

Folk Dance Australia Inc.

Footnotes

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Issue No 49 - February 1999

Bi-monthly Magazine of Folk Dance Australia Inc

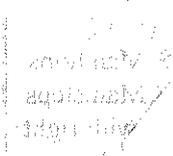


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Folk Dance Australia

FDA 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.



Welcome to New Members

Perth International Folk Dance Group



**NOTICE of FDA
ANNUAL GENERAL MEETING**

**Sunday, 28 February 1999,
"The Edge"
cnr King & Bray Sts,
Newtown, NSW,
12 noon.**

THE PRESIDENT'S REPORT

I hope you all had a wonderful holiday and are ready to dance again – or maybe you never stopped!

I am looking forward to another year full of folkdance happenings – the FDA workshops and the National Folk Festival at Easter time, Andre's weekend at Bowral and everything in between.

We begin the year with an all-day Turkish workshop with Yussef Nidai, Director of the Turkish Academy of Fine Arts, Music and Dance. I do encourage you all to come. Yussef is a talented musician, dancer and teacher, and it is wonderful dancing to the beat of the tapan – live music!!

A couple of weeks ago, I attended one of Yussef's classes. It was great joining in with his students, boys and girls, who were very welcoming and showed enthusiasm and skill for their Turkish dance and culture.

Another experience of joy and excitement for me was being at the last night of Campanas Flamencas, part of the Sydney Festival. The company of dancers and musicians from Madrid thrilled the audience with their wonderful heel-beating and clapping of many and varied rhythms.

The art of flamenco developed in Andalusia in Southern Spain. It dates back to the 15th century with the arrival of the gypsies. The singing and guitar playing have a very strong Jewish and Arabic influences.

Please write and tell us of your folkdance experiences and what is going on in your part of the world.

Sandra Bassetti, President



 **The views expressed in this magazine are those of the authors and do not necessarily reflect the views of FDA.**

As diverse as a dancer's talents.....!!!

Recently, the Powerhouse Museum in Sydney held an exhibition of treasures from the Jewish Museum in Prague (Czech Republic).

Why do we mention this? Because, who should appear as "Roselle", a Jewish Czech woman from the late 19th century, telling her story to the intrigued onlookers, but Robina Beard, an actress, and also the president of Ausdance NSW.

Hamoadan Israeli dancing

Beginners classes commence at the start of sessions on Tuesday, 2 February, 1999. These fun-filled evenings for beginners, advanced, young and old are conducted by Frances Fester in the "Church in the Market Place", cnr Oxford Mall & Newland St, Bondi Junction. For further enquiries, please ring Martin Friedman on (02) 9337 6643.

Even though the Polka may sound as if it has Polish origins, this lively dance is Bohemian in origin. "Polka" comes from the Czech word for "half step".

A Step in Time

polka

1 Travelling: The step may be danced in any direction but is usually forward.
1/8|1/8 1/8 1/8 meter. 1/8| Hop on right foot.
|1/8 Step forward on left foot. 1/8 Close right foot beside left foot. 1/8 Step forward on left foot.
Repeat with opposite footwork. The step usually starts with the man hopping on the right foot and the lady hopping on the left foot.

2 Turning A couple take a close hold facing each other. Man's left and lady's right shoulders towards the direction of travel (LOD).
1/8|1/8 1/8 1/8 1/8|1/8 1/8 1/8 meter. 1/8| Man hops on right foot. Lady hops on left foot. |1/8 Man steps in LOD with left foot. Lady steps in LOD with right foot. [1/8 Man closes right foot. Lady closes left foot. 1/8 Man steps with left foot in place. Lady steps with right foot in place. During this 'close - step in place' the couple turn clockwise half way round.] 1/8| Man hops on left foot. Lady hops on right foot. |1/8 Man steps in LOD with right foot. Lady steps in LOD with left foot. [1/8 Man closes left foot. Lady closes right foot. 1/8 Man steps with right foot in place. Lady steps with left foot in place. During this 'close - step in place' the couple turn clockwise half way round to return to their original position (relative to LOD).] The step repeats.

3 Czech & Russian The Czech, Russian and some other north-east European national polkas do not have the leading hop.

Extract from: *Dance Terms - A Glossary for Folk Dancers in Australia*, James A. Battison.

Kitka Design

*Internet Web Site design and creation
at very moderate rates!*

Free site hosting arranged if necessary.
Contact Ashley by phone: 06) 254 4111 or
email: kitka@dynamite.com.au

FDA site at
<http://www.geocities.com/Vienna/4677>
created by Ashley!

FOLK ON THE WEB

FDA mail received:

From: Mihai David: Once from Romania, living in USA

This is great!!!, I wish other organizations from other areas of the world would follow example. This page is taking me back 10 years with fond memories. "Happy Holidays You All. Mihai

From: Robyn Northwood, Central Coast Bush Dance & Music Association

The Central Coast Bush Dance & Music Association holds bush dances for adults on the fourth Saturday of each month (except December) at the East Gosford Progress Association Hall, cnr Henry Parry Drive and Wells St. For more information, call Robyn or Mark on (02) 4344 6484

From: Andrew Pollock, Florida
Website: andy pollock's folkdance syllabi

Nice site! I have a number of syllabi of dances taught in Florida at the site listed above on your form that may be of interest.

From: kuharski@msn.fullfeed.com (Michael Kuharski)
Subject: Polish Music & Books

These items are now available from Ada Dziewanowska:

Two 90-minute audio cassettes with music to accompany all the dances described in her recently published book, "Polish Folk Dances & Songs: A Step-by-Step Guide". (The price of the book is US\$39.50 plus \$3 postage - details on the book available from me upon request - M.Kuharski).

These cassettes contain music for 99 Polish dances from the regions of Lowicz, Opoczno, Green Kurpie, Lublin, Rzeszow, Sacz Lachy, Podhale, Gorny, Slask, Wielkopolska, and Kaszuby, as well as music of Polish national dances: Polonez, Mazur, Kujawiak, Oberek, and Krakowiak. Also included are 12 extra tunes for your listening pleasure or to give you choices and inspiration for different possible performance variations.

The set of 2 cassettes is US\$29.00 plus \$2 postage.

