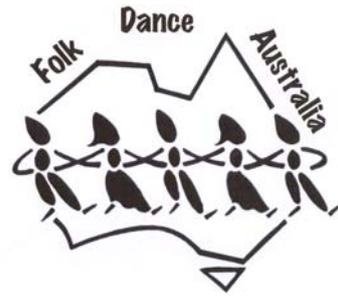


Footnotes



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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

Happy New Year and may 2008 be filled with Joy, Good Health and lots of Dancing!

I received several gifts from Folk dancer friends - one of them being a DVD of dancing from Kate Goodwin and her ancient Greek Performance in Greece 2007 and it is wonderful to see people keeping the dancing spirit alive.

Folk Dance in 2008: There are plenty of new workshop ideas coming through, there are plenty of overseas workshops that are being offered – I already have received several invites to ones in Greece which I will be sharing with interested parties. So, already 2008 looks promising.

Over the December break I found myself in Adelaide with the dancing group and not only did we dance with the Hellenic Lyceum in Adelaide we also did plenty of sightseeing including camel rides on the beach and a visit to the Migrants Museum. A great place, where we saw a display of Romanian Costumes and artefacts of cultural significance. The Romanian Community had set up an exquisite exhibition of goods. There were some amazing photographs of dancing groups of people in costume. This reminded me of FDA and how important it is to keep these dances alive and vibrant within our community. I feel that traditional dance especially Greek dance in Sydney, (as I cannot speak about other styles but I suspect is going through a similar process) is slowly losing its authenticity as younger teachers come through the ranks and teach a stylised form of Greek dance to modern music. Is this the direction we are headed for? I certainly hope not!

So let's keep folk dance alive in 2008 – attend as many workshops as you can, join up in a group and dance, Horos, Oro, Tanze, dance, whatever you call it – as a prominent sports company ad says – JUST DO IT!



Vasilios Aligiannis, President

FROM THE RETIRING EDITOR

I am not normally known as a shy and retiring person, but from the FDA AGM, I will be “retiring”.

Just like to say “thanks for the memories!” I have thoroughly enjoyed my time as editor, and thank you for your contributions, support and feedback.

Many thanks, also, to our new editor, **Danni Mackenzie**, who will take over from February 10 as editor for the April edition of Footnotes.

Please send your articles, letters, photos, etc. to Danni for the next edition (her contact details are below).

I wish her well.

Maureen Petherick

Closing Date for the next Footnotes issue:

Please send articles for the **April, 2008** issue to:-The Editor, "Footnotes", 25 Hesper Drive, Doonan, Qld. 4562, or email Danni Mackenzie [dannilyn@hotmail.com] by 15 March, 2008

FDA EVENTS

NOTICE OF FDA ANNUAL GENERAL MEETING

Folk Dance Australia's Annual General Meeting will be held on **Sunday, 10 February, 2008**, commencing at 1.45pm, after the Hungarian Dance Workshop, upstairs at

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

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

Members wishing to bring any special business before the general meeting must give notice in writing (or email!) of that special business to the secretary, Paul Clark, 02 9548 0508, 18 Tecoma St, HEATHCOTE 2233, Paul.Clark@det.nsw.edu.au.

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

FEBRUARY FDA WORKSHOP CHANGE!

Our proposed journey along the Silk Road will be rescheduled as we will surround ourselves with Hungarian Dance and LIVE music at our February 10 workshop.

Dances taught will be circle dances from a Hungarian community area (Gyimes) in the Eastern part of Transylvania, by our presenter, Antal Stopic. Antal is a talented dancer and teacher, who also plays with the Transylvanians and dances with Kenguro.

In Hungary, Antal was part of a Hungarian Dance Ensemble, and travelled to Transylvanian villages of the Hungarian minority in Romania, where he learned, collected and recorded the dances and music of the locals. It is a selection of these dances that he will share with us on:

- Date:** Sunday, 10 February, 2008
- Time:** 10am – 12 noon,
then 12.30pm – 1.30pm
- Place:** Newtown Neighbourhood Centre
King St, Newtown
(opp Newtown Station), Sydney
- Cost:** \$12 per session; \$15 both sessions
(\$10 or \$13 for FDA members)

BYO lunch - morning and afternoon teas are provided. For more details, contact Sandra Bassetti, 02 6552 5142, or Kaye Laurendet, 02 9528 4813, or email: okaye@optusnet.com.au

The AGM and Special One-Day Sale will occur after the workshop (approximately 1.45pm).

SPECIAL ONE-DAY SALE

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

MONSTER FDA STOCK-TAKE SALE!

When: 10 February, 2008
Where: Newtown Neighbourhood Centre, King St, Newtown, Sydney.

What's for Sale?

By André van de Plas

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

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

By Yves Moreau

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

By Jim Battison

Book - 'Glossary of Dance Terms' \$6

Nevofoon / FDA Workshops

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

From Carol Maddocks

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

From Kaye's Costume Collection

Various Folk costumes

Your Second-hand Treasures!

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

How to Order?

To pick up your FDA sale items on the day, please pre-order them from Kaye Laurendet by phoning 02 9528 4813, or email: okaye@optusnet.com.au by Friday, 27 January, 2008.

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

BE THERE!

FDA NEWS

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 17 and send it, together with your \$25 cheque or postal note (made out to **Folk Dance Australia Inc**), to the Membership Secretary, Deborah Hotchkis, 4 Old Station Rd, HELENSBURGH 2508.

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

How does your FDA Membership benefit you?

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

ADVERTISING ON FDA WEBSITE

For Non-profit clubs:

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

For Businesses:

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

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

ADVERTISING IN FOOTNOTES

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

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

Anyone who says only sunshine brings happiness has never danced in the rain - and some areas have been getting plenty of that recently!

FDA CONTACTS

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

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

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

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

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

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

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

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

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

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

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

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

WHAT IS FOLK DANCE?

Taken from Wikipedia, the free encyclopedia, website: http://en.wikipedia.org/wiki/Folk_dance

“Folk dance is a term used to describe a large number of dances, mostly of European origin, that tend to share the following attributes:

- They were originally danced in about the 19th century or earlier (or are, in any case, not currently copyrighted);
- Their performance is dominated by an inherited tradition rather than by innovation;
- They were danced by common people and not exclusively by aristocracy;
- They have been developed spontaneously and there is no governing body that has final say over what "the dance" is or who is authorized to teach it. This also means that no one has the final say over the definition of folk dance or the minimum age for such dances.

Folk dances are traditionally performed during social events by people with little or no professional training. New dancers often learn informally by observing others and/or receiving help from others. Folk dancing is viewed as more of a social activity rather than competitive, although there are professional and semi-professional folk dance groups, and occasional folk dance competitions.

