uprooted trees and about 2ft of mud (luckily we were in a 4WD).

At lunch we were told that so much rain had fallen in a 40-minute period that the river had overflowed and taken its own course right through the customs offices at the border with Spain, taking with it all their computers! They had to close the border. The photos in the paper were very dramatic with 2ft of mud on the road and about 11ft through the customs building. Luckily no one was harmed. As well as the Andorran emergency services, Spain sent their police and firemen to help, and the building contractors in Andorra all sent their heavy equipment. They all worked through the night to get the border open again by 8am the following morning. No wonder the traffic was thick. We had driven through the frontier at that point the previous day.

One day heading down from our longest hike to Lake Pessons near the French border we met a couple of Dutch women on a walking/camping tour, having left husbands and children at home. One of them (a teacher) taught folk dance to children in Holland (no she didn't know André) – a small world.

Andorra is a very wealthy country, full of tourists hiking in the summer, skiing in the winter and happily spending their money in this tax haven. Compared to the Balkans the shops and restaurants seemed very expensive.

My last night in Europe, before heading home, was spent in Barcelona drinking sangria while watching a flamenco performance, a perfect end to a wonderful holiday.

Danni

### 2009 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 18 and send it, together with your \$25 cheque or money order (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.

### 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 worldwide website:

[www.folkdanceaustralia.org.au](http://www.folkdanceaustralia.org.au)

## DANCING IN GREECE

Recently I joined a bunch of unknown Bulgarians on an excursion to the island of Thassos (Greece). Very different to travelling with the dancers/musicians in "Zornitsa," no dancing in the aisle of the coach, but nice just the same.

We left Sofia 7.30 a.m. Friday September 26th in the pouring rain but by the time we reached the border there was some sunshine which lasted the entire weekend and it was certainly warmer than Bulgaria. We drove to the ancient site of Filippi, dating back to 356 B.C. when it was called Krenides. This was the first European city to accept Christianity. The best-preserved building is the theatre built by Phillip 2nd. Many remains of the city can be seen including two basilicas and there are also Corinthian columns which have stood the test of time, some having excellent artistic reliefs.

Next stop was the lovely coastal city of Kavala which starts at the harbour and stretches up to the huge Byzantine fortress. The city's population doubled in 1922 when the Greeks from Asia Minor made their way there during the exchange of populations. We had two and a half hours here and it's on my list of "must return!"

From the nearby port of Keramoti it was less than an hour by ferry to Thassos, the most northern island in the Aegean Sea and very beautiful. It has been continuously inhabited since the Stone Age and is very interesting because not only has it wonderful beaches and clean sea (Blue Flag) but it also retains all the Greek culture and traditions. Having a rich history, there are many archaeological sites.

Thassos is mountainous and rocky and the greenest Greek island I've visited, it's covered with thick forests of pine, fir, oak and plane trees and thousands of olive trees! The shape is almost circular and on Saturday we drove on the coast road around the entire island spending time at Archangelos monastery (inhabited by monks); the pretty little town of Limenaria; and Limenas, capital of the island and where we visited remains of the amphitheatre and Agora, the oldest building of which dates back to the 6<sup>th</sup> Century B.C. Taking 7 hours in all there was no time to swim (also on the list of "must return"). The island is truly pretty and it would have been a pity to waste time lying on a beach.

On Saturday night we drove one and half hours to Theologos to spend the evening in Taverna Augusto. Very large, it was packed mainly with Greeks and Bulgarians but also Serbians and others. The singer was good, very charismatic and we enjoyed the folklore show very much. Two men and two women danced and the costumes were lovely. Mainly Macedonian dances (Kavala is in the region of Greek Macedonia) but also a Bulgarian dance. At one stage a circle of flames was lit and a girl danced within (perhaps recreating "nestinari" which is danced in both Bulgaria and Greece - no hot coals though)! Then many of us threw plates into the centre and of course the bits of china had to be swept up before the dancing could continue. I was itching to get up and join in when they danced syrtaki but it wasn't until later that the diners were encouraged to get up and dance. Guys on a keyboard and bouzouki provided the great music.



*Performance at Taverna Augusto*

There was a fantastic belly dancer performing on the ground and on the tables (the latter for payment!), her undulating body was very natural and graceful and she had the ability to move not only the whole body in unison but the top and bottom separately.

We ate tasty food from the smorgasbord and imbibed the famous Thassian wine. It is reputed that Cleopatra, the ancient Queen of Egypt, sent ships every year to take Thassian wine to Egypt and it has been said that the ancient gods of Mt. Olympus would only drink wine from Thassos.

Departure from our hotel at Golden Beach was 8 a.m. Sunday and we travelled via Drama to the Cave of Aggiti's River at Kokkinogia. The uniqueness of it is due to the springs of the river in the south foot of the mountain Falakro. Rocks in the water of the river running through the cave are a lovely green colour and the coloured stalactites are something to be seen. The scenery surrounding the cave made us wish we had spent more time here than in Drama.

And so on to Sofia arriving in the evening after a wonderful three days.

**Anna Travali**

## PROFILE OF A DANCER

### Maureen Petherick

Until I was introduced to folk dancing by Kaye Laurendet (circa 1977), I had had limited exposure to dance, but, like many, in my youth, had imagined being a ballerina, using the lounge room floor as my stage!