Also available: Book on Polish Costumes with color photos: STROJ LUDOWY W POLSCE by Stanislaw Gadomski, US\$50 + \$3 postage. The companion book with Polish Costume patterns: STROJ LUDOWY W POLSCE: Opisy i wykroje, by Barbara Bazieliuch, US\$25 + \$3 postage

Send orders & make cheques payable to:

Ada Dziewanowska
3352 North Hackett Avenue
Milwaukee, WI 53211-2943
tel: 414-964-8444

From: Peter De Pellegrin, Melbourne

Hello, my name is Peter De Pellegrin and I am a member of an Italian Folk Dance Group which is affiliated with the Italian social club (Club Fogolar Furlan) which is located in Thornbury, Melbourne (Victoria).

I came across the FDA on the internet and I am very interested in talking to someone from your organisation. Primarily, our dance group wishes to increase its engagements/performances within the community.

For your information our group was established in 1977 (21 years ago!) and comprises between 12 - 14 members.

The costumes are typical of the clothes once worn by ancestors who lived in the far north-eastern region (Friuli Venezia Guilia) in Italy, many, many years ago. The dances are also traditional and performed to authentic music (similar to a waltz rhythm)



Photo shows the Fogolar Furlan Club Italian Folk Dance Group

COMING EVENTS

Irish Social Dance Workshop: 6 & 7 Feb (QLD)

Irish dance teachers, Bill and Margaret Winnett, will show you the joy of Irish dance and music in an all new program of set and couple dances to be presented over the weekend. These dances are suitable for beginners and experienced dancers, and no partners are needed.

When: 11 am – 4 pm

At: Danish Club, 36 Austin St,
Newstead.

Cost \$58 per weekend, or \$38 per day
(earlybird = \$48 and \$32)

Cheques payable to Des Buchhorn, and send to 17/527 Gold Coast Highway, Currumbin 4223 by 2/2/99.

For more information, please contact Des on (07) 5534 2396.

FDA - Annual General Meeting - 28/2/99

You are invited to the FDA AGM - come and participate; share your ideas over lunch:

Date: Sunday, 28/2/99,

Time: Noon - 1.00 pm

Place: "The Edge",
cnr King & Bray Sts
Newtown (Sydney)

FDA February Workshop - 28/2/99

Turkish dancers are featured in this day workshop, with Yussef Nidai as our presenter.

The workshop details are:

Date: Sunday, 28/2/99

Morning Session: 10 - 12

Afternoon Session 1.30 – 3.30 pm

Cost: \$12 half-day, \$20 Full
(concessions available for FDA members)

At: "The Edge",
cnr King & Bray Sts
Newtown (Sydney)

Israeli Dance Workshop – Feb (VIC)

Tuvia Tishler is an Israeli choreographer and we welcome folkdancers from all over Australia to experience his wonderful dances. The workshop will be held on the 27th and 28th of February 1999 and the cost is \$125.00 it will include 4 sessions plus a party.

We are also holding a partners workshop on Tuesday 1st March, 1999. The cost will be \$15.00, or \$10.00 if you attend any session at the weekend.

For more information, contact Jan Sapir (Machol Israeli Dancing Club), on ph: 03 9579 6118.

English Social Dance Workshop: 6 & 7 March (QLD)

You can enjoy the grace of the English country dances from the 17th century through to the end of the 19th century (dances by Thomas Playford included). Chris Green 's repertoire comes from collecting in villages and from the manuscripts of past dancing masters.

For details of time, venue etc, please refer to the Irish Social Dance Workshop (6/7 Feb) above.

Festival of International Understanding (Cowra, NSW), 8 – 21 March

This festival of fairytales, feasts and friendship will feature Denmark this year. The folk dance group "Heimdal" from Brisbane will perform (Saturday, 13) and conduct workshops on Sunday 14. The festival, which extends from the 8 – 21 March, will include Danish food and feasts, a Tivoli Carnival, the Little Mermaid's Danish Feast and a Hans Christian Andersen Fairytale Festival.

St Pat's Day, (Adelaide)

For traditional Irish music, dancing, exhibitions, ceili dancing for everyone, BBQ and Irish food come to the Irish Hall, 13 – 15 Carrington St, Adelaide on St Pat's Day (17 March). For more information, contact Bernie Boyle on (08) 8260 3420 or (08) 8212 3767.

Illawarra Folk Festival (NSW) from 17 March

The 14th Illawarra Folk Festival will be held in the village of Jamberoo, 10 km inland from Kiama from 17 – 21 March. Included in the festival will be folk music, song, dance, poetry and yarnspinning.

Contact Yvonne O'Grady on (02) 4233 1073 for more information.

National Folk Festival (Canberra) at Easter

The National folk festival will be held over four and a half days next Easter, 1 – 5 April.

In more than 100 concerts, the National will present Australian and international artists, including Sirocco, the Wrigley sisters, Nancy Kerr and James Fagan, and the National Fiddle Orchestra. This year will feature Western Australia and include ABC's Lucky Oceans and his groups Zydecats and Snakefoot.

More than sixty workshops will cover dance, poetry, storytelling, etc, and the children's festival, singing and music sessions, and food and craft markets will add to the entertainment. There will also be a two-day Easter School before the festival starts.

(Continued overleaf)

COMING EVENTS contd

The National Festival is held in **Canberra's Exhibition Park**, which has a fully serviced campsite for those who can't bear to leave the site for one moment.

Cost for Season ticket = \$115 (or \$90 prepaid)

Cost for 5 nights Camping = \$30 (or \$25 prepaid)

For more information or credit card booking, contact the Festival Office on (02) 6249 7755.

Israeli Dance Weekend: 28 – 30 May (NSW)

Get away from it all. Join us in the **Blue Mountains** in another fantastic weekend (from Friday evening 28 May, to Sunday afternoon, 30 May) for dance, music, fun, sustenance, wonderful surroundings and great company. Application forms available from next April.

For more information, contact Martin Friedman on (02) 9337 6643.

Bowral Residential Workshop, 1999!

The dates will be 23/24/25th July, 1999 and the venue will be Annesley Guest House again.

Brochures will be sent to all folkdance groups early next year, and also to the 77 people who stayed at Annesley this year. 'Book early' (with the brochure!) will be the way to go!



• FDA Renewal Time

Add this item to your 1999 New Year's resolution list: "Send in renewal to Folk Dance Australia".!!!

You'll find the Renewal Slip at the bottom of the Dates for your Diary page. Just cut it off and send it, together with your \$15 cheque, to the Secretary, or, if you are attending the AGM or workshops on the 28 February 1999 - then pay on the day.

OVERSEAS MEMBERS - please note - it would be appreciated if your membership fee of AU\$15 could be sent as an Australian Bank Draft.

