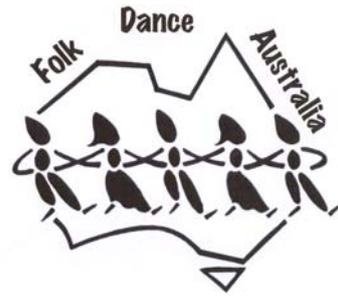


Footnotes



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Issue No 101 – October 2007

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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.

CONTENTS:

FROM THE PRESIDENT	2
FDA EVENTS	2
FDA NEWS.....	2
FDA CONTACTS	3
BULLETIN BOARD.....	4
FROM NEAR AND FAR	4
SALT IS OUR SALVATION?	12
WHAT'S ON WHERE	14
DATES FOR YOUR DIARY	17

FROM THE PRESIDENT

The winter season is nearly over and it's heading into spring and into the warmer summer period ahead! A time when we all can get out and dance, shake those winter blues away!

I was reading an article on movement and mime and realised how Folk Dance was part of the curriculum in many schools but slowly this has been phased out with the introduction of Drama and Dance (main focus on modern) within our schools. It is such a shame. Folk Dance has so much to offer! We who dance it know this is true!

First I would like to apologise to all the members who attended the FDA Greek Workshop in Sydney a couple of months ago and are still waiting on the CD and notes! I have overcome my PC problems by tossing the old one out and building a new one, so I am back on track. These upcoming school holidays I will work on getting the notes out to members.

The CDs will be sent to the winners of the photo competition from our 100th edition as soon as the competition is finalised – so, get your entries in.

This October has Greek Dance written all over it – on the 19th – 21st October Sydney will be honoured with the presence of the Hellenic Lyceum from South Australia. We are holding a great Taverna Night and a workshop on that weekend. Also Kate, from NZFD, has written and contributed a great article on her most recent experience in Greece with her wonderful group, Maenads, which presented some amazing ancient Greek dances.

Also October hosts the famous Octoberfest - which means another reason to dance and be merry! Do they offer ouzo at the Octoberfest? Keep out a look at what's on and have a wonderful spring and keep on dancing!



Vasilios Aligiannis, President

FDA EVENTS

ISRAELI DANCE WORKSHOP - 25 NOV 2007

We have been lucky enough to finally find an experienced Israeli Folk Dance teacher. Avi Zohar, from the Central Coast, has been teaching Israeli Folk Dance for many years and would love to share some of his repertoire with us at this Israeli Folk Dance Workshop. The details are:

- Date:** Sunday, 25 November, 2007
- Time:** 10am – 3pm
- Place:** Newtown Neighbourhood Centre
King St, Newtown
(opp Newtown Station), Sydney
- Cost:** \$12 per session; \$20 full day
(\$10 or \$18 for FDA members)

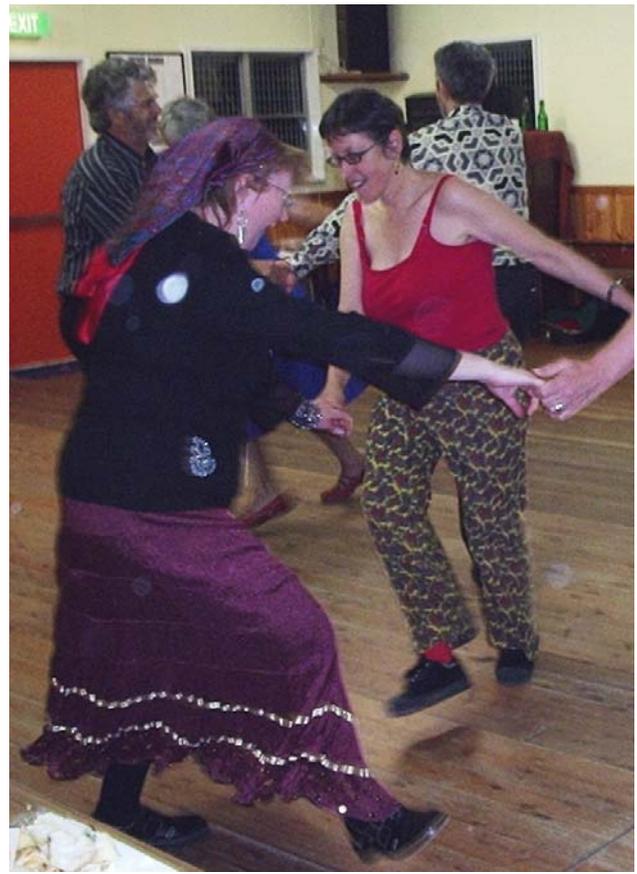
BYO lunch - morning and afternoon teas are provided. For more details, contact Sandra Bassetti, 02 6552 5142, or Kaye Laurendet, 02 9528 4813, email: okaye@optusnet.com.au