Folk Dancing captivated me – the variety of steps, the music, different instruments, and, ah! , as I began to understand them, those irregular rhythms (coming from years of learning piano, where the most adventurous time signature was 5/4, I revelled in 9/16, 7/8, 5/16, etc).

For me, Folk Dancing had so many advantages over other dance forms - being for "folk", it was inclusive; although often challenging, the steps and style looked as though they could be mastered while having fun in the learning. It also prompted me to delve further into other cultures – expanding my worldview. I have thoroughly enjoyed meeting and making friends with the people associated with Folk Dancing - all seem to be imbued with a zest for life.

Kaye ran classes in the Sutherland Shire (and still does, of course), which I attended. I remember Ali Pasa as one of those early dances that I fell in love with (Kaye would inwardly groan every time I requested it – it had reached saturation point for her at that stage), and

Tsamikos, Stara Vljajna, Bucimis, even Le Bal de Jugon. She and Bert also frequented Sedenka (now led by Chris Wild and others) in Sydney – I tagged along, wrestling with Bela Rada, Makazice, U Sest and many Croatian, Turkish and Israeli dances among others.

When I moved to the Blue Mountains in 1980, and found that there were no folk dance classes available, the only thing to do was to start some – in Katoomba and Springwood; it's a small world – met up with a Sedenka dancer who brought her small babe along.

In 1987, I had the opportunity to travel overseas for a short time – I attended dance workshops in Hungary and Greece (with friends from Australia) – so rewarding to be in the cultures and learning the dances from the locals.

By 1988 the Mountains group decided that we would give the Shell National Folkloric Festival at the Opera House a try with a Bulgarian Suite. We chose Bulgarian because one of our members had a mother-in-law from Bulgaria living here. She and her grandchildren joined in our performance - we made our Bulgarian costumes based on the traditional clothing she had brought from her home country; and also made our leather shoes. We performed with singers, musicians and their children – all of us harking from the Mountains. It was an interesting experience, winding our way through the labyrinth of tunnels under the Opera House, creeping onto and off the stage in darkness and being nearly overwhelmed by the size of the theatre – but we had fun.

In the mid-nineties (memory fails me on the exact years here), I completed the FDA Teachers' Course with Kaye and Christine and Jim Battisson among the presenters; after a few days of dancing every day, I felt so fit – way to go!

After moving south to Jervis Bay in 2004, I discovered that Suzi and Peg held Folk Dancing at Cambewarra once a fortnight – fabulous, and I also set up weekly classes more locally – “FDA Callala”. We are a small but enthusiastic group; it is so wonderful to have people around who share my passion. **Maureen**



*The Callala Group performing Ciuleandra recently*

## NEW ZEALAND TOUR

It was sunny as we greeted our 6 visitors from the Czech Republic on the 31<sup>st</sup> July at Auckland airport. Zivana Vajsarova – professional dance tutor, Dr Libuse Svabova – Deputy Principal of the Duncan Conservatory, Lucie Vavrova – Deputy Mayor of Prague 5, Tomas Pykal - musician, Krystof Leisky and Jitka Pokorno – dancers with 'Jaro' Performance Group. Angela and I guided them with their entire luggage to

the rental van we organised for travel within NZ over the following 3 weeks. We juggled the bags until the door closed but realised a trailer would be necessary for the south island tour.

The first 4 days were spent in Auckland where Ruritarians organised a day workshop followed by the annual 'Winter Warm up' evening. Zivana's experience in teaching dance was soon apparent as Jitka and Krystof demonstrated each step carefully, gradually building on through each figure to the finish. Tomas's skilful piano playing brought an instant atmosphere and soon people were singing or humming as they marked the steps. The first dance taught was Hel'pa, a Slovakian circle dance with changes of direction and rhythm with a stamping figure to finish. Trojak is a trio dance from north Bohemia with two scarves, lovely music with changing figures and rhythms. Dolanska Louky was a slower pace circle dance finishing in a spiral. Next we were shown the couple dance from Moravia – Cerna Vina. This was a lively dance with combination of a slow part and the polka of the eastern region. Cardas was the final dance for the workshop - this basic Cardas was created at the Academy for Performing Arts in Prague by Prof. Bonus – Zivana's father.



The performance programme for the 'Winter Warm up' consisted of songs & music by Krystof playing the dudy (Czech bagpipe) and Tomas on clarinet. This was followed by two selections of dances by Jitka and Krystof - of polkas, a clog dance, lively Moravian dances and finally the Cardas. Their dancing was outstanding with style fitting each dance and a pleasure to watch. Between the costume change for the dancers Zivana presented Ceresnicky and soon the floor was crowded with everyone joining in. This is a popular dance many folk dancers have in their repertoire but we requested it be shown again. The following day they repeated part of their programme at the Multicultural Expo.

Hawke's Bay hosted the National Folk Dance camp over the weekend and Zivana taught Czech dances for the morning sessions and in the afternoons Sonya Arabajieva, taught Bulgarian dances. The evening Social was led by Fiona Murdoch with a wonderful selection of Celtic dancing and a hit with everyone. The Czech performers repeated the programme with an additional solo – a dance called Odzemok where Krystof needed an axe for a prop but substituted with a school hockey stick! He was quite a character who is passionate about his dancing.