Folk Dancers do not:

think "socialism" means partying;
where it says "sign here", write "Sagittarius";
study for a blood test;
trip over a cordless phone or
block their ears when trying to hold on to a thought.

They just have fun!

INTERNATIONAL EVENTS

Romanian Tour; Pitesti, 1 – 8 May 99

This itinerary has been designed by Silviu Ciuciumis (your host) for the Doina Foundation. Flying from London or Amsterdam to Bucharest, you transfer to a touring car to arrive at Pitesti. The next day is spent getting familiar with your surroundings while you visit potters, shepherds, be entertained with shepherd dancers, eat and party. During the following three days, the dancing lessons are followed by various excursions, performances, etc. The fourth day includes visiting a most historical city with monastery, church and a royal court, as well as craftsmen, dancers and musicians. The following day finishes with a farewell party, ready for your departure the following day.

For prices, registration forms and more information, phone Silviu on +31 – 10 – 421 8622, or write to him at Aarhuispad 22, 3067 PR Rotterdam, The Netherlands.

Netherlands & Bulgaria Tour; June 99

Spend 2 weeks or so from June 14 on The Netherlands & Bulgaria Dance Seminar / Folklore tour, with Jaap Leegwater & Nina Kavardjikova as your native tour leaders.

For more information, write to Jaap Leegwater & Nina Kavardjikova at Folkloro Balkana, 2214 Gateway Oaks Drive, #370, Sacramento CA 95833-3207, USA.

Balkan Festival, Zetten, July 1 – 4, 1999, (Netherlands)

This seminar has a variety of teachers who present dances from Greece, Turkey, Bulgaria, Hungary, Romania, Macedonia, and other Balkan countries to the live music of "Kaleb" and "Trediki". The organiser is again Silviu Ciuciumis (for contact details, see the Romanian Tour to Pitesti).

The location is the Social Cultural Centre "de Wannolen", Schweitzerpaark 2, Zetten (near Arnhem) in the Netherlands

BalkanFolk '99, (Bulgaria) from July 17

BalkanFolk'99 gives you the opportunity to choose a 2 week (July 17 – 31) seminar (AUD810 approx), or either week separately (ie, 17 – 24 July or 24 – 31 July) (AUD445). BalkanFolk'99 is organised by a group called SC ZORNITSA.

Should you decide to go, you'll need to send a filled-in registration form (see December issue of "Footnotes"). For more information, contact Rae Marnham on Tel. (08) 8356-2172 or email: rmarnham@denr.sa.gov.au

OR

(Continued overleaf)

FDA CONTACTS

President: Sandra Bassetti, (065) 52 5142,
23 Fotheringham St, TAREE NSW 2430.

Vice-President: Chris Wild, (02) 9560 2910,
12 Burfitt St, LEICHHARDT 2040

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26 Hill St, AUSTINMER 2515

Treasurer: Kaye Lauredet (02) 9528 4813
127 Woronora Cres., COMO WEST 2226.

Workshop Co-ordinator: Bronwyn James, (02) 4757
2441, 15 Hume Ave, WENTWORTH FALLS 2782

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58 Gould Ave, PETERSHAM NSW

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ADVERTISING IN FOOTNOTES

Full page \$40.00 20% discount for members. Other sizes are available on a pro-rata basis. Anyone wishing to advertise in Footnotes please contact the Editor.

Stretching

We may have eaten too much and exercised too little over the Christmas holidays and, as most dance groups get together for another year of fun, it's a good time for us to focus on stretching. Why? Because it feels good, relaxes our mind, tunes up our body, and, most importantly, helps us to develop body awareness (proprioception), which, in turn, helps us to avoid trips, twists and spills. As dancers, stretching will improve our flexibility and ease of movement and so increase our enjoyment of dancing and help us to avoid injuries.

Just before you rush into stretching, perhaps you may be interested in the following advice given by Bob Anderson (whose book is used by the Australian Institute of Sport in Canberra).

Who Should Stretch

Everyone should, regardless of age or flexibility, or whether you sit at a desk all day or dig ditches.

When to Stretch

Stretching can be done any time you feel like it: at work, in a car, waiting for a bus, etc and especially when you feel stiff - also stretch before and after physical activity (and that of course means dancing!)

How to Stretch

The right way to stretch is a relaxed, sustained stretch (average of around 25 seconds) with your attention focused on the muscles being stretched. The wrong way is to bounce up and down, or to stretch to the point of pain – these do more harm than good.

As you stretch correctly and regularly, you will find that every movement you make becomes easier.

The Easy Stretch part...

When you begin a stretch, go to the point where you feel a mild tension, and relax as you hold the stretch. The feeling of tension should subside as you hold the position. If it does not, ease off slightly and find the degree of tension that is comfortable. The first part of the stretch reduces muscular tightness and readies the muscle tissues for the second part.

The Developmental Stretch part...

After holding the easy stretch (for 10 – 30 secs), move slowly into the developmental stretch by moving a fraction of an inch further until you again feel a mild tension and then hold for another 10 – 30 secs or more. Again, you should feel the tension diminish; if not, ease off slightly. This last part of the stretch fine-tunes the muscles and increases flexibility. Slowly come out of the stretch.

Breathing

Your breathing should be slow, rhythmical and controlled. If you are bending forward to do a stretch, exhale as you bend forward and then breathe slowly as you hold the stretch. Do not hold your breath while stretching – if the stretch position inhibits you breathing, then you are obviously not relaxed. Ease up on the stretch so that you can breathe naturally.

Counting

At first, silently count the seconds for each stretch – this will ensure you hold the proper tension for a long enough time. After a while, you will be stretching by the way it feels, without the distraction of counting.

The Stretch Reflex

The purpose of this nerve reflex is to protect your muscles if you stretch the muscle fibres too far (ie, overstretching or bouncing) by sending a message to the muscles to contract. So, when you stretch too far, you unconsciously tighten the very muscles you are trying to stretch. So the idea of no gain without pain is INCORRECT when it comes to stretching.

Stretching, as described in the "Easy" and "Developmental" stretch parts above, is beneficial and does not activate the Stretch reflex.