Don't You Worry!

You can't change the past but you can ruin the present by worrying over the future.

FDA NEWS

FDA PHOTO COMPETITION



I think these people demonstrate the joy of folk dancing, especially the person on the left. Have you got a photo which does the same? – (Photo submitted by Maureen Petherick)

The deadline for your contributions has been extended to 31 October. All you have to do is send in a photo (or photos) of the greatest folk dance moment you have experienced and caught on film. Photos can be emailed or posted to the editor (please include a stamped-self-addressed envelope if you wish your photo/s to be returned).

The FDA Committee will shortlist them and publish the best 10 in the December Edition for you, the members, to vote on. The 5 photos with the highest vote will be the winners. The 5 winners will receive a CD compiled by Vas, our president, of the best Greek Folk Dance music!



WELCOME TO OUR NEW MEMBER



Avi Zohar, of Green Point, NSW

GET YOUR NEVOFOON ORDER IN

Kaye Laurendet will be sending the next order for Nevofoon resources to the Netherlands on 1st November.

To have your goods (CDs, books, etc) in time for Christmas, you will need to get your order to her by 1st November.

Kaye's contact details are: Phone - 02 9528 4813, Address - 127 Woronora Cres, COMO WEST NSW 2226, or email okaye@optusnet.com.au.

POSITION VACANT

The current editor will not be having her contract renewed after this year. That means that the position of FDA Footnotes editor will become vacant from February, 2008.

This position requires someone with basic English skills (reading and writing!), a little time and, not mandatory but desirable, a sense of humour. The job entails receiving emails, information and sometimes even photos sent by contributors (God bless them!), then compiling these into columns on pages and posting off the result on a CD. The editor is also free to research topics and submit articles.

The job no longer requires the editor to find a printery, collate, fold, and post the newsletters, print off address labels or even to update the members' address file – this is all done by other volunteers (and God bless them, too!).

To apply for the position or to find out more information, please contact a member of the FDA committee (details on page 3).



The (current) Editor

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

Closing Date for the next Footnotes issue:

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

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FDA Website: www.folkdanceaustralia.org or 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 mep1@westnet.com.au.

BULLETIN BOARD

LIKE TO PERFORM IN MELBOURNE?

“Hi my name is Madeleine and I play in a Balkan Music band in Melbourne. We play music from Macedonia, Greece, Cyprus, Turkey and Bulgaria. We are currently looking for a dance group to perform with, preferably from Melbourne.”

If you would like to perform with her group or you could use her group to add zest to your next performance or event, contact Madeleine through her email: u4348278@anu.edu.au

2007 BAHAR BAYRAM CAMP: 5 - 8 OCT

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

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

The booking form can be printed out or emailed to us. All the information is on the site www.bamedamcamp.com

2007 TOURS WITH TINEKE VAN GEEL

Due to the overwhelming success of the two tours in 2004 and 2005, Tineke van Geel has organised dance tours for 2007. Your last opportunity to take one of her tours is:

October 16-27 dance tour to Armenia

For detailed information, please visit her website:

www.tinekevangeel.nl

LUCNICA SLOVAK DANCE ENSEMBLE

The group is only giving one performance in Sydney, which will be at the State Theatre on Friday 12th October at 8pm. Tickets can be booked online through the State Theatre and are \$79.90 A reserve and \$59.90 B reserve.