The couple dance, Pleteny was a popular choice from the 19<sup>th</sup> century in Bohemia is a combination of waltz, mazurka, and polka rhythms. Other dances presented were Pasala Volky, Sijeme Vrecia, Sevcovsky, Lassky Mazur, and Funty. Nachodsky Zamecek was a lovely mixer with two easy parts with the circle becoming a line into a spiral for the finish with everyone linked at the elbow. Tomas played the recorder for a Branle – a circle dance with arm and head movements followed by a finale section.

The Farandole Folkdancers hosted a day workshop in Christchurch followed by a potluck tea and social. Some of the dances taught were shown again with the addition of Ceresnicky – a popular circle dance created by Prof Bonus and presented outside of Europe in 1979. It was good to be shown the arm work and final section taught as it was devised.

In days between these weekends we toured the country taking in tourist spots and activities every day. We were very lucky to have sunny days that cleared after some showery days in Auckland. Admittedly it became very much cooler as we travelled south of Christchurch to Queenstown but the spectacular scenery of the Dart River from the jet boat was worth going all that way for. It snowed later in the afternoon and evening but again cleared for us to go up the gondola next day to see the Remarkables (mountains) and town covered in snow.



*Queenstown with Remarkables Mountains in background*

The hot springs at Lake Tekapo were a big hit – beautiful mountains to look at over the lake, blue skies whilst we relaxed in the hot pools and snow to reach out and touch. As we travelled through the centre of the south island we fortunately found all roads open after big snow dumps over the Lewis Pass and Hope Saddle through to the plains of the Nelson district. Even Wellington put on a warm sunny day and we left our van there after 3,452 kms for the short flight back to Auckland for the last evening. Bronwen Arlington joined us for an Indian meal followed by hokey pokey ice cream and chocolate topping back in our motel unit.

Over the dance workshops we had been treated to superb teaching from Zivana – complemented by Tomas's music and demonstration by Jitka and Krystof. Her experience showed in the care to detail of the style. The lovely music of Czech dances was remarked upon by many. The NZ tour was a combination of workshops and holiday and we all enjoyed the itinerary that was

organised. My thanks go to Angela Broomhead who kindly accompanied us and assisted greatly in the organising of the tour. Children's classes were held in Auckland, Hawke's Bay and Wellington and it was a delight to see their faces as they captured the style to the live music from Tomas and Krystof.

The Czechs loved our countryside, the beaches, nature parks, our bird life and spectacular scenery and Angela and I thoroughly enjoyed their company. In Auckland we were presented with an authentic Bohemian folk costume each. We felt honoured by these generous gifts. We too experienced new tourist attractions throughout our tour, so it was a unique experience with a group of wonderful, happy people who shared with us the love of folk dance. If anyone is interested in the DVD with 14 dances please contact me. We have music to these dances on CDs - anyone is welcome to buy these at \$10NZ – the CDs are professionally copied and brought from Prague. I welcome any enquiries of Zivana Vajsarova – we were indeed fortunate to have such a distinguished tutor come to NZ with her dancers and pianist.

**Cleone Cawood**

cleone@shapelife.co.nz

### **TSDAV Dance Competition '09**

The Traditional Social Dance Association of Victoria Inc is now inviting entries for next year's dance composers' competition, which is judged each year at the National Folk Festival. There are two judged categories: General Social Dance (including Children's Dances); and Dance for More Experienced Dancers. There is also one unjudged category, Advanced display / exhibition style dances – i.e., too complex to be taught in a short time, but suitable for display. A dance will be selected for display during the judging. It is important to obtain a copy of the Rules and Conditions of the competition, from the website [www.tsdav.asn.au](http://www.tsdav.asn.au) or [dancecomp@tsdav.asn.au](mailto:dancecomp@tsdav.asn.au) or Lucy Stockdale, (03) 9380 4291. Entries must be received by TSDAV by 20<sup>th</sup> March 2009: send to [dancecomp@tsdav.asn.au](mailto:dancecomp@tsdav.asn.au) or C/o 33 Centennial Avenue, West Brunswick, Vic 3055.

### **DARWIN WEEKEND WORKSHOP**

Darwin Folk Dancers welcomed the return of Lesley Rose and Kaye Laurendet for another successful weekend of workshops in August. Funding was again received from the Community Benefit Fund (NT Government) and further support came from AusDance. A mixture of world dances was selected for Saturday's program including; Hasapikos (Greece), Tanko Bushi (Japan), Ros Vur (Cornwall), Hora Pe Gheata (Romania), Jabadao (Brittany), Lilijano Mome (Bulgaria), Mechol Ovadya (Israel) and Mila Moja Majka (Russia). Sunday's program focused on Armenian dance: Barsgaren Yeganag, Khar Par, Lourke, Papouri, Sev Acharov Aghcheek, and Shoror. The numbers were a few less than last year but then we were competing with the famous Darwin Festival, which we also enjoyed in the evenings after some vigorous dancing. Participants were mostly local dance teachers who appreciated the opportunity to try some different dance styles from other

countries. A good time was had by all and our thanks go again to Lesley and Kaye for all their efforts in preparing and leading these workshops.