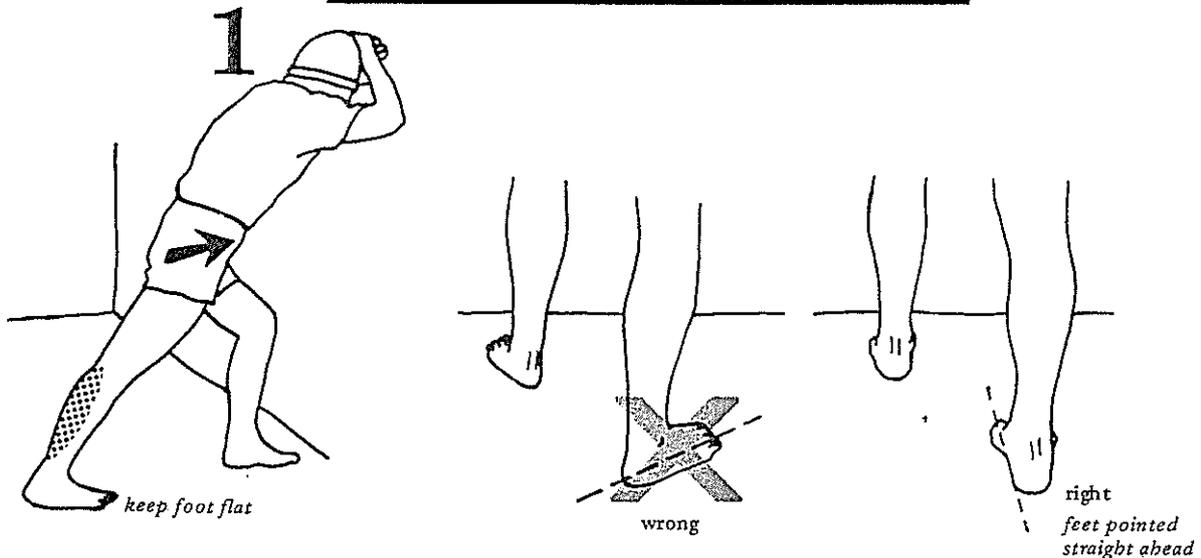
Start today – with the exercises overleaf!

Reference: "Stretching", Bob Anderson & Jean Anderson, 1980, Shelter Publications, USA

Getting Started *Stretching*

After you have gone through these beginning stretches, you will start to develop a feeling for correct stretching. It is important to be aware of proper body alignment when stretching and to learn how to do each of the stretches in a way that is right for *your* body. Once you have learned how to stretch your body correctly, it is easy to learn and use the stretches in this book.

(Dotted areas indicate the parts of the body in which you will probably feel the stretch, but because no two people are the same, it is possible that you may feel a stretch in an area other than those marked.)

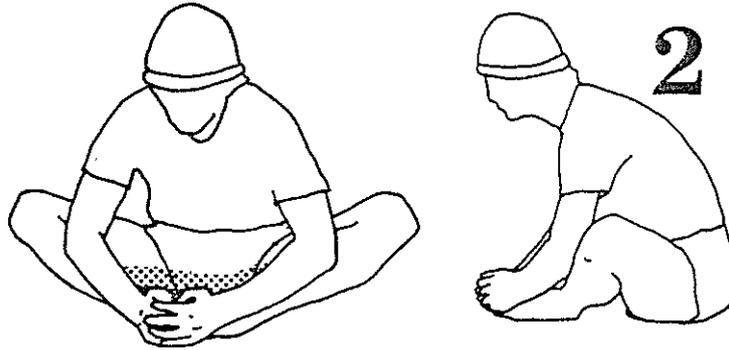


Let's start with the calf stretch, a stretch for the back of the lower leg and ankle. Face a fence, wall, or something you can lean on for support. Stand a little distance from this support and rest your forearms on the support with your forehead on the back of your hands. Now bend one knee and bring it toward the support. The back leg should be straight with the foot flat and pointed straight ahead or slightly toed-in.

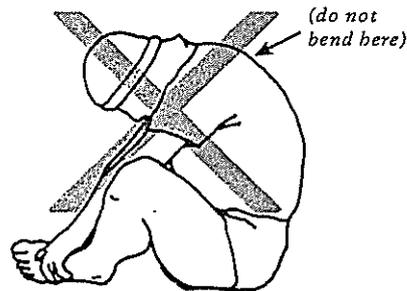
Now, without changing the position of your feet, slowly move your hips forward as you keep the back leg straight and your *foot flat*. Create an *easy feeling* of stretch in your calf muscle (*gastrocnemius*).

Hold an easy stretch for 20 seconds, then increase the stretch feeling very slightly into a developmental stretch for 20 seconds. Don't overstretch.

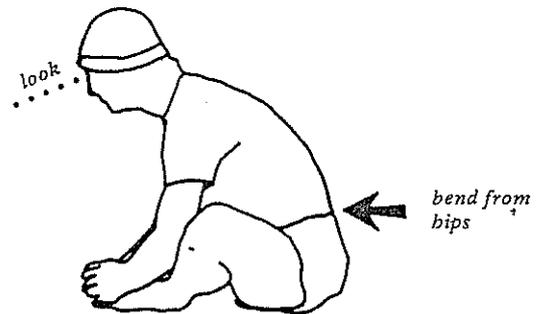
Now stretch the other calf. Does one leg feel different than the other? Is one leg more flexible than the other?



Sitting Groin Stretch: Next, sit on the floor. Put the soles of your feet together with your hands around your feet and toes. Be sure to keep your heels a comfortable distance from your crotch. Now gently pull your upper body forward until you feel an easy stretch in your groin area (inside of upper thighs). Hold an easy stretch for 20 seconds. If you are doing it right, it will feel good; the longer you hold the stretch, the less you should feel it. If possible, without strain, keep your elbows on the outside of your lower legs. This will help give the stretch position stability and balance.



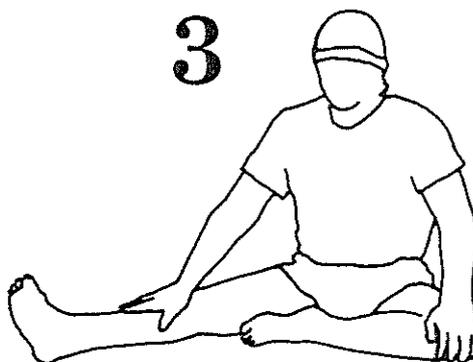
Do not initiate the movement forward from head and shoulders. This will round the shoulders and put pressure on lower back.



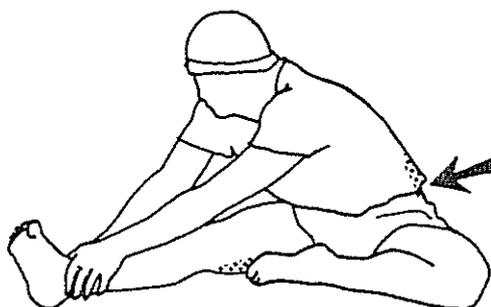
Be sure to concentrate on making the initial move forward from your hips. Keep your lower back flat. Look out in front of you.