Terminology

The term "folk dance" is sometimes applied to certain dances of historical importance in European culture and history; which typically originated before 20th century. For other cultures the terms "ethnic dance" or "traditional dance" are sometimes used, although the latter terms may encompass ceremonial dances.

The terms "ethnic" and "traditional" are used when it is required to emphasize the cultural roots of the dance. In this sense, nearly all folk dances are ethnic ones. If some dances, such as polka, cross ethnic boundaries and even cross the boundary between "folk" and "ballroom dance", ethnic differences are often considerable enough to mention, e.g., Czech polka vs. German polka.

Not all ethnic dances are folk dances; for example, ritual dances or dances of ritual origin are not considered to be folk dances. Ritual dances are usually called "Religious dances" because of their purpose.

Types of folk dance include clogging, English country dance, international folk dance, Irish dance, Maypole dance, Morris dance, Nordic polska dance, Ball de bastons, square dance, and sword dance. Some choreographed dances such as contra dance, Israeli folk dance, Scottish country dance, and modern Western square dance, are called folk dances, though this is not true in the strictest sense. Country dance overlaps with contemporary folk dance and ballroom dance. Most country dances and ballroom dances originated from folk dances, with gradual refinement over the years.

There are a number of modern dances, such as hip hop dance, that evolve spontaneously, but the term "folk dance" is generally not applied to them, and the terms "street dance" or "vernacular dance" are used instead.

Folk dances are part of the overall culture of the country, and often have common features. People familiar with folk dancing can often determine what country a dance is from even if they have not seen that particular dance before. Some countries' dances have features that are unique to that country, although neighbouring countries sometimes have similar features. For example, the German and Austrian schuhplattling dance consists of slapping the body and shoes in a fixed pattern, a feature that few other countries' dances have.

Folk dances sometimes evolved long before current political boundaries, so that certain dances are shared by several countries. For example, some Serbian, Bulgarian, and Croatian dances share the same or similar dances, and sometimes even use the same name and music for those dances.

International Folk Dance

Although folk dancing was historically done by the common people of the local culture, international folk dance involves folk dances from multiple ethnic groups done by the *same* dancers, who need not be members of any particular ethnicity.

Have Your Say

I have included this article, mostly to generate discussion among FDA members and fellow folk dancers. Send your views to our new editor, Danni (contact details on page 2)! (Retiring Editor)

BULLETIN BOARD

FOLKLORE ENSEMBLE, VARNA



PERO
entertainment
presents
**FOLKLORE
ENSEMBLE
VARNA**

Thursday 7 Feb 2008
show starts
7.30 PM

Paddington-Woollahra RSL
220 - 232 Oxford Street Paddington
FREE parking in the basement
Entrance from County Avenue

Singles: \$25;
Children under 12 years - FREE

For Enquiries: nina@pero.com.au
janapg@tpg.com.au

This Bulgarian Folklore Ensemble presents an evening of entertainment at the Paddington/Woollahra RSL, 220 – 232 Oxford St, Paddington, Sydney. Cost \$25 (children under 12, free), on Thursday, 7 Feb, 7.30pm. The director of this touring group is Belco Stanev's son, Julian. Please contact nina@pero.com.au or janapg@tpg.com.au for more information.

HOLIDAY OF FOLK DANCE - MACEDONIA!

The Macedonian seminar runs from 5th - 16th July and the price includes full board at Hotel Biser. The price varies depending on how many courses the participant takes and ranges from 600 euros (1 class per day) to 1,000 euros (6 classes per day). The price also includes transfers from Skopje airport to Lake Ohrid and return.

Further info - www.goranalachki.com - click on Macedonian Pearl Folk Seminar or contact Danni on 07 5471 0409 if you don't have internet access.

While in Macedonia why not attend the five day Balkan Festival of Folk Song and Dance which is held at Lake Ohrid over several days in early July and attracts folkloric groups from around the Balkans and Europe. The Ohrid Summer Festival of music and drama commences on July 12 and lasts until mid August.



Danni Mackenzie (QLD)

BALKANFOLK WORKSHOP 2008 - BULGARIA

This 2 weeks' workshop will be held 18th - 31st July, 2008, in the small township of Varshets, 85 kilometres north of Sofia. The courses offered are:

- folk dances - Bulgarian, Serbian and Greek;
- instruction in traditional Bulgarian musical instruments and Serbian accordion;
- Bulgarian singing lessons;
- Bulgarian language lessons.

There will be two excursions, one visiting the town of Vratsa and Ledenika cave, the other to Klissura monastery, the town of Belogradchik and Magurata cave.

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

22ND WORLD CONGRESS ON DANCE RESEARCH

Athens, Greece, 2-6 July 2008

The congress is organized by the Dora Stratou Dance Theatre and the Greek Section IOFA, in collaboration with the International Dance Council CID.

The program includes:

- Presentation and discussion of original research reports (papers)
- Classes, lecture-demonstrations, video projections
- **Performances** by dance companies, duos or solos
- **Exhibitions** and sale of books, records, pictures, costumes, accessories etc.
- **Visits** to places of special interest, such as dance schools, museums, sites etc.
- **Evenings** where members can discuss in a relaxed setting.

Submitting a **presentation** (research report, lecture-demonstration, class, performance, exhibition, projection) is optional. For each presentation a text must be sent before 30 May 2008.

Absentee delegates can register also; their presentations will appear in the program and will be included in the proceedings. The proceedings DVD circulates worldwide in many thousands of copies.

To apply for a **visa** and/or **financial assistance**, registered participants receive an official certificate of registration signed by the President of CID. Please make arrangements as early as possible.

Congress Secretariat: Dora Stratou Dance Theater, Scholiou 8, Plaka, GR-10558 Athens, Greece.
www.cid-unesco.org; president@cid-unesco.org

OTHER CID NEWS

Festival in India: All kinds of performing ensembles or solos are invited to festival in Punjab 20-28 February 2008. Live or recorded music. Accommodation, full board, sightseeing, gifts, TV appearances, certificates are provided.

Children's festival in Italy: The meeting "Child and folklore" will take place in Paola, Cosenza, Calabria, 28-30 March 2008. Ensembles of primary and secondary school age children are invited.

Seminar for New Ethnochoreologists, Norway: University at Trondheim, 18-27 April 2008. Intensive Program in Ethnochoreology and Dance Anthropology focusing on Dance Knowledge.

Festivals in Turkey: Inviting applications for -Children folk dance and music festival, 20-25 April 2008 in Özdere, Izmir.

-Folk festival in Antakya, 19-24 July 2008.

-Folk festival in Ozdere, Izmir, 22-27 July 2008.