For any folk dancers travelling to the Top End, please join us at Audrey's dance studio, cnr Ferntree and Nightcliff Rds, Monday nights 5.30 - 7.00pm.

[DarwinFolkDance@yahoo.com.au](mailto:DarwinFolkDance@yahoo.com.au)

**Lynette Aitchison**

## WOODFORD GOES BALKAN

### Dancing at Woodford Folk Festival

This year, the Woodford Festival dance programme features fabulous Balkan music and dance. Come along to the Chameleon (next to the Folklorica Stage) for workshops in Macedonian, Transylvanian, Bulgarian, Balkan Gypsy and Greek (Florina) dancing. The line up of celebrated teachers includes Yorgo Kaporis, Gary Dawson and Anne Hildyard from Xenos.

Live dance music is provided by those fabulous musicians from the Balkan brass band, The TransBalkan Express, Xenos and the Gyimesi Project (Mark Richards and Gemma Turner). Guest musicians are Doyna.

Other Balkan music and dancing to be heard and seen throughout the festival comes from the Doch Gypsy Orchestra, Zhiva Voda (Bulgaria), LacheRoma (Czech Gypsy), Svadbarski Merak (Macedonian and Serbian) and Dusha Balkana (dances from Macedonia, Bulgaria and other Balkan areas).

### Other Woodford Dance Workshops include:

Japanese Sword dance plus Taiko dance and movement with members from TaikOZ, Appalachian clogging, buck dancing and square dancing with the real thing - The Whitetop Mountaineers from West Virginia, Bellydance with Muziz, Indian Bollywood and Bhangra with The Singh Sisters and Bhangranights, and Swing dance with Kristina Olsen.

From Africa, tribal dances from the Sudan, drum dances from Kenya and West Africa. From Ireland, an Irish Ceili dance. From England ritual Morris dance. From Colombia, Latin dance and from Bali, the Kecak chant and dance.

To find out the days and times between 27th December and the 1st January, when the performances, workshops and social dances (with live music) are being presented go to the Woodford website

[www.woodfordfolkfestival.com](http://www.woodfordfolkfestival.com)

See you there

**Pat Symons**

**Dance Workshop & Social Dance Co-ordinator  
Woodford Folk Festival**

### Other Woodford events

If you can tear yourself away from the dance or folklorica tent you might like to learn more about complimentary medicine, permaculture, environmental issues. You could lighten up with some comedy, learn to play a tin whistle, listen to the blues, watch a circus act, make some bush jewellery, sing with the fire event choir or just enjoy watching people pass by while having a drink or a bite to eat from a huge variety of stalls.

Folk, country, gypsy, soul, reggae, blues, jazz, rock'n'roll, rap, acapella, Latin and much, much more.

### Peats Ridge Festival

29 Dec to Jan 1, Glenworth Valley, NSW – 1 hour north of Sydney.

Peats Ridge is the first major event in Australia to run completely on renewable energy and winner of the NSW Govt 2008 Green Globe Award for Environmental Sustainability across all industries.

From the wondrous delights of Malinese kora players to Scottish indie bands, from the seductive rhythms of Jamaican reggae to driving electric blues, over 200 bands will perform for your musical delight.

There will be plenty of music, cabaret, theatre, indigenous culture, children's activities. Add to this markets, rainforest bush walks, kayaking, horse riding, camping and idyllic swimming holes.

[www.peatsridgefestival.com.au](http://www.peatsridgefestival.com.au)

### Illawarra Folk Festival

15 - 18 January 2009 at Slacky Flat, Bulli. Only 1 hour south of Sydney via train.

Four days of folk, world, acoustic, Celtic, traditional folk concerts, dances, workshops, parades. Over 120 international, national and local acts with 500 performers.

Some of the feature highlights will be the ever popular Poets Breakfast, a hilarious Comedy and Limerick Competition, Tripe Eaters Association Dinner and Concert, Italian Lunch, Festival Parade, World Dance Party, Youth Folk Project and Australian folk instrument makers display. The dance programme is also packed. You can choose from Bush dancing, African, Contra, Belly Dance, Morris, Irish jiggling and much much more to be held on a specially dedicated dance floor at the Global Green.

Camping on site, food and drink available. 5 minutes walk from Bulli train station On the Grand Pacific Drive  
[www.illawarrafolkfestival.com.au](http://www.illawarrafolkfestival.com.au)

## 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 organizations 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" organizations. 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 07 5471 0409 or email

[dannilyn@hotmail.com](mailto:dannilyn@hotmail.com)

## MACEDONIAN OZ TOUR

### Dance, music, song, cuisine May 2009

We are organizing a folk workshop with the Macedonian (FYROM) folk masters Ljupco Manevski, Goran Alacki and Adriana Alacki and also a Macedonian kitchen workshop presented by Gordana Manevska.

We would like this to be an unforgettable experience for everyone that is interested in any of the fields presented on the day including:

- Traditional folk dancing with many first time presented dances
- Traditional and modern music including different type of instruments
- Traditional and modern songs
- Traditional Macedonian cooking with many varieties to be prepared in the workshop.