After you feel the tension diminish slightly, increase the stretch by gently pulling yourself a little further into it. Now it should feel a bit more intense *but not painful*. Hold this for about 25 seconds. If the stretch is right in this developmental phase, the feeling of tension should slightly decrease or stay the same the longer the stretch is held, but it should not increase.

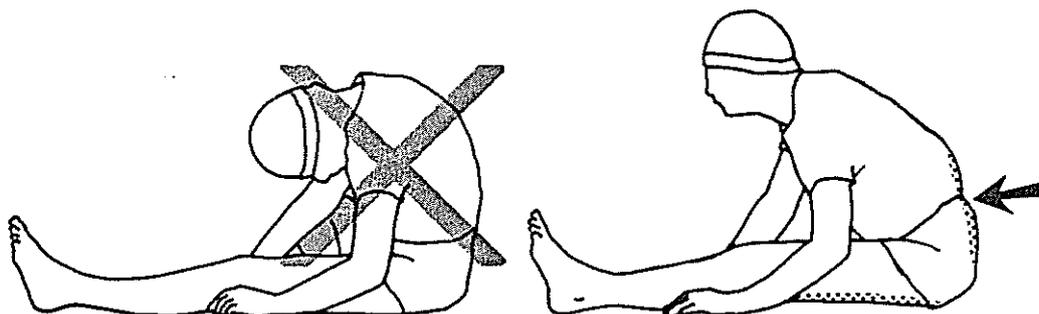
Slowly come out of the stretch. Please, no jerky, quick, bouncing movements! You must stop and hold each stretch so you can *really feel* what is happening with each position.



Next, straighten the right leg as you keep the left leg bent. The sole of the left foot should be facing the inside of the right upper leg. (Do not keep the knee of the straight leg “locked”.) You are in a straight leg, bent knee position.



Now, to stretch the back of the upper right leg (hamstrings) and left side of the lower back (some will feel a stretch in the lower back, others won't), bend forward *from your hips* until the slightest, easiest feeling of stretch is created. Hold this easy stretch for 30 seconds. When you find what you think is the right stretch, touch the quadriceps of your right thigh to make sure that these muscles are relaxed. They should be spongy or soft, not tight or hard.

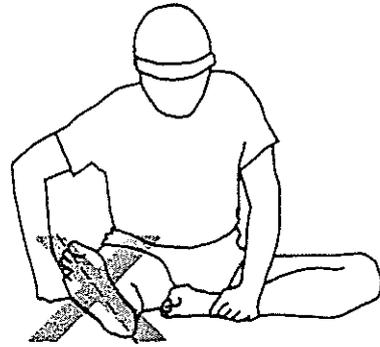


To find the stretch, do not make the initial movement with your head and shoulders. Do not try to touch your forehead to your knee. This will only encourage a backward tilt of the hips or pelvis and round your shoulders.

Be sure to initiate the stretch from the hips. Keep your chin in a neutral position (not held upward or downward). This will help keep the head and neck in a good position during the stretch. Keep shoulders and arms relaxed.



Be sure the foot of the leg being stretched is upright with ankle and toes relaxed. This will keep you aligned through ankle, knee, and hip.

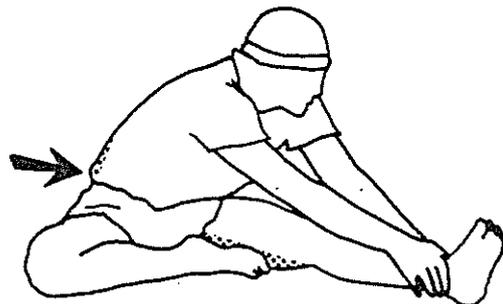


Do not let your leg turn to the outside because this causes misalignment of the leg and hip.



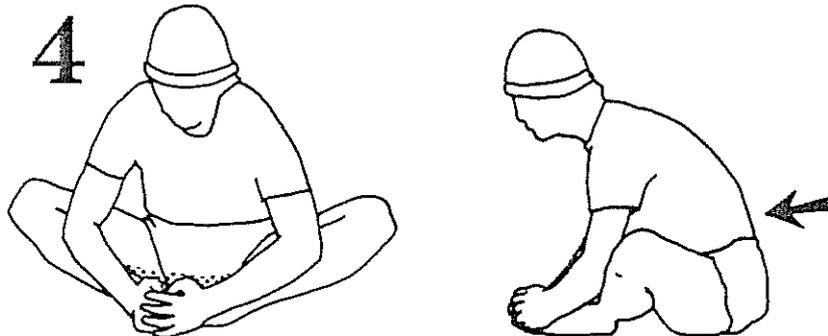
Use a towel, if necessary, around the bottom of your foot to help you do this stretch. If you are not very flexible the towel will help greatly in creating and holding the right tension.

After the feeling of the easy stretch has subsided, slowly go into the developmental stretch. To find this developmental stretch you may only have to bend forward a fraction of an inch. Do not worry about how far you can go. A *very slight* distance in your bend forward may be all that is needed to reach the developmental phase. Remember, we are all different.



Now slowly come out of the stretch. Do the same stretch on the other side for left hamstring and right side of lower back. Remember to keep the front of your thigh relaxed and your foot upright with ankle and toes relaxed. First, do an easy stretch for 30 seconds, and then slowly find the developmental phase of the stretch and hold for 25 seconds. It takes time and personal sensitivity to stretch properly.

Develop your ability to stretch by how you feel and not by how far you can stretch.



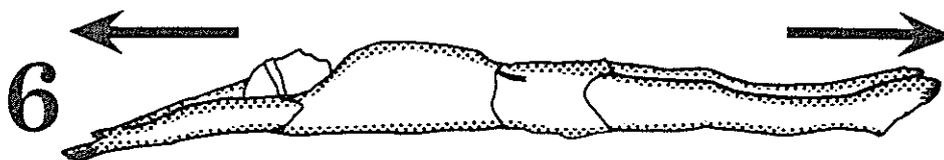
Repeat the sitting groin stretch. How does this feel as compared to the first time you did it? Any change at all?

A number of things are more important for you than concentrating solely on increasing flexibility:

1. Relaxation of tense areas such as feet, toes, hands, wrists, shoulders when stretching.
2. Learning how to find and control the right feeling of stretching.
3. Awareness of lower back, head and shoulders, and leg alignment during the stretch.
4. Adjusting to your changing body, for every day the body feels slightly different.