-Festival of amateur groups of all styles; adult, youth, children, folk dance, modern dance, vocal, instrumental groups and soloists. In Bodrum, 15-20 September 2008.

Tango festival in Italy: In Florence 24-27 April 2008. 30 performers, 2 shows, 2 orchestras, practice, workshops for leaders as well as beginners.

Children folk festival in Bulgaria: In Sliven, Bulgaria, 21-26 May 2008. Age 8 to 14 years old.

Festival in Nepal: From 30 May to 8 June. Applications are welcome.

Conference in China: Organized by four universities, in Zhuhai, 24-26 July 2008. Roundtable discussions, live performance, movement explorations on site and theatre, paper presentations.

Festival in Turkey: University in Turkey invites ensembles to its international festival, 3-8 September 2008.

Festival in Switzerland: Dancers and companies from all countries are welcome to apply for the World Dance Festival 2-8 August 2009. It includes performances, lectures and workshops.

Check website www.cid-unesco.org; president@cid-unesco.org for more information.

NZ HOSTS CZECH DANCE TUTOR

Zivana Vajsarovavisits will visit New Zealand in August, 2008. Zivana is Head of Dance at the Arts School in Prague, Czech Republic, and is well known throughout Europe as a specialist in Folk Dance and Historical Dances. She is also the Director of 'Jaro', a successful performance group that has toured many countries.

FDNZ (Folk Dance New Zealand) is organising a tour for her visit:

- **1 Day Workshop in Auckland, 2/8/2008**
- **National 2 day Camp, 9 / 10 Aug 2008, Hastings.**
- **1 Day Workshop in Christchurch 16/8/2008**

We are indeed fortunate to have this lady with a wealth of knowledge in dance pedagogy and experience come to New Zealand on holiday. A 'dance couple' will accompany them for demonstration purposes, plus a pianist!

Zivana continues the work of her father – the late Professor Frantisek Bonus. He was widely respected in professional institutions, i.e. dance section of the State Conservatory in Prague and Academy of Performing Arts. He has published many specialised books and lecture notes.

Come and join us in NZ for a holiday and dancing – you would be most welcome. For more information and updates please check our website:

www.folkdance.org.nz

Organiser: Cleone Cawood, email: Workcleone@shapelife.co.nz or Home: ccawood@xtra.co.nz

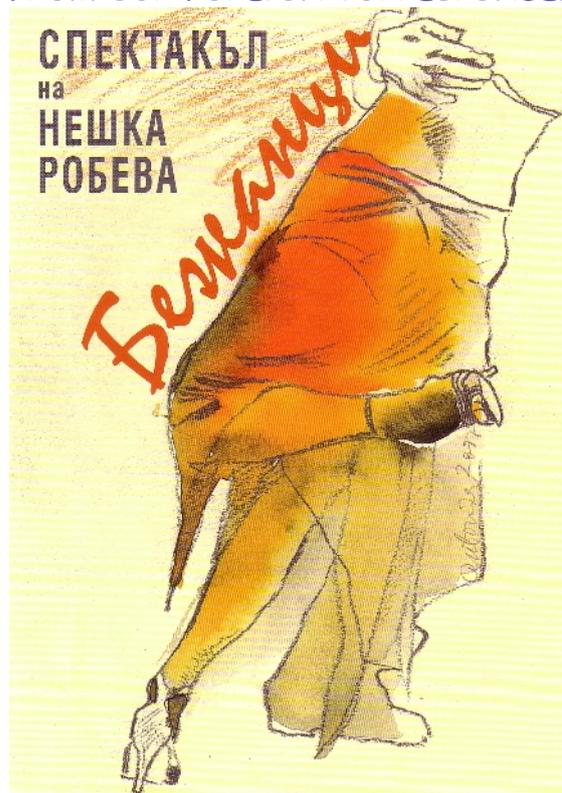
Mrs. Vajsarová has always been appreciated by the professional dance community because of educating her dancers up to a technically mature level. Therefore JARO dancers can manage different styles of dances and techniques, from contemporary dance to historical dances and various styles of folklore dances.



The "Jaro" Folk Dance Group

FROM NEAR AND FAR

FROM OUR FOREIGN CORRESPONDENT



PREMIERE OF "REFUGEES"

- presented on 12 December 2007, National Palace of Culture, Sofia, Bulgaria – a spectacle choreographed by Neshka Robeva, a long time eurhythmics coach and author of the most successful musical performances in Bulgaria.

Neshka Robeva was born in the city of Ruse (Rousse) in 1946 and in 1966 graduated in Bulgarian dances at the State Choreography School. From 1966 to 1973 when was a national competitor in rhythmic gymnastics and graduated at the National Sports Academy in 1974. Ms Robeva has held several important positions, including senior trainer of the National Rhythmic Gymnastics team. Her latest work, "Refugees", features the destiny of emigrants using a combination of Argentinean tango, Balkan, Armenian and Jewish rhythms.

A Buenos Aires restaurant was re-created on stage and here the dancers portrayed men in the arms of cheap beauties, under the influence of alcohol, men led by Fate and who overcame borders and times and returned to their native Balkans. Turks and Armenians are friends again, the Jewish are boisterous, Serbians are in Sumadija and the Bulgarians go to the wedding of a girl who was left behind waiting for her lover to return. And so on until Fate brings them back to reality.

It was evident that meticulous preparation was put into these acts. The dancing was impeccable. Tango danced by man and woman and playfully by man and man; folklore combinations performed by men and women, the strength of the men clearly visible in the slow and quick movements and complemented by the lighter steps of the women. Graceful ballet movements

blended in with this and all backed by the pulsing music of countries previously mentioned.

The strong beat of the tapan was often heard as well as the gaida and other Balkan instruments. Music bringing to mind pravo and daichovo horos was not left out and towards the end the dancers really showed their skilful mix of steps to music normally accompanying a women's Shoppian dance. Wonderful melodies of Argentinean tango, Armenian and Jewish music blended perfectly and the costumes were exquisite. When Neshka Robeva joined her dancers on stage at the end of this memorable show, all were given a well deserved ovation.

25TH ANNIVERSARY CONCERT ZORNITSA STUDENTS FOLKLORE ENSEMBLE, SOFIA

- Bulgarian Army Theatre, Sofia, 15th December, 2007

The Zornitsa ensemble was founded by Emil Genov 25 years ago and since then this amateur students' ensemble has received much acclaim. The group has participated in many concerts and international folkdance festivals in Bulgaria and abroad and has won numerous awards. Zornitsa has been to Italy, France, Germany, Poland, Slovakia, Macedonia, Turkey, Israel, Moldova, Tunisia, Cyprus, Greece and Luxembourg.