SYDNEY TAVERNA NIGHT - 19 OCTOBER

The Greek Folk Dancers of NSW want to welcome the Hellenic Lyceum Dancers of South Australia and will be holding a fundraiser **Taverna Night** on the 19th of October, 2007 @ the Lemnos Club, 44 Albert St, Belmore, in Sydney

The cost will be \$30 per person (3-course meal only – drinks are extra) and \$20 for children under 12. The evening begins at 7:30pm and finishes late. There will be a live Bouzouki show and dancing performances by the Hellenic Lyceum of South Australia and the Greek Folk Dancers of NSW.

A fun-filled traditional Greek night, not to be missed!

Contact Vasilios Aligiannis for more information on greekdancer@aapt.net.au.



DANCING WITH COLIN TOWNS

Colin Towns will be presenting a dance workshop in Brisbane on 27 and 28 October 2007.

When and where?

Saturday 27th. All of the Saturday segments are at Coorparoo School of Arts, Cavendish Road.

9 am - 12 noon. Pat Shaw dances.

1.30 - 4.30 pm. American Contrasts and Squares

7.30 - 10.30 pm. Contra dances and English dances with the lively band, Potcheen.

Sunday 28th: 10 am - 1 pm. Complex English Dance, Lithuanian Hall, 49 Gladstone Road, Highgate Hill.

Cost?

\$20 per segment, or \$50 for all of the events.

More information:

Contact: Peter & Linda on 07 3856 4900, or Alison on 07 3371 2389. or email to csgreenhill@optusnet.com.au

FROM NEAR AND FAR



THE BUTTERFLIES ARE DANCING

. older women try international folk dancing

Each leaves her chrysalis cautiously enters the hall
they've come a long way running with sturdy legs
schooled groomed for duty cocooned waiting
new wings unfold uncertain untried trembling
new legs spindly feet unused to springing.

They pause warm to strange music's beat
move as they feel the surge of blood's heat
they stretch greet each other expect something new
the teacher says open wide your wings swing
lift your feet skip a little sing.

Use the space move as the music dictates
quick now slow sway with the lilting rhythm
lift on toes down stand tall flutter wings
longer stronger feel the power to fly
away from nets of cunning butterfly catchers.

Far from boredom depression frustration stagnation
they spread their glorious coloured wings rise
laugh with delight rejoice in new-found freedom
dance in circles as one yet each her own
vibrant spirits flying in the hour of folk dance..



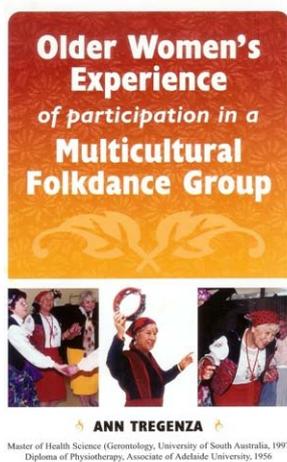
Ann Tregenza (SA)

In her poem, Ann aims to capture her experience of the people attending her classes as a teacher of International folk dance for older people.

As well as teaching multicultural dance, Ann is also a physiotherapist, a classically trained singer and painter. She has won numerous awards for her writing. Her talks, plays and poetry have been read on ABC National radio and her poetry and articles have been published in magazines and books; her novel, "Orestes – From Greece to Australia" brings the history of the migrant experience to life. Ann has also written a journal, "Now I'm 64 – and Life is Great".

Ann's research for her Master of Health Science has been published. For the "Older Women's Experience – of participation in a Multicultural Folkdance Group" she used a descriptive, qualitative research approach; data was obtained through group and individual interviews.