Ljupco Manevski has promised this time he will surprise everyone with new dances and dancing effects. It shouldn't be a surprise as this dancing master has a bolt portfolio of seminars around the world and typically his professional involvement in the only professional dancing ensemble "Tanec" as an instructor and choreographer.

On the other side we will have a chance to experience the accordion master Goran Alacki who has an incredible career and many songs and dance music is created by his unstoppable ten fingers literally flying along the keys.

Adriana Alacki, is the name of the biggest rank on the Macedonian Folk Estrada. Her voice cannot be described but only heard and experienced. Strong and powerful on one side but feminine and soft on the other that will take you to a place of calm and relaxation. She will present the typical traditional singing of old Macedonian songs.

For the first time ever we will be presented with the taste of Macedonia by Gordana Manevska with traditional Macedonian cooking. She will present traditional cooking equipment and show a variety of dishes with many opportunities to taste at the end of the cooking workshop.

Due to all your inquiries we thought the best time would be in May 2009. We need to take the team all over Australia as the interest is wide spread and the best way would be if we can visit all capital cities in all the states and territory. For the ones that are a bit further afield and may not be able to travel to these places can organize themselves, we will be happy to travel to your town provided all expenses paid.

We will keep cost to the lowest possible level of \$25 per workshop. On the given day there will be four workshops including dancing, music, singing and cooking one after the other, with time to rest in between. If you wish to experience all four workshops the cost will only be \$75.

For more information, enquiries, requests, visit [www.macedonianfolkrainbow.com](http://www.macedonianfolkrainbow.com) or contact me on 0400017147 or PO Box 557 Thomastown VIC 3074.

**Gorgi Blazevski**

**Macedonian Folk Rainbow**

## Ljupco Manevski

Born 1971 in Skopje, Republic of Macedonia. His first contacts with folklore started when he was 8 years old and he became a member of the folk ensemble of the Youth center "Karposh" in Skopje. After 5 years he continued to dance in the best amateur ensemble in Macedonia "Orce Nikolov". His first teacher was the famous dancer Tofe Drakulevski. In 1990 Ljupco became a member of "Tanec".

After 4 years he became a leading dance soloist in "Tanec". Since 2000 he has been the manager of the dance ensemble of "Tanec". During this period he danced with "Tanec" in concerts all over the world. He is always noted as an extraordinary dancer who gives huge energy, love and knowledge with every step. One may say that he is a truly gifted and dedicated folk dancer with highest technical and artistic characteristics.

From 2000 to 2008 he worked as a field explorer of authentic dances and songs of Macedonia. As a part of a scientific team of "Tanec" he is working on a reconstruction of the old Macedonian folk dances.

Together with Goran Alacki, he has held several Balkan folk festivals and seminars in the Republic of Macedonia as well as overseas. Their workshops are very successful and educational.

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[www.folkdanceaustralia.org.au](http://www.folkdanceaustralia.org.au)

## HAPPY FEET

Happy feet are really important for dancers, especially those who want to stay active and keep dancing into their 70's, 80's and 90's.

In order to keep our feet happy we need "sensible" shoes. Men tend to wear sensible shoes for most of their lives whereas women tend to wear fashion shoes, no matter how uncomfortable and how damaging to the feet. As a result women have about 4 times as many foot problems as men.

**Your choice of style should be secondary to a comfortable, secure fit.**

**High-heeled shoes** place the foot into an unnatural position, affecting both the foot and your posture. Prolonged periods of walking in high heels can place unnecessary stress on your back and neck, and result in permanent postural changes.

High-heeled shoes also place greater pressure on the forefoot, which can cause a build-up of calluses. The pointed toe places significant pressure on the toes, which can cause permanent deformity including bunions, claw toes, corns and thickening of the nails.

Wearing heels frequently for long periods of time can shorten the Achilles tendon over time and causes a loss in the range of motion in your feet. Shortening of the Achilles tendon is responsible about 75% of women with heel pain. If you wear high heel shoes make sure you stretch your Achilles tendon and calf muscles regularly.

**Aging Feet** – Feet spread with age, by the time you are fifty you will probably need shoes a size larger than when you were 20. As we age we start to lose the padding on the sole of our feet, our arches may start to drop and our bones become more fragile making stress fractures more likely. Excess weight puts extra strain on our feet.

If you want to keep active you need to adapt to these changes.

**Shoes** – The earlier you start to invest in good quality shoes the less likely you are to suffer from foot problems.

When buying shoes take the following into account. Buy shoes with

- Shock absorbent soles
- Adequate arch support
- A firm heel counter that fits snugly to avoid slipping during walking.
- A non slip sole for walking
- Shoes that are broad enough at the toes to ensure the toes have room to move
- Shoes should be properly fitted and appropriate for the activity/sport and playing surface
- Repair or throw away any shoes that are starting to wear out
- Always buy shoes to fit your larger foot
- Buy shoes in the afternoon to accommodate natural swelling
- Select a shoe that is shaped like your foot

**Take advice from an expert but remember only you can tell if shoes fit. If they aren't comfortable don't buy them.**

**Walking** – Don't wear shoes without heel support for walking (e.g. thongs, scuffs) as this overworks the front of the foot and it's easy to sprain your ankle.