On the morning of 15th December, rehearsals in the theatre started at 10 a.m. There was nervousness and excitement in the air as well as anticipation of the evening to come. Artistic director, Emil Genov, was counting the rhythms and pointing at the steps and dancers and staying remarkably calm despite the tension he must have been feeling!

Despite a full day of rehearsing, by the 7 p.m. start everyone was on a "high" and completely forgot the exhaustion they felt from the last days of intense practise.

The concert was sensational and opened with "On the plains of Dobrudzha". This dance depicts the planting of the grain by men; the women are dressed firstly in green (buds) and at one stage quickly change the skirts to the yellow side (wheat). Due to the choreography the audience does not see the actual metamorphosis and when the dance continued, there were "oohs" and "aahs" from the audience. Special positioning of the arms represents the wheat - the men harvest it and horses take it away. An extraordinary and absorbing dance.

This was followed by many other dances in the repertoire of Zornitsa, including Thracian Youth, Girls Spring Dance, Komitsko Libe, Petrunino, Dances of Vidin, and a Shoppian Suite. Detailed information of the dances may be seen at www.zornitsa.org

This year for the first time Zornitsa formed a children's group. Ranging in age from 4-9 years they showed a playful children's dance.

The professional orchestra of Zornitsa has a rich and varied repertoire and the ten musicians accompanied the dancers with mastery and love. To show their expertise, they also played a piece entitled Horo for Bilyana.

It was a wonderful manifestation. The dances were performed with emotion and adeptness and the music was played with passion. The stage was alive with movement and colour from the beautiful costumes and

all the time, the smiles on the beautiful Bulgarian faces. At the conclusion of the concert, many flowers were given-this was just a small way of saying BRAVO!!!

10TH ANNIVERSARY CONCERT OF ZORNITSA VOCAL FOLKLORE GROUP

- Earth and Man National Museum, Sofia

The Zornitsa vocal folklore group was started by Emil Genov, artistic director of Zornitsa Students Folklore Ensemble, in 1997 and has continued its own way. The singers have performed in many concerts and sometimes travel abroad with the Zornitsa dance ensemble to take part in festivals. Every year they are also at the Balkanfolk workshop enabling the participants to hear the beautiful songs from various regions of Bulgaria. The group has sung with the popular artists, Lylyana Galevska and Kostadin Gugov and is currently under the direction of Dinko Dimov.

Songs in the concert included: Malka moma dvori mete, Doshteryo moya maichina, Zaboril beh da se glavim and Zlata sedi na chardatsi.

The ambience in the courtyard of the museum was just right for portraying the purity of the voices and, supported by other groups, the singing sounded wonderful. Zornitsa Students Folklore Ensemble performed their Thracian dance and the concert was a big success.

CHRISTMAS IN GREECE

This Christmas, I joined a group of Bulgarians for a 3-day excursion to Greece. We left Sofia at 7.30 a.m. December 24th and were in Thessaloniki about 6 hours later. Here we had a guided tour and some free time.

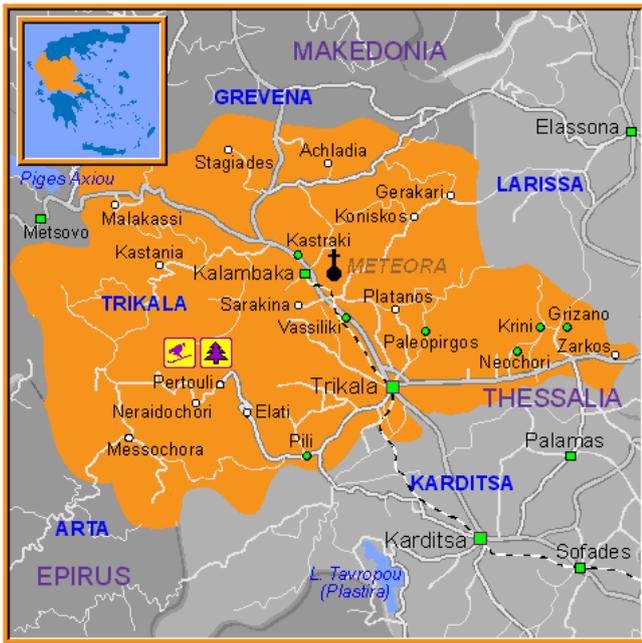


The White Tower of Thessaloniki was used as a prison during the era of the Ottoman Empire. Today it is a museum and the landmark of the city (Wikipedia)

It's an interesting and pleasant city and whilst in summer I've found it very lively, on Christmas Eve it was positively buzzing. We continued on to the

Olympic coast, to Paralia-Pieria where we were accommodated in two small, modern hotels not far from the sea. The village looked lovely at night, gaily lit up with Xmas decorations, and nice in the daytime. However, I must say I find the Halkidiki peninsular much more attractive than this stretch of coast.

We celebrated Christmas Eve in a large hotel with a restaurant - a sumptuous buffet was enjoyed by the few tourists and Greeks, of whom there were many. There was live music- keyboard, drums, bouzouki, clarinet and we did circles dances, Syrtos, Hasapikos etc. as well as "free" style. Some Greek men danced Zeybekiko and a couple of older Greek women showed how beautifully they still dance.



25th December: another early start for the 3 hours' drive to Meteora. The drive alongside the Pinios River was very picturesque and we passed the Spring of Venus then continued on via Larissa and Trikala. Much of the land is cultivated though in winter only cotton growing seemed evident. Colourful wild red berry bushes aligned much of the highway.



The Holy Monastery of St. Stephen is one of the most accessible. The small single-nave church was built in the middle of 16th century.

I'd previously visited Meteora in the summer of 2001 and, whilst it was now shrouded in mist with ice and snow on the ground, found the monasteries as magnificent as I remembered. Part of the allure is the fact that Meteora is a geological enigma and the monasteries are built on pinnacles of rocks. This enabled the monks to retreat during incursions into Greece in the 14th century, when there was much bloodshed.

The monasteries were reached by climbing removable ladders and later the monks were hauled up in nets. Nowadays access is by steps hewn into the rocks. We visited Agiou Stefanou and the large Megalou Meteorou (Grand Meteora), both beautiful. The latter is built on the highest rock, 613m above sea level and is very majestic indeed. As well as the church, one can view the Old Refectory, the Carpenters workshop, kitchen and other rooms.



The Holy Monastery of Great Meteoron, the biggest of the Meteorite monasteries, was erected in the middle of 14th century.

The History and Costumes section is very interesting with costumes from Pindos & Metsovo; Northern Epirus: Delvino-Loutza-Kalochori; Plain of Thessaly- "Karagouna"; male uniform-Sarakatsani style and men's battle wear.