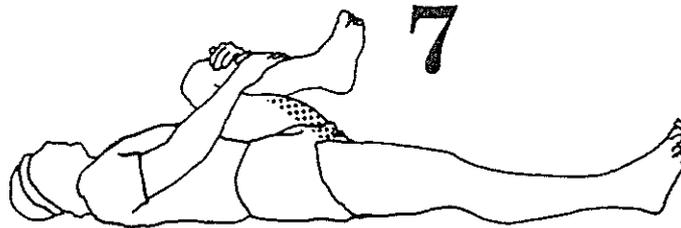


Lying Groin Stretch: Now lie on your back with the soles of your feet together. Let your knees fall apart. Relax your hips as you let gravity give you a very mild stretch in your groin area (inside of upper legs). Stay in this very relaxed position for 40 seconds. Really concentrate on letting go of any tension, do not force anything. The stretch feeling will be subtle and should happen naturally.

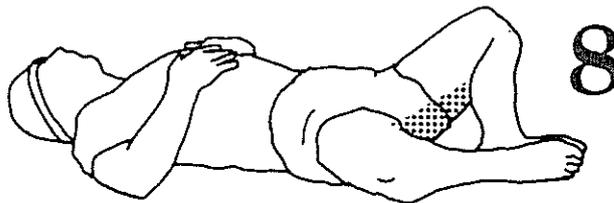


Slowly straighten both legs. With your arms overhead, reach with your arms and hands while you point your toes. This is an elongation stretch. Hold a

controlled, good stretch for 5 seconds, then relax. Repeat 3 times. Each time you stretch, gently pull in your abdominal muscles to make the middle of your body thin. This feels really good. It stretches arms, shoulders, spine, abdominals, intercostal muscles of rib cage, feet, and ankles. This is an excellent, easy stretch to do first thing in the morning while still in bed.

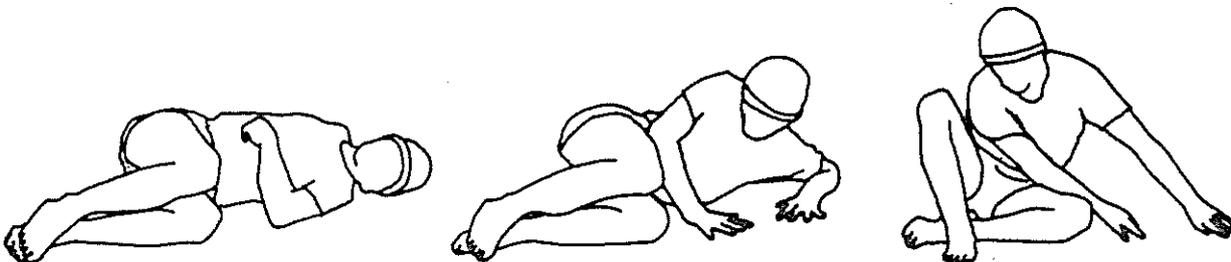


Next, bend one knee and gently pull it toward your chest until you feel an easy stretch. Hold for 40 seconds. You may feel a stretch in your lower back and back of the upper leg. If you do not feel any stretch, don't worry about it. This is an excellent position for the entire body, good for the lower back and very relaxing whether you feel a stretch or not. Do both sides and compare. Gradually get to know yourself.

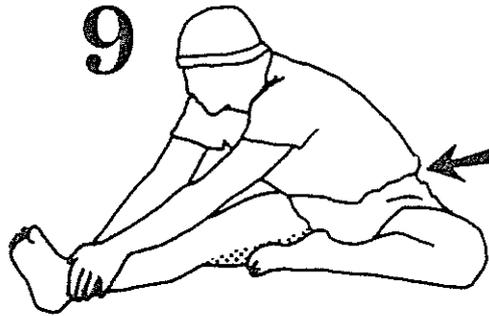


Repeat the lying groin stretch and just relax for 60 seconds. Let go of any tension in your feet, hands, and shoulders. You may want to do this stretch with your eyes closed.

How To Sit Up From A Lying Position:

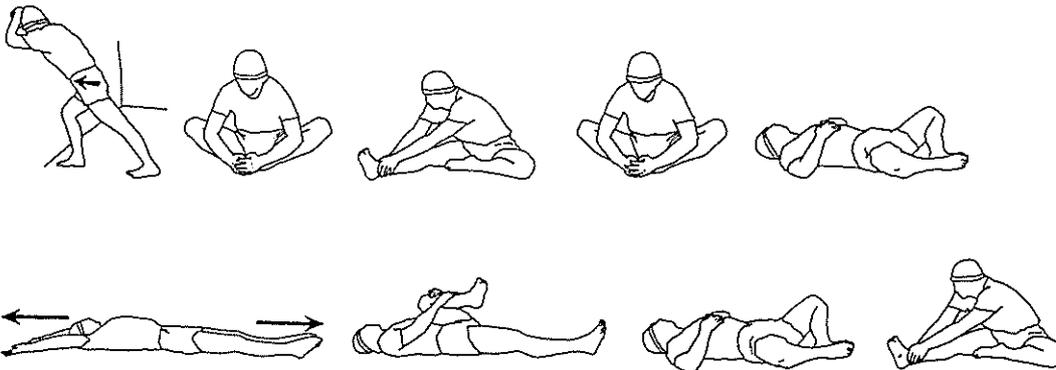


Bend both knees and roll over onto one side. While resting on your side, use your hands to push yourself up into a sitting position. By using your hands and arms this way, you take the pressure or stress off the back.



Now repeat the stretches for your hamstrings. Have you changed at all? Do you feel more limber and less tense than before stretching?

SUMMARY



These are just a few stretches to get you started. I want you to understand that stretching is not a contest in flexibility. Your flexibility will naturally improve with proper stretching. Stretch with feelings you can enjoy. □

Many of the stretches should be held for 30-60 seconds. But after a while the time you hold stretches will vary. Sometimes you may want to hold one longer because you are extra tight that day, or you are just enjoying the stretch. *Remember that no two days are the same* so you must gauge your stretching by how you feel at the moment.

WHAT'S ON WHERE International Folk Dancing

A.C.T. (Canberra)

Monday 7.30 - 9 pm. Advanced Classes, \$7
Corroboree Park Hall, Paterson St, Ainslie.
Enquiries Folk Dance Canberra (02) 6241 3563.

Tuesday 10 - 11.30 am. Corroboree Park Hall,
Paterson Street, Ainslie.