The results of her research should be of interest to many health care professionals as well as folk dance groups who could, for example, use the conclusions from her research to add weight to grant applications. She has collated research data that shows participation in multicultural dance improved physical attributes of participants, including increased insulin sensitivity, improved glucose regulation, decreased blood pressure, improved balance, stamina and flexibility, as well as memory, self-esteem, alertness and co-operation.



Copies of Ann's research are available (\$18) through FDA (contact Kaye Laurendet, details page 3).

DANCING IN THE TROPICS

Darwin folk dancers were very pleased to welcome Lesley Rose and Kaye Laurendet for a weekend of workshops last July. Funded by a grant from the NT Government (Community Benefit Grant), with support from Ausdance NT and Top End Arts, Lesley and Kaye presented two workshops – beginners and intermediate. In air-conditioned comfort, we circulated through the 'Merry Circle Dance' (England); practiced our grapevines in the 'Greek Hora' (Greece); jumped and bounced to 'Fado Blanquita' (Portugal); reached for the stars in 'Russkaya Hora' (Russia); waltzed to 'Ruotsinkatrilli Viitasaarellta' (Finland); and sang along with 'Jocul de a Lungul' (Romania). The next day, 'Karamfil' (Bulgaria) became an immediate favourite and we also 'Tush Push' (USA) to 'My achy breaky heart'; clapped though 'Oneiro Demeno' (Greece);

danced 'Vajta Ne'elbassan' (Albania); lost ourselves in the 'Wandering Waltz Contra' (England) and left Lesley to finish the ever so fast 'Schioapa' (Romania).



Kaye and Lesley lead the group of enthusiastic Northern Territorians.

For the remainder of the weekend, Kaye and Lesley soaked up our glorious dry season weather. A brush with the filmset of 'Australia' the movie at Darwin wharf and spectacular fireworks on our famous Mindil Beach (& markets), including brilliant tropical sunsets, were also part of the itinerary.

Our thanks go to both Lesley and Kaye for bringing us these wonderful dances. We also thank the demonstration groups around NSW and ACT who participated in the making of an excellent CD, accompanying booklet and DVD for the workshop.

For any folk dancers travelling to the Top End, please join us at Malak Multicultural Centre, Malak Shopping Centre, Monday nights 7.00 – 8.30 pm.



Lynette Aitchison (NT)

2007 BALKANFOLK IN BANKYA, SOFIA

The venue for the 2007 workshop was Jeravna Hotel, a former mineral spa resort in the township of Bankya, about 17 kilometres west of the centre of Sofia, just outside the expanding suburbs. Bulgaria was experiencing a heatwave during the first week of the workshop; considering that most of the Australian contingent was from tropical Townsville, if we agreed it was hot, then it really was hot. That didn't stop us; we just sweated mightily and drank lots of water.

While the Townsville mob was the single largest group (11 of us), other participants came from Tasmania, France (next largest group), USA, Japan, Netherlands, Finland and Russia. Most came to dance, but some took tuition in various musical instruments (gadoulka, duduk, drums and piano accordion), singing and the Bulgarian language.

The Bulgarian, Serbian and Romanian dance lessons at beginner and advanced level lasted 90 minutes, so the enthusiast who wanted to learn all three dance styles and take up a musical instrument (and then practice it) had a long day. This would invariably extend into a long night, for after the evening meal, the band would arrive and play from 9 to midnight. Not surprisingly, food, wine, good company and the music inevitably led to more dancing. There was no avoiding it, since the joy was infectious and retiring early just left one lying

awake, listening to the music and everyone else having fun downstairs in the restaurant.

Each dance instructor had his own style, appropriate to the occasion. Vladimir Mutavdzich had the first beginner session for the day - Serbian. He started off walking us in a circle, just getting us to move to the Serbian rhythms. From walking, to walking faster, to skips, to two-step, to hops and then to grapevine with Pedja Ivanovich on the accordion slowly picking up the pace until we were all quite limber and in rhythm. Then we learnt or rehearsed the dances; gradually adding a few to our repertoire each day.