Back in Paralia in the evening, being Christmas Day, most shops, bars and restaurants were closed. However, some of us found a place catering for hungry tourists - it was run by a Bulgarian woman! Some agreeable Greek music was playing but not for dancing but, after we'd eaten, Bulgarian discs were brought out and we found ourselves dancing Elenino, Bella Rosa, Pravo and the like!

26th December: We travelled this final day to Edessa, the capital of the prefecture of Pella. It's a delightful little town with water and greenery, the main attraction being its waterfalls. Until after the 14th century water was held in a lake west of the town then, after a geological phenomenon, flowed out and passed through the town and fell from rocks, creating many small rivers. At the same time the lake came to an end. During 1942, German soldiers worked at the site of the waterfalls creating a nice landscape. Since the war ended, the gardens have been looked after by the Municipality of Edessa, the trees, flowers, gardens are just gorgeous.



The largest waterfall, Karanos

The largest waterfall, "Karanos" falls from 70 metres and there's a small cave underneath. This time of year the water was literally thundering down. The open-air water museum in the traditional settlement of Varosi was interesting. Mills date from Byzantine times and wheat, sesame and other goods were produced. There was also a hemp factory.

And so on to Sofia, arriving late evening. It was a most enjoyable Christmas and the festive season concluded with dancing the night away on New Year's Eve in a small restaurant with friends from "Zornitsa." A prelude, one hopes for much dancing in 2008!



Anna Trivali (Bulgaria)

A STEP IN TIME?

Taken from website:

<http://10000steps.org.au/?page=lifestyles/extra>

There is a program, called "10,000 Steps", that you may be interested in trying. Of course, dancing is one of the activities recommended as part of the program!

Queensland Health provided the funding to the Central Queensland University for the development of "10,000 Steps", a program that encourages you to use a step-counting pedometer to track your daily physical activity levels. It is a free program and easy to do.

The 10,000 Steps project aims to increase the day-to-day activity of Australians by encouraging the accumulation of "incidental" physical activity as part of everyday living. Significant health and well-being benefits can be made simply by moving more everyday.

Many people can reach 10,000 steps a day by adding a 30-minute walk to their everyday activities.

WHY BE ACTIVE?

The following statistics (relating to Australia) may confirm for you that movement is good for you.

- **8,000 deaths** per year are attributable to physical inactivity
- Physical inactivity costs the health system **\$400 million** annually
- Physical inactivity is the second most modifiable risk factor that contributes to disease, morbidity and mortality in Australia (tobacco is first).
- **65%** of males and **74%** of females are not sufficiently active for health benefits
- **52%** of Australian women and **67%** of Australian men are overweight or obese
- **25%** of Australian children are currently overweight or obese
- Obesity is costing the Australian government up to **\$1.5 billion** a year in direct health costs

BENEFITS OF PHYSICAL ACTIVITY

- boosts energy levels and improves mood
- reduces risk of chronic diseases
- reduces stress and tension
- improves balance and flexibility
- improves sleep
- assists in weight management
- increases muscle and bone mass
- increases circulation
- increases the ability of people with certain chronic, disabling conditions to perform activities of daily living

WHY 10,000 STEPS A DAY?

The '10,000 steps' goal puts a focus on the accumulation of activity across the whole day. Some ideas for active choices. are:

- Parking the car further away from the entrance to shops
- Walk to the corner store for milk and the paper

It is sometimes easier to make these choices when you have a motivational tool such as a pedometer reminding you how many, or how little, steps you have done for the day.

10,000 steps is the recommended daily step goal for a healthy adult. The following pedometer indices have been developed to provide a guideline on how many steps are enough.

Steps Per Day	Activity Level
<5,000	sedentary
5,000 - 7,499	low active
7,500 - 9,999	somewhat active
≥10,000	active
≥12,500	highly active

With this in mind, there are some groups where 10,000 steps may not be an accurate goal, such as the elderly and children. This is where using a pedometer to see how many steps you currently do, and then setting higher goals to increase physical activity may be

beneficial. There is a "Setting Your Goals" section on the "10000 Steps" website for more information.

A recent study also found that more steps are achieved if people are recommended 10,000 steps a day compared to the recommendation of a 30 minute walk. The program also supports the need for individuals to aim for the National Physical Activity Guidelines to achieve health benefits.



NATIONAL PHYSICAL ACTIVITY GUIDELINES - ADULTS

Together, guidelines 1-3 recommend the minimum amount of physical activity you need to do to enhance your health. They are not intended for high-level fitness, sports training or weight loss. To achieve the best results, try to carry out all three guidelines and combine an active lifestyle with healthy eating.

Guideline 4 is for those who are able, and wish, to achieve greater health and fitness benefits.

Guideline 1

Think of movement as an opportunity, not an inconvenience - *Where any form of movement of the body is seen as an opportunity for improving health, not as a time-wasting inconvenience.*

Guideline 2

Be active every day in as many ways as you can. *Make a habit of walking or cycling instead of using the car, or do things yourself instead of using labour-saving machines.*

Guideline 3

Put together at least 30 minutes of moderate-intensity physical activity on most, preferably all, days. *You can accumulate your 30 minutes (or more) throughout the day by combining a few shorter sessions of activity of around 10 to 15 minutes each.*

Guideline 4

If you can, also enjoy some regular, vigorous activity for extra health and fitness. *This guideline does not replace Guidelines 1-3. Rather, it adds an extra level for those who are able, and wish, to achieve greater health and fitness benefits.*

TYPES OF ACTIVITY

Moderate Intensity Activity

- 10 minutes of moderate intensity activity = 1,000 steps

Moderate Intensity Activity causes a slight, but noticeable increase in breathing and heart rate. You should be able to maintain a conversation.

Some Examples of Moderate Intensity Exercise:

Brisk walking, swimming, cycling, horse riding, rowing, **dancing**, active gardening (mowing, raking, digging)

High Intensity (or Vigorous) Activity

- 10 minutes of high intensity activity = 2,000 steps
- High Intensity Activity makes you "huff and puff" and is where talking full sentences between breaths is difficult.

Some Examples of High Intensity Activity:

Circuit training, aerobics, brisk rowing, fast cycling, jogging, competitive sport, squash, football, netball.

HOW EFFECTIVE IS FOLK DANCING THEN?

Kaye Laurendet kept pedometer statistics from our last weekend at Bowral, with André in 2007. We dancers made approximately 16,929 steps during Saturday, and another 9,460 on Saturday evening (after the evening dinner, mind you!). Total distance for Saturday: we covered the equivalent of 13.5 kms. Sunday morning netted 10,082 steps (over 5 kms), and we were focussed on having fun, not "exercising" – way to go!