**Alternating your shoes** from one day to the next will help to vary the posture of the foot and distribute the load over a greater range of joints and muscles. It will also allow your shoes to dry out and therefore reduce the growth of bacteria. Alternating sports footwear allows the foam cushioning greater time to 'rebound'. This may help prolong the life of your shoes.

**Dance shoes** – Dancing and aerobics generally put extra weight on the ball of the foot and shoes with cushioning under the front of the shoe are best for these activities. When possible dance with weight more evenly distributed over the whole foot.

**Different activities require different shoes. Wearing one pair of shoes for all your activities is false economy. Talk to an expert to ensure you have the correct shoes for your needs.**



Dancing Shoes Australia have a great website with ideas of what to look for in dance shoes. Check them out at [www.dancingshoes.com.au/footwear\\_and\\_footcare\\_for\\_dancers.htm](http://www.dancingshoes.com.au/footwear_and_footcare_for_dancers.htm)

Ref Better Health Channel [www.betterhealth.vic.gov.au/](http://www.betterhealth.vic.gov.au/)

### Did you know?

80% of podiatric patients can be restored to full, pain-free mobility with a combination of minor, non-invasive medical procedures, custom-fitted orthotics, therapeutic exercises and foot pampering

Most of us don't have bad feet, we just treat our feet badly

If you weigh 60kg standing still, when you walk the load on your feet is 90kg, when you run the load is 180 kg

Sore feet can add to back, knee and hip problems.

Back, knee and hip problems can contribute to foot problems.

A shoe that is perfect for someone with flat feet is probably not suitable for someone with high arches.

Wearing badly fitted shoes can contribute to heel spurs, so can being overweight and standing for long periods of time.

The real art of conversation is not only to say the right thing at the right time, but also to leave unsaid the wrong thing at the tempting moment

**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 – 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

**FDA WORKSHOP VIDEOS**

*All videos or DVDs Members' Price = \$25\*\**

**Koce Stojcevski**, Macedonian Dances (1999 & 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 &  
Participation (2002)

**Elie Akouri**, Lebanese Debka (2002)

**Gary Dawson**, Balkan Dances (2003)

**Djordje Nikolic**, Serbian (Sumadija) (2003)

**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 (2002, 2003, 2004  
& 2006 & 2008)

**Veronika Zaharieva**, Bulgarian Dances (2006)

**Gary Dawson**, Balkan Dances (2006/7)

**Aleks Popovic**, Serbian Dances (2007)

**Avi Zohar**, Israeli Dances (2007)

**Antal Stopic**, Hungarian Dances (2008)

**\*\*Add \$5 to prices for postage and handling\*\***

Prices quoted are for FDA members. Non-members  
please add \$5 to cost of each item.

**FROM NEVAFOON**

**MIX 6 CD - \$26 & MIX 6 DVD - \$30**

Beukenwals – Netherlands

Boerenkermis – Belgium

Fersch-spitzen – German, Giga – Italy

Heads or tails – England, Hizmali – Turkey

Hot time in the old town tonight – USA

Karamanovsko choro – Bulgaria, Kezes – Hungary

Korobushka – Russia,

Krzyzak/Szurak – Poland

Mocirita – Romania, Moravac – Serbia

Nof Bagalil – Israel, Pikusa – Croatia

Romsko Bitolsko oro – Macedonia

Sarba de la Poiana Stampei – Romania

Sibirski Chorovod – Russia

Staro Gradesnisko Choro – Bulgaria

Starodavny-Mamenka – Czech

Syrtos Chasapikos – Greece, Tamzara – Armenia

Valse Ecosse – France, Ya'mon – Israel

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**If you are looking at replacing old cassettes with Cds,  
another good series of International dances is the  
'Doe Dans' set of 3 cds. Details listed below**

**Doe Dans No.1 includes**

Sir al etz, Belasicko oro, Ambie Dagiets, Zagorisos,  
Setnja, , Cupino Kolo, All American Promenade, Ashre  
Ha'ish, Hej Par, Do mi dojdes, Na Port, Hasapikos,  
Boerenplof, Makedonsko,

**Doe Dans No.2 includes**

Od lo Ahavti Dai, Cica Obrenovo Kolo, Slovacky  
Csardas, Bavno Horo, Le Chayim, Basara, Garun,  
Konyali, Hambo, Svornato horo, Bravade, Rachel,  
Rangers Waltz, Avre Tu, Memede Imate li Vino, Arcanul  
Batrinesc.

**Doe Dans No. 3 includes**

Unzundere, Ferusko oro, Ada's Kujawiak, Rumelaj, Ode  
ya, De Strigat, Skopska Crnogorka, Pajdusko oro,  
Tsamikos, Misirlou, Solunski cocek, Hora Mare de la  
Chircoani., Levi Jackson Rag, I Kariotikos, Ajsino oro,  
Esmer.