Emil Genov, our Bulgarian instructor, would get us to capture the rhythm first, essential with the sometimes tricky Bulgarian timing. Before permitting a foot to move, Emil had us clapping the beat until we got it right, then all was easy going (well, easier). Danail Totev, our Bulgarian accordion accompanist, enhanced lessons not only with his expert playing but with his musical wit and playfulness. To take just one example, when Emil demonstrated a slinking stealth-like step, Dany segued from Bulgarian dance into those familiar bars from the Pink Panther, to general amusement.

Both Serbian and Bulgarian instructors had the advantage of an accompanist, while Marius Ursu compensated for the lack of an accompanist by singing the melody and counting out the rhythm/step in English, French or Romanian (commonly a mix of all 3). Once the steps were more or less mastered, he would then say "the beginning of the beginning with music please" using the recordings of his own folk group, Doina Timisului.

All instructors were highly skilled in managing our wide range of skills and stamina. For us, dancing to live music was a real treat. Often the accordionist intuited what was required by the instructors, matching our developing skill with small adjustments to the pace.

Beginner level Serbian, Bulgarian and Romanian would have been a considerable challenge for a real beginner. But it was unlikely a total novice would be attending such a workshop, so the level of difficulty was well-tuned to the abilities of those enrolled. The one exception was with the Bulgarian lessons and a group of young University Summer School international students who actually seemed to be total beginners. While they had the advantage of youth and energy, it was gratifying to find that our modicum of experience put us a step or two ahead of these young enthusiasts.

In theory, one could take a mix of beginner and advanced classes, but this was impractical as they were scheduled alternately, and one would have been dancing energetically for 3 hours.

Those enrolled for all 3 beginner workshops learned 59 dances; the advanced group learnt many of the same dances and more, well over 60.

The band and singer entertained us every evening except for the 2 tour days. On two occasions we were treated to an informal but none the less exhilarating performance by members of Emil's dance group 'Zornitsa'. That there was no dance floor in the restaurant was of no consequence. This is the magic of traditional circle or line dances - weaving down the rows

between the tables and circling back around the next row, we could all join in to create one enormous circle.



Restaurant dancing with Zornitsa!

While we may not have been totally in control of the newly learnt steps, the excellent local wine and rakia consumed with the meal helped us believe that we were. Everyone was encouraged to dance, including the children and restaurant staff. Students of the various instruments and those learning singing had the opportunity to exhibit their skills each evening, playing and singing with the band or separately where appropriate. Their level of accomplishment was impressive and attests to the standard of teaching as well as the talent of the students.

The tours provided two days' break from dancing and a chance to see something of Bulgaria. The first day took us half way across Bulgaria to the craft village and museum of Etara, to Shipka Pass - yes, most of us climbed the thousand steps up the hill and to the top of the monument to enjoy the great views. After visiting the magnificent church in Shipka village we headed back to Sofia. It was a long day. The other "day off" was spent in Sofia and nearby, at the National Museum and the Boyana church, which was built in the 11th and 13th centuries and is renowned for its frescoes.

To sum up, your correspondents thought it was great value, great teaching, great fun and an experience not to be missed. The few challenges were the heat, credit payment limits and (for the Aussies) no muesli or yoghurt offered for breakfast. Boris Dimitrov, our ever cheerful and helpful Balkanfolk organiser, helped sort out the payments. The guest rooms were comfortable, with bathrooms and lounges. Each room had a TV, and if you were not too exhausted, you could watch the 24/7 folk dance channel. The only thing the venue really lacked was efficient air conditioning in the dance hall.

Few locals were confident with English, and of course neither were we with Bulgarian, but we managed well enough with the expert assistance of Mariana Valchanova and Anna Travali, supplemented by phrase books and sign language. We are indebted to Anna for her good humour and invaluable assistance with the practicalities of workshop life.