RADIO NATIONAL HIGHLIGHTS

Esma Redzepova

<http://www.abc.net.au/rn/dailyplanet/stories/2008/2121751.htm>

Twice nominated for the Nobel Peace Prize, leading a band drawn from the 47 orphans that she and her husband adopted, Macedonian powerhouse vocalist Esma Redzepova's latest CD, *Gypsy Carpet*, is a ride through her life and that of fellow Balkan Roma.

Bassekou Kouyate and Ngoni Ba

<http://www.abc.net.au/rn/weekendplanet/stories/2007/211945.htm>

Bassekou Kouyate's *Segu Blue* features his ensemble 'Ngoni ba' and realises a long-cherished dream. From Mali, Bassekou is the greatest exponent of a very ancient, fretless lute. Hear this CD and you will never consider the ngoni a 'modest' instrument. Even if you already know his work with Taj Mahal, Toumani Diabate or Ali Farka Toure, Bassekou's 'ngonis-rule' ensemble will amaze and delight you. Guests include several superb singers.

Gaguik Mouradian {Armenian Troubadours}

<http://www.abc.net.au/rn/weekendplanet/stories/2007/2085710.htm>

Mediaeval Western Europe was not alone in having courtly/troubadour musical traditions. Armenia's troubadours proved more enduring than did their Western European counterparts. The Armenian music is distinctive and beautiful. On Goussan: Armenian Troubadours kamancha virtuoso and scholar Gaguik Mouradian leads an ensemble of refined players of plucked, bowed and blown instruments, with superb singing from their lead vocalist, Armen Badalian.

Yasmin Levy

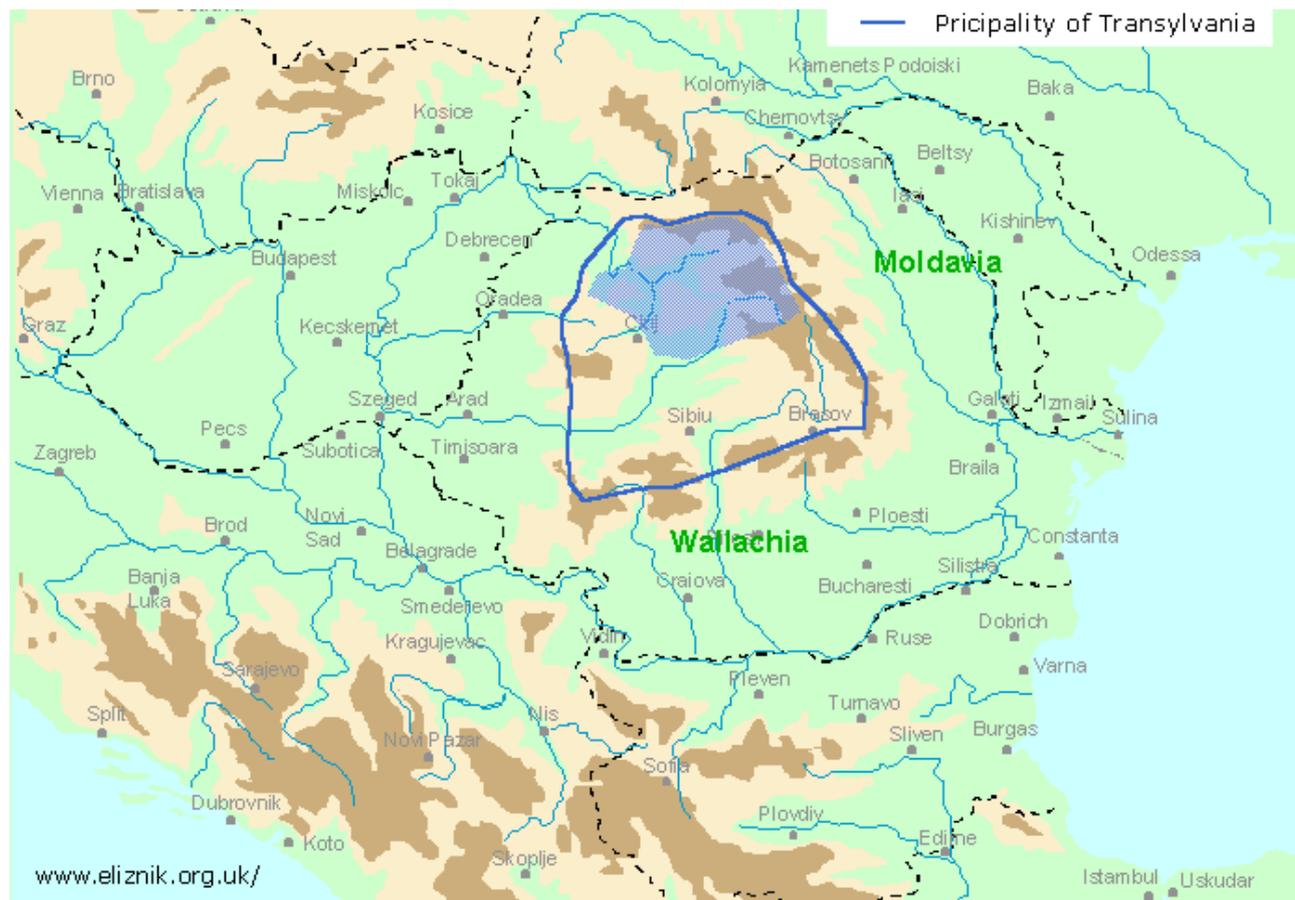
<http://www.abc.net.au/rn/weekendplanet/stories/2007/2092261.htm>

Yasmin Levy sings in a language generally regarded as almost-dead. You'd never guess! Her new CD, *Mano Suave* ('soft hands'), is a compelling set of ancient Ladino songs and her own new ones. The Ladino songs of the 'Spanish'/ Sephardic Jews (expelled from the Iberian peninsula in 1492) are one of the world's song treasuries. That so many survive is in part due to the collecting efforts of Yasmin's late father. She is a very eloquent singer, intelligently eclectic, and blessed with fine players. A highlight is the song *Yasmin and Natacha Atlas share*: literally, an example of a Jew and an Arab making beautiful music together.



A chrysanthemum by any other name would be easier to spell

GYIMES REGION OF ROMANIA



Following article is abridged by Maureen Petherick from the Eliznik website: <http://www.eliznik.co.uk/> and especially <http://www.eliznik.org.uk/RomaniaEthno/regions/gyimes.htm>

The Transylvanian plateau of western Romania, 300 to 500 metres high, lies west and north of the winding Carpathian Mountains and is drained by the Mureş, Someş, Criş and Olt rivers, as well as other tributaries of the Danube, which lies to the south. The region of Gyimes is found in eastern side of Transylvania.