**CDs are \$25 each**

Booklet of Music Notation (includes all the above  
dances) is available for \$20

**NOTE:** All resources are available through Kaye  
Laurendet, 127 Woronora Cres, COMO WEST 2226  
phone Kaye Laurendet on 95284813 or email  
[okay@optusnet.com.au](mailto:okay@optusnet.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**

## WHAT'S ON WHERE

### A.C.T. (Canberra)

**Monday**, 7:30-9.00 pm Folk Dance Canberra - FDC: sessions for Advanced folk dancers in International Dances, at Folk Dance Canberra Hall, 114 Maitland St, Hackett. Contact Theresa Orchard (02) 6287 1512

**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](mailto:lesley@magma.com.au)

**Wednesday**, 7:00-8:30pm Folk Dance Canberra - FDC: sessions for Beginner folk dancers in International Dances, at Folk Dance Canberra Hall, 114 Maitland St, Hackett. Contact Maria Jenkins (02) 6231 4472 or email [maria\\_jenkins@hotmail.com](mailto:maria_jenkins@hotmail.com)

**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 - 10.15pm, 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 Judy 02 62815229.

**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](mailto: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. Lesley, 02 6286 6401 or email [lesley@magma.com.au](mailto:lesley@magma.com.au)

**Friday** 7:00 – 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 3<sup>rd</sup> 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](mailto:brad@dynamite.com.au)

 **\*\* 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 \*\***

### 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 – 7.30. Balkan Social dance classes, Croydon Park Public School, Georges River Road, \$50 month. Yorgo 0412 861 187 (m).

**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](mailto: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** Greek Folk Dance classes - 6:30pm - 7:30pm Junior Terpsichore group (3yrs to 12yrs). 7:30pm - 9:00pm Senior Polyhymnia group (13yrs to Adult), Pan-Korintian House, Level 1, 11Anglo Road, Campsie. Cost \$7/night casually, or \$50/term for 10 weeks. Contact Vas Aligiannis, 0407 081 875, [greekdancer@excite.com](mailto: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](mailto: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. Vera Myronenko 02 9665 9713 or 0418 416 849

**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](mailto: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. Yusuf Nidai (02) 9646 1166.

**Tuesday**, 8pm – 9.45pm, Hungarian Dance classes, with Gary Dawson, cost: \$10/\$5 per class, \$90/\$45 for 10 week semester. Uniting Church, Harris Community Centre, 97 Quarry St (cnr Bulwarra Rd), Ultimo. Contact Gary Dawson (02) 9559 4485, 0425 268 505 (m) or email: [gazad@aapt.net.au](mailto:gazad@aapt.net.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.

### (Sydney cont.)

**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** Greek Folk Dance Classes 6pm till 7pm for Junior classes. 7 pm to 8.30 for Senior classes (Masters class) by invite only. St Stephanos Greek Church Hall, 650 New Canterbury Rd Hurlstone Park. Contact Vas Aligiannis, 0407 081 875, [greekdancer@excite.com](mailto: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**, Greek Folk Dancing (adults), 7:30pm to 9:00pm Clio group (21yrs and up) with Vasilios Aligiannis, Megas Alexandros Greek Macedonian Club, 164 Livingstone Rd Marrickville. Contact: 0407 081 875 [greekdancer@excite.com](mailto: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**, 8 - 11pm. Sedenka International Folkdance Group, Rozelle Neighbourhood Centre, 665A Darling St, Rozelle. (1<sup>st</sup> Friday of the month Balkan Night with Yorgo Kaporis) 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.

### (Bateman's Bay)

**Tuesday** 1.30-3.00 Easy/Intermediate Folk Dance (U3A), Community Hall, Flora Crescent, Batemans Bay, NSW. Visitors Welcome. Contact Audrey (02) 44722642 or email [audmar@tadaust.org.au](mailto:audmar@tadaust.org.au)

### (Blue Mountains)

**Thursday** 1.30 to 3.00pm, Israeli Folk Dancing. The Lawson Community Centre, Lawson. Contact Yudit Kayatsky (02) 4759 1952.

**Thursday** 7.30 - 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)

### (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.

A penny saved is obviously the result of a government oversight.

### (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.

### (Central Coast)

**Thursday** 8.00pm - 10.00pm. Israeli and International dances, Woodport Primary School, Ernest St, Erina, \$6 per lesson, free 1st lesson, \$50 for 10 weeks. Contact: Avi Zohar, 0417 208 150 (m), [avzohar@hotmail.com](mailto:avzohar@hotmail.com)

### (Newcastle)

**Saturday** (1st Saturday of 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](mailto:kellsull@ozemail.com.au)

**Saturday** (2<sup>nd</sup> 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](mailto: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@westnet.com.au](mailto:plotki@westnet.com.au)

**Tuesday**, (school terms only), 7.15pm – 9.15pm, "FDA – Callala", international folk dance, Callala Bay Progress Hall, Boorawine Terrace, Callala Bay. Contact Maureen Petherick 02 4446 6550 or email: [mep1@westnet.com.au](mailto: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](mailto: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)

**Monday** 5.30 - 7.00pm Darwin Folk Dance, Audrey's Dance Studio, cnr Ferntree & Nightcliff Rds. Contact Lynette 08 8927 5415 or email [DarwinFolkDance@yahoo.com.au](mailto:DarwinFolkDance@yahoo.com.au)

**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](mailto:sueross21@hotmail.com).

### 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](mailto:webmaster@folkdanceaustralia.org.au) and the editor, [dannilyn@hotmail.com](mailto:dannilyn@hotmail.com)

## QUEENSLAND (Brisbane)

**Wednesday** 6.45 – 8.00pm, Academy of Greek Dancing, Russian Orthodox Hall, Lotus St, Woolloongabba. \$25 per month (payable 1<sup>st</sup> 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](mailto: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.