3.30 - 5 pm. Children's classes, Corroboree
Park Hall, Paterson Street, Ainslie. Enquiries Folk
Dance Canberra (02) 6241 3563.

Wednesday 2 - 3.30 pm. Corroboree Park Hall,
Paterson Street, Ainslie.

Enquiries Folk Dance Canberra (02) 6241 3563.

7.45 pm - 10.30 pm CIFDA (Canberra
International Folk Dancing Association) Hughes
Community Centre, cost \$6 (includes supper).
Contact Shannon D'Arcy (02) 6287 2525 (h), Carol
(02) 6251 3096 (h) or Margaret (02) 6286 5647 (h).

Thursday 7.30 - 9.30 pm. Beginners' classes,
Corroboree Park (small hall) and intermediate
classes, Corroboree Park (large hall), Paterson St.
Ainslie.

Enquiries Folk Dance Canberra (02) 6241 3563.

7.30 - 9.30, Israeli Folk Dancing, New
Creation Ministeries Hall, Dixon Drive, Holder.
Contact Verna, (02) 6288 2476

Sunday 3.30 (beginners), 4.30 - 6.30 (dancing),
Israeli Folk Dancing Forrest. Contact Naomi on
(02) 6258 9254 or email: petina@dynamite.com.au

5pm - +, Scandinavian Folk Dance Group,
Lyons Scout Hall, Tooms Place. New members
very welcome. Contact Graeme Traves (02) 6292
3706 ah, or (02) 6244 6231 bh.

NEW SOUTH WALES (Sydney)

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

7.30 pm. Bush dancing workshops for
beginners (Bush Music Club) Pennant Hills
Community Centre (downstairs, opp railway
station); Contact Linda Nilson (02) 9674 1184 (ah)

Monday, Tuesday and Wednesday

After school classes in International Folk Dance for
children 6 - 18 years. Collaroy Plateau Youth &
Community Club. Cost \$28.00 per school term.
Contact Carol Maddocks (02) 9905 1563.

Tuesday, Wednesday and Thursday Sutherland
Shire Folk Dance Group.

Contact Kaye Laurendet (02) 9528 4813.

Wednesday 7.15 - 8.15 pm. Adult International Folk
Dance classes. Collaroy Plateau Youth &
Community Club, Blandford St. Collaroy Plateau.
Cost \$35.00 per school term.

Contact Carol Maddocks (02) 9905 1563.

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

Thursday 7.30 - 10 pm North Parramatta. Contact
Chris Green (02) 9749 1968

Friday 8 - 11 pm. Sedenka International Folkdance
Group, Village Church Hall, Cnr. Newcombe &
Oxford Sts. Paddington.
Contact Chris (02) 9560 2910.

Saturday (am) Children's classes in International
Folk Dance, 6 - 18 years. Pennant Hills Community
Centre, Yarrara Rd. Pennant Hills (opp. railway
station). Contact Carol Maddocks (02) 9905 1563.

(Blue Mountains)

Monday 7.15 - 8.45 pm. Beginners at Uniting
Church Hall, Katoomba. Contact Bronwyn on (02)
4757 2441.

Thursday 7.00 - 8.30 pm and/or 8.45 - 10.00 pm.
The Blue Labyrinth International Folk Dancers,
Baptist Church Hall, King St, Glenbrook. Contact
Jo (02) 4739 6498 or Pat (02) 4739 1005.

(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.

(Cooma)

Thursday 6 - 7.30 pm, Uniting Church Hall, Soho
St. Beginners & upwards.

Contact Fran (02) 6452 4225 (w) (02) 6453 3282 (h)

(Taree)

Wednesday 5.30 - 7.30 pm. International Folk
Dance Group, Church of Christ Hall,
Victoria St. Taree.

Contact Sandra Bassetti (065) 52 5142.

NORTHERN TERRITORY (Darwin)

Tuesday 7 - 9 pm. International Dance (mainly
European and Israeli) - Beginners to advanced; \$4.

9 - 9.30 pm. Advanced Israeli Dance. The
Dance Co-op, Leanyer Primary School (GP Room)
Leanyer. Contacts: Anna (08) 8984 4775 or
08) 89816400 or Sue (08) 8985 1827 a.h.

QUEENSLAND (Brisbane)

Friday (2nd & 4th of month) 8.00 pm. Brisinta
International folk dancing, Uniting Church Hall,
cnr Kingsley & Kadumba Sts. Yeronga. \$4.
Contact Lyn (07) 3879 1224.

(Sunshine Coast)

Monday 9.30 - 11.30 am, Lutheran Hall, Sydney
St, Nambour.

9.30 - 11.30 am, St Mary's Hall, William St,
Tewantin.

Thursday 9.30 - 11.30 am., Lutheran Hall, Sydney
St. Nambour.

Friday 9.30 - 11.30 am, Noosa Bicentennial Hall Annexe, Bicentennial Drive, Noosa.

For Nambour contact Jean (07) 5441 2315 or Lorraine (07) 5445 1740; for Noosaville contact Danri (07) 5442 8821. Cost for all classes = \$4

VICTORIA (Melbourne)

Monday 1.45 pm. International Dancing, University of the Third Age, Rob Roy Rd, Chadstone. Contact Margaret (03) 9530 4372 or Audrey (03) 9898 3567.

Tuesday 7.30 - 10 pm. 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.

8.00 pm, every 1st and 3rd Tuesday, International Dance Workshop, St. Michael's Church Hall, Cnr MacPherson & McIlwraith Sts. N. Carlton. Beginners start at 7.30; ongoing class 8.30 pm.

Contact Audrey (03) 9898 3567.

Wednesday

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

Thursday 7.45 - 9 pm during school term. Adult classes. Thomas St, Hampton.

Wide range of dance styles taught & danced in small friendly class.

Contact Kim Dunphy (03) 9555 4813.

7.30 - 10 pm. Circle Dance, Tapscott-Milbourne Centre, Cambridge Rd. Montrose. \$5. No partner necessary.

Contact Gwendolen Storey (03) 9756 7691.

Friday 10 am. International Dance, Council of Adult Education, City Campus, 256 Flinders St. Contact Liliana (03) 9652 0668 or Audrey (03) 9898 3567.

7.30 - 10.30 pm 2nd, 4th & 5th of each month. Eltham International Dancing, St Margaret's Church Hall, Putt St. Eltham. \$4 or \$20 for 8 week term.

Contact Ina Bertrand (03) 9439 9991.