During the 18th century hundreds of families from the Székely region of Csík moved to the high mountain forests and pastures of the upper Tatros valley. At this time the area was within the Kingdom of Hungary, and, although it is now within the Moldavian county of Bacău (in Romania), the Hungarian cultural heritage has been maintained.

The remoteness of the Gyimes region has led to the continuation of melodies of medieval Hungarian Transylvanian origin, together with melodies that are no longer fashionable in the Csík regions, plus those in the common repertoire of the Romanians on either side of the Carpathians.

THE DANCES

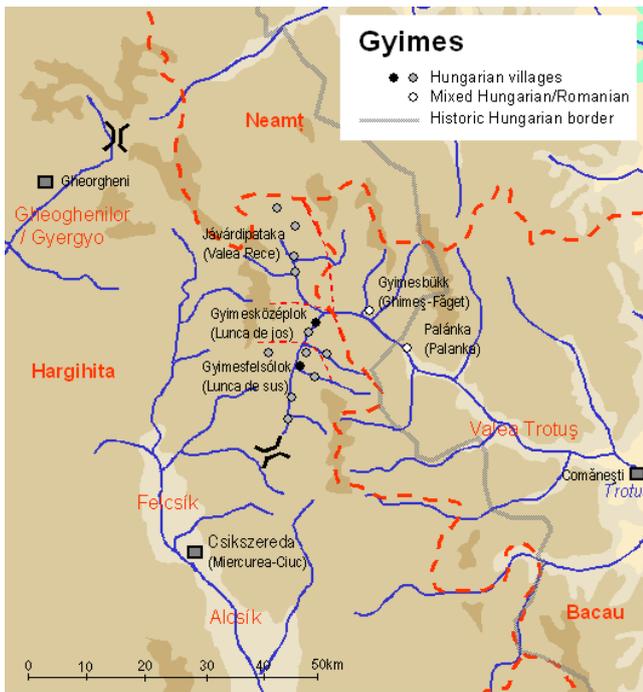
Folk customs, concerning the cycle of life and the cycle of labour vary widely in the different cultural regions of Romania and differences may appear even between villages.

However, Romanian folk dances, in general, are set to a vivid tempo and most dances have a 2/4 binary meter (although tertiary meters, eg, 3/4 and 3/8, do exist as well as irregular rhythms 5/8, 7/8 and 9/16, as in the *Invarita* dance from Transylvania – 7/16). The dances often use syncopated rhythms.

The Hungarian TXnchXz (village dance) or “Hora” in the rest of Romania, is called “Joc” or “Gioc” in Transylvania; elsewhere in Romania there could be anywhere between 12 to 50 dances that form part of the village repertoire – in Transylvania, that number is likely to be 4 or 5, but with a much greater number of variations for each dance.

The Gyimes region has “Hejszák” – the general name which refers to the indigenous line dance repertoire, including the Balkan 3 measure “Régi” (*old*) dances, bi-directional dances, such as Hosszúhavasi and Kerekes (=circle), small circle dances and “Brâul” (a family of men's dances - which now has mixed and women's versions - where the dancers used to hold their neighbour's belts. The belt hold no longer exists in Romania except in the name of the dance and has been replaced by front or back cross-hand hold, shoulder hold, or simple low hand hold. Although the music is usually in 2/4, many *Brâul*, eg, *Brâul* from *Făgăraş* QSSQS, have syncopated steps).

Other dances of the region are: Rendes, Tiszti, Csúfos (*ciufu*), Legényes, Korobjászka (*corobeasca*).



Men's dances include Ritual dances, Group men's dances, Lad's dances, and Verbunc. Couple dances are also part of the dance repertoire - processional walking dances (Kettős jártatója), Turning dances (Kettős sirülője), Lassú magyaros (*asymmetric turning dance*), Sebes magyaros (*fast turning dance*), Csárdás, as well as dances of Germanic and central European influence (Aprók: Egydobbantós, Háromdobbantós, Sormagyaros, Talián polka, Előre)

THE COSTUME

For women, the costume includes the chemise or Cămașă încrețită, (originally made of one piece of fabric and full length). More recently in certain regions this is separated into a blouse and underskirt (*poală*); thick fabrics such as wool or thick linen were used in most of Transylvania and Moldavia);



The photo shows the chemise with gathered neck (Cămașă încrețită) and with traditional embroidered decoration—a rectangular strip is embroidered across the top of the shoulder, with a narrow strip below this and vertical stripes on the front and sleeves. The underskirt has a row of co-ordinating embroidery on the hem. The wrap round skirts or *fotă*— is a single straight piece of cloth, about 5 feet long and 3 feet wide, wrapped round the waist and fastened at one side (in this photo it is made of a single width of black woven woollen material, with wide woven borders richly woven in gold and silver thread, with interleaved motives). The photo also shows the narrow woven fabric belt (Brâu) and the peasant sandals or opinci.



Also worn in the Gyimes region is a square scarf or *basma* (made of cotton, silk or wool, and either plain, decorated with embroidery, or printed). Headwear and hairstyle were the only part of a woman's traditional dress which depicted her marital status. Single girls had their heads uncovered and hair braided).



For men, clothing included a white linen straight shirt (Cămașă dreaptă), here with rows of black geometric embroidery on the shoulders, summer trousers (*Izmene*) made of cotton or linen fabric, a black sheepskin hat, a waist-length sheepskin jacket (pieptar), decorated with black embroidery along seams and in isolated motives on back, and with black velvet edging on neck.

For more detailed information about Gyimes, please check the Eliznik website: <http://www.eliznik.co.uk/>

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

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

By André van de Plas:

'International Folk Dances for Adults'.

Book & cassette.

1989 – 2002 tours. \$12 set.

2003 - 2007 tours \$25 set.

Book & CD

2000 - 2007 tour \$30 set

Videos \$25 each

DVD (from 2005) \$35 each

'International Folk Dances for Children'.

Book & cassette.

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

Book & CD

2000, 2003, 2006 tour \$35 set

Videos of Children's Dances:

2000 tour \$35 each

'Easy Dances'

Cassette and booklet \$12 set

By Yves Moreau:

'Balkan & International Folk Dances'.

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

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

Recorded in Bulgaria under the supervision of Jaap

Leegwater and Yves.

Book & cassette \$25 set.

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

Book & CD \$30 set.

Video \$35

Nevofoon Resources - Nevofoon Folk Dance

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

The 'INTERNATIONAL' CD series \$20 each

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

The 'ANTHOLOGLY' CD series \$22 each

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

All resources are available through Kaye

Laurendet, 127 Woronora Cres, COMO WEST 2226

okaye@optusnet.com.au

Add \$5 to prices for postage and handling.