## (Rockhampton)

**Thursday** 6.30-7.30pm - Music group practice 7.30-10.00pm - "Capricornia Dance & Music Exchange" International and other dances, Women's Health Centre, Cnr Bolsover & Derby Sts, Rockhampton, Qld. Contact Nicholai 0412557052

## (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](mailto: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](mailto:atbds@senet.co.au)

**Tuesday** 10am, International Dance: Community Centre, Tynte St, Nth Adelaide. Contact Ann Tregenza 08 8295 2576.

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

**Saturday** 1 pm – 5 pm, Cajun dancing (1<sup>st</sup> Saturday of the month), Cajun Club, Governor Hindmarsh Hotel, Port Road, Hindmarsh, Adelaide. Dancing session followed by Cajun music session 2.30 pm - 5pm approx. led by the Backdoor Cajun band. Contact Martin at [cajuns99@hotmail.com](mailto:cajuns99@hotmail.com)

## TASMANIA (Hobart)

**Thursday** 8pm, Hobart Multicultural Dance Group, \$5 + contribution to shared supper, St James Hall, Rupert Av, New Town, contact Graeme (03) 6239 1553, Krista & Peter (03) 6227 8471 or email Peter: [PeterSands@netspace.net.au](mailto: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 2<sup>nd</sup> 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](mailto: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** Souleiado French Dance Group runs classes in French Dances for Australian Kids after school for children in Nedlands, Perth. Contact Laurel (08) 6389 0767, email [farandole@nw.com.au](mailto:farandole@nw.com.au).

**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 [palenqueb@gmail.com](mailto:palenqueb@gmail.com).

**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.

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

**Thursday** 7pm, Souleiado French Dance group runs classes for adults in traditional dances from various regions of France in Nedlands, Perth. Contact Laurel (08) 6389 0767, email [farandole@nw.com.au](mailto:farandole@nw.com.au).

**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/>

**DATES FOR YOUR DIARY**

- 28 Nov – Dec 3** **Greek Dance Workshop**, Melbourne, contact Nick [npapaefthimiou@plaspak.com.au](mailto:npapaefthimiou@plaspak.com.au)
- 13 Dec** **Folk Dance Canberra Christmas party** 7.30 p.m. Ph Sue 6241 2941 or Ros 6258 5443
- 19 Dec** **Sedenka Break up party**, contact Chris (02) 9560 2910
- 27 - 28 Dec** **Greek Dance Workshop** with Kostas, Vas (02) 9708 0801 or 0407 081 875  
**TO BE CONFIRMED**
- 27 Dec – Jan 1** **Woodford Folk Festival, Qld** [www.woodfordfolkfestival.com](http://www.woodfordfolkfestival.com)
- 29 Dec – Jan 1** **Peats Ridge Folk Festival** [www.peatsridgefestival.com.au](http://www.peatsridgefestival.com.au)
- 2 – 9 Jan** **Hungarian music and dance camp, Perth.** [keszkeno@iinet.au](mailto:keszkeno@iinet.au) the music camp runs from 2nd to 4th January, the dance camp from 5th-9th January
- 15 – 18 Jan** **Illawarra Folk Festival - Festival Hotline** 1300 887 034 [info@illawarrafolkcub.org.au](mailto:info@illawarrafolkcub.org.au)
- 15 Jan** **Psarandonis** from Crete is master of the lyra, his son is master of the lute, both are singers – Brisbane Powerhouse 8 pm
- 16 Jan** **Psarandonis** – Joan Sutherland Performing Arts Centre, 8 p.m. 4723 7600
- 16 – 23 Jan** **10th Annual Summersong Music Camp**, Lennox Head. [www.summersongmusiccamp.com](http://www.summersongmusiccamp.com)
- 23 Jan** **Sedenka** resumes for 2009, Contact Chris (02) 9560 2910
- 8 Feb** **FDA workshop** Care and Conservation of Costumes
- 8 Feb** **FDA AGM** 1.30 pm Marrickville Youth Resource Centre
- 21 Feb** **Macedonian Music and Dance**, Kin Kin, Sunshine Coast, Qld
- 6 – 9 Mar** **Port Fairy Folk Festival** – 03 5566 2227, [www.portfairyfolkfestival.com](http://www.portfairyfolkfestival.com)
- 9 – 13 Apr** **National Folk Festival**, ACT



**Folk Dance Australia Inc**  
**Application for 2009 Membership**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

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

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

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

Yes  No ...I would like my Footnotes Newsletter to be emailed to me instead of posted

Yes  No ...I give permission for my name and photos of me to be printed in any of the Footnotes Newsletters and also within any of the pages which form the website known as [www.foklkdanceaustralia.org](http://www.foklkdanceaustralia.org) whether I am a currently paid-up member or not.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ Email: \_\_\_\_\_