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

WESTERN AUSTRALIA (Perth)

Monday Perth International Folk Dance Group, 7.00 teaching, 8.30 - 10 pm social dancing.

Uniting Church Hall, cnr Tyrell and Elizabeth Sts Nedlands, WA.

Contact John Whaite (08) 9444 4736 or Martin (08) 9445 2072.



FOLK DANCE AUSTRALIA INC.

MEMBERSHIP RENEWAL FOR 1999

Name: _____

Address: _____

Phone: (0____) _____

Signed: _____

Folk Dance Australia Inc.



Please send Renewal Form with membership fee of \$15 to:

The Secretary
Folk Dance Australia Inc
127 Woronora Cres
COMO WEST 2226

DATES FOR YOUR DIARY

- 6 Feb 99 2 days, **Irish Social Dance Workshop, Qld**, with Margaret & Bill Winnett; contact Des Buchhorn (07) 5534 2396.
- 7 Feb 99 **Greek Festival of Coburg**, Bridges reserve, Bell St, Coburg. Contact Bill Kardamitis (03) 9480 5300 or 0418 332 078.
- 13 Feb 99 2 days, **Carnevale in Adelaide**, Italian Festival, at Rymill Park, contact Paolo Nocella, Co-ordinating Italian Committee, (08) 8362 0233 or email: cicom@chariot.net.au
- 19 Feb 99 3 days, **WOMAdelaide**, world music festival, contact Rob Brookman, Arts Project Australia (08) 8271 1488
- 27 Feb 99 2 days, **Israeli Dance Workshop, Melbourne**, contact Jan Sapir (Machol Israeli Dancing Club), on ph: 03 9579 6118.
- 28 Feb 99 **FDA Turkish Folk Dance Workshop with Yussef Nidai**, 10 am, The Edge, cnr King & Bray Sts, Newtown, Sydney.
- 28 Feb 99 **FDA Annual General Meeting**, 12 pm, The Edge, cnr King & Bray Sts, Newtown, Sydney.
- 26 Feb 99 3 days, **Cobargo Folk Festival**, enquiries <http://www.sci.net.au/jimfaa> or Elizabeth Kearney (02) 6493 6738.
- 27 Feb 99 2 days, **Israeli Folk Dance Workshop and party**, contact Jan Sapir, (03) 9579 6118.
- 6 Mar 99 2 days, **English Social Dance workshop, Qld**, with Chris Green; contact Des Buchhorn (07) 5534 2396..
- 6 Mar 99 2 days, **Holland Festival goes International**, Dutch Club, Salisbury H'way, Greenfields, SA. Contact Anna Schoemaker, Dutch Social Club, (08) 8258 5058.
- 8 Mar 99 2 weeks, **Festival of International Understanding**, Cowra, NSW.
- 17 Mar 99 **St Pat's day celebrations**, Adelaide, contact Bernie Boyle on (08) 8260 3420.
- 17 Mar 99 5 days, **14th Illawarra Folk Festival**, enquiries russell.hannah@tafensw.edu.au or Yvonne (02) 4233 1073
- 20 Mar 99 2 days, **Glendi Greek Festival**, Ellis Park, West Terrace, Adelaide, SA, contact Irene Cashman, Lions Club of Adelaide, (08) 8443 8123.
- 26 Mar 99 3 days, **Kapunda Celtic Festival**, SA. Contact Ron Tuckwell, (08) 8566 2866.
- 1 Apr 99 5 days, **National Folk Festival**, Canberra, contact the Festival Office on (02) 6249 7755..
- 9 Apr 99 3 days, **Fairbridge Festival**, WA Theme Indian Ocean Voyage, contact (08) 9332 3652
- Apr 99 **China – Performing Arts tour**, contact Kim Dunphy: on 03 9555 0654 or InterAsia Tours on 03 9523 6555
- 1 May 99 9 days, **Romanian Tour to Pitesti**, contact Silviu Ciuciumis on +31 – 10 – 421 8622, or write to Aarhuispad 22, 3067 PR Rotterdam, Netherlands.
- 28 May 99 Weekend, **Israeli Dance Camp**, Blue Mountains, contact Martin Friedman on (02) 9337 6643.
- 14 Jun 99 2 weeks, **The Netherlands & Bulgaria Dance Seminar / Folklore tour**, with Jaap Leegwater & Nina Kavardjikova, 2214 Gateway Oaks Drive, #370, Sacramento CA 95833-3207, USA.
- 27 Jun 99 1 week, **Australian Youth Dance Festival**, Townsville, contact (02) 6248 8992 or email: ausdance.national@anu.edu.au
- 1 Jul 99 4 days, **Balkan Festival**, Zetten, Netherlands, contact Silviu Ciuciumis on +31 – 10 – 421 8622, or write to Aarhuispad 22, 3067 PR Rotterdam, Netherlands.
- 17 Jul 99 One or two weeks, **BalkanFolk '99**, Pamporovo, Bulgaria, contact Rae Marnham on Tel. (08) 8356-2172 or email: rmarnham@denr.sa.gov.au or SC ZORNITSA on (+359 2) 322 010, 334150 or email: seminar@balkanfolk.com.
- 23 Jul 99 2 and a half days, **Bowral Weekend Workshop** with Andre van de Plas. Contact Kaye: 02 9528 4813, or watch for the brochure at your local folk dance group.
- 25 Jul 99 1 week, either week beg 25 Jul or week beg 1 Aug, **52nd Stockton Folk Dance Camp**, California, write to Bruce Mitchell, Director, Stockton Folk Dance Camp, University of the Pacific, Stockton, CA 95211 or email: dancebruce@aol.com
- 29 Jul 99 2 weeks, **Romanian Tour to Radauti**, contact Silviu Ciuciumis on +31 – 10 – 421 8622, or write to Aarhuispad 22, 3067 PR Rotterdam, Netherlands
- 31 Jul 99 1 week, **Summer Folk Dance Week '99**, Prague and Slovakia, contact Dvorana, Spanielova 38/1275, 163 00 Praha 6, Czech Republic, or phone (+420-2) 301 8267, or email: dvorana@mbox.vol.cz
- 24 Sep 99 9 days, **10th Biennial International Eisteddfod**, Roodepoort, South Africa, contact International Eisteddfod '99, PO Box 738, Roodepoort 1725, South Africa.
- 22 Oct 99 Weekend, **'99 Machol Pacifica Israeli Folk Dance Weekend**, Palmerston North, New Zealand, with Shlomo Maman; contact to W. Brown, phone (NZ) 06 329 6723.