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

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

MUSIC NOTATION**Doe Dans Basics**

Music notation for 53 International dances. \$20

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

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

135 International Dances

Music notation for 135 International dances. \$25

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

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

FDA WORKSHOP VIDEOS

All videos or DVDs Members' Price = \$25

Koce Stojcevski, Macedonian Dances (1999)

Koce Stojcevski, Macedonian Dances (2000)

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

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

Tineke van Geel, Armenian Dances (2001)

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

Yorgo Kaporis, Macedonian Dances (2002)

Elie Akouri, Lebanese Debka (2002)

Gary Dawson, Balkan Dances (2003)

Djordje Nikolic, Serbian (Sumadija) (2003)

Yorgo Kaporis, Macedonian Dances (2003)

Yorgo Kaporis, Macedonian Dances (2004)

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

Heather Celic & Milivoje Stajanovic, Serbian Dance (2004)

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

Asadour Hadjian, Armenian Dance (2005)

Sandra Bassetti & Jenny Lester, Bulgarian Dances (2006)

Yorgo Kaporis, Macedonian Dances (2006)

Veronika Zaharieva, Bulgarian Dances (2006)

Gary Dawson, Balkan Dances (2006/7)

Aleks Popovic, Serbian Dances (2007)

Avi Zohar, Israeli Dances (2007)

WHAT'S ON WHERE

A.C.T. (Canberra)

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

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

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

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

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

Wednesday 7.45pm - 10.15pm, 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 6281 5229.

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

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

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

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

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

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

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

*Nobody cares if you can't dance well.
Just get up and dance. ~Dave Barry*

NEW SOUTH WALES (Sydney)

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

(Blue Mountains)

Thursday 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)

 **** 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 ****

(Braidwood)

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

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

(Bowral)

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

Contact Margaret Connor (02) 4861 2294.

(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

(Newcastle)

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

kellsull@ozemail.com.au

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

(Queanbeyan)

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

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

(Shoalhaven area)

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

Tuesday, (school terms only), 7.15pm – 9.15pm, "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

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

(Taree)

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

NORTHERN TERRITORY (Darwin)

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

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

QUEENSLAND (Brisbane)

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

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

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

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

(Cairns)

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

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

(Sunshine Coast)

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

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

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

(Townsville)

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

SOUTH AUSTRALIA

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

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

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

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

Saturday 12 noon – 1.30pm, Cajun dancing (1st Saturday of the month), Cajun Club, Governor Hindmarsh Hotel, Port Road, Hindmarsh, Adelaide. Dancing session followed by Cajun music session 2 pm - 5pm approx. led by the Backdoor Cajun band plus Cajun-style meal available for \$5. Contact Martin Colquhoun cajunsa99@hotmail.com

TASMANIA (Hobart)

Thursday 8pm, Hobart Multicultural Dance Group, \$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

VICTORIA (Melbourne)

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

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

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

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

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

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

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

WESTERN AUSTRALIA (Perth)

Monday 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.

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.

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.

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/>. 4739 1005.

CHANGES TO "WHAT'S ON WHERE"

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

DATES FOR YOUR DIARY

- 7 Feb 2008** 7.30pm. Bulgarian Folklore Ensemble, **Varna**, Paddington/Woollahra RSL, 220 – 232 Oxford St, Paddington, Sydney. Cost \$25 (children under 12, free). Contact nina@pero.com.au or janapg@tpg.com.au.
- 10 Feb 2008** 10am – 3pm, **FDA Gyimes Hungarian Dances**, presented by Antal Stopic, Newtown Neighbourhood Centre, King St, Newtown (opp Newtown Station), Sydney. Contact Sandra Bassetti, 02 6552 5142, or Kaye Laurendet, 02 9528 4813, email: okaye@optusnet.com.au
- 10 Feb 2008** 1pm, **FDA Annual General Meeting**, Newtown Neighbourhood Centre, King St, Newtown (opp Newtown Station), Sydney All welcome.
- 10 Feb 2008** **The MONSTER FDA Resource Sale** – Books, Cassettes, CDs, Videos, DVDs, Folk Dance Accessories. Newtown Neighbourhood Centre, King St, Newtown (opp Newtown Station), Sydney.
- 22 Feb 2008** 3 days, **Cobargo Folk Festival**, Contact 02 6493 6758 or check website: www.cobargofolkfestival.com
- 7 Mar 2008** 8 - 11pm, **Sedenka Autumn Party**, Sedenka International Folkdance Group, Rozelle Neighbourhood Centre, 665A Darling St, Rozelle, Sydney. Contact Chris 02 9560 2910 or email wildchris@optusnet.com.au.
- 7 Mar 2008** 3 days, **WOMAD**, SA, contact phone: 1300 30 40 72.
- 7 Mar 2008** 4 days, **Port Fairy Folk Festival**; contact: pfff@hotkey.net.au
- 23 Mar 2008** 2 days, **Blue Mountains Folk Festival**, check website: www.bmff.org.au
- 20 Mar 2008** 5 days, **National Folk Festival**, Canberra, ACT. Check website: www.folkfestival.asn.au
- 2 Jul 2008** 5 days, **22nd World Congress On Dance Research**, Greece. Contact Congress Secretariat: Dora Stratou Dance Theater, Scholiou 8, Plaka, GR-10558 Athens, Greece. www.cid-unesco.org; president@cid-unesco.org
- 5 Jul 2008** 12 days, **Macedonian Pearl Folk Seminar**, Ohrid Lake, 5 km from Struga. Check website: www.goranalachki.com or contact Danni on 07 5471 0409.
- 18 Jul 2008** 2 weeks, **Balkanfolk 2008**, Varshets, Bulgaria. Check website: : www.balkanfolk.com
- 2 Aug 2008** One day, Folk Dance New Zealand's **Czech Dance Workshop**, with presenter Zivana Vajsarovavisits, Auckland, NZ. Contact Cleone Cawood: email: cleone@shapelife.co.nz or ccawood@xtra.co.nz
- 9 Aug 2008** 2 days, Folk Dance New Zealand – **National 2 day Camp**, Hastings, NZ, featuring Zivana Vajsarovavisits. Contact Cleone Cawood: email: cleone@shapelife.co.nz or ccawood@xtra.co.nz
- 16 Aug 2008** One day, Folk Dance New Zealand's **Czech Dance Workshop**, with presenter Zivana Vajsarovavisits, Christchurch, NZ. Contact Cleone Cawood: email: cleone@shapelife.co.nz or ccawood@xtra.co.nz



Folk Dance Australia Inc **Application for 2008 Membership**

Name: _____

Address: _____

Phone: () _____

Signed: _____ Date: _____

Email: _____

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



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



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

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