'Nazdraveh!' is Bulgarian for 'Cheers!' and for those who couldn't manage this phrase, 'Nice driveway!' proved to be an acceptable substitute.

We would return to Bulgaria tomorrow, though sadly, reality intrudes. At least we now know how much we would enjoy it. Can't really understand why participants weren't there in thousands, but Balkan dancing is not to everyone's taste and it will never be cheap for Australians to attend.

To close with an appropriated observation: our Bulgarian experience is that rakia is the answer, but we've forgotten the question.



Neil and Bronia Renison (QLD)

FROM OUR FOREIGN CORRESPONDENT

Balkanfolk 2007 - another perspective

Anyone contemplating a visit to Europe for a folklore workshop next year really should consider participating in the Balkanfolk seminar in Bulgaria.

I have just completed my sixth and it was no less a thrill than previous years. Living in Bulgaria, in the heart of the Balkans, I've ample choice of workshops but always end up at Balkanfolk. It's not just the challenge of learning new dances which lures me but also the camaraderie amongst the organisers, teachers, musicians, participants and guests (one does not have to take a course). Apart from meeting newcomers from around the world, people return and it's nice to resume the friendships.

I was particularly chuffed this year to be surrounded by a group of eleven fun-loving Australians from Townsville, Queensland, their leader being the enthusiastic and likable Maurice James. Also, Angela and Graeme from Hobart, Tasmania, returned for a second time. It was great to have so many of my compatriots showing how well they dance, sing and play musical instruments.

A handful even grasped some of the Bulgarian language. Others joining the workshop came from Japan, U.S.A., Russia, France, Switzerland, Finland and Holland (some "repeaters" amongst them). A few were beginners and others already well versed in their field of interest.

As usual, I concentrated on the dance courses. Emil Genov, renowned Bulgarian choreographer and master choreographer and artistic director of the "Zornitsa" folklore ensemble, Sofia, taught Bulgarian dances (e.g. Kukenesh, Sborenka, Danke, Glavinishko horo, Angelovata). Vladimir Mutavdzic, Professor at the university of Nis Dept. of Dance, was our teacher of Serbian dances (e.g. Cacak, Moravac, Rumenka, Gine, Banacansko kolo); and Marius Ursu, master choreographer and art director of folk ensemble "Doina Timisului" from Timsoara, was our instructor for Romanian dances (e.g. Braul Banatean, Hora mare, Hora de mana, Hoa Lelea, Hora a doua). In all, we actually learnt about 60 dances from various regions of the three countries - fortunately a DVD will be available to refresh and relearn the dances! The teaching is always at the highest level and the accompanying musicians play a big part too.

The evenings' too' were full of music and dancing to the "Zornitsa" orchestra, so two "rest" days of excursions were welcome. The first was to Etera Ethnographic village museum, a 3 hours' drive from Bankya in central Bulgaria. Shops and workshops are spread in a beautiful

setting over 7 hectares of land; the village is designed in the style typical of the Bulgarian national revival period (18th and 19th centuries). Cartwrights, furriers, glass workers, leather workers, jewellers, potters, weavers, bread makers; etc; can all be seen at work, and purchases made. Some workshops are powered by water running from a stream and the furrier was using one of the first Singer sewing machines. We lunched under the trees, then continued on to Shipka and climbed the 900 steps (not as bad as it sounds as the gradient was OK) to the top of Mt. Stoletov and the famous Shipka Pass.

This is the place where, in 1877, a battle took place resulting in the liberation of Bulgarians from 500 years of Ottoman rule. If one climbs a narrow staircase through several floors of the interesting museum, there's a fabulous view of the surrounding countryside. We also visited the beautiful church in Shipka village, built in Russian style with onion domes, honouring the Russian soldiers who died helping the Bulgarians ward off the Turkish invaders.

The second excursion was to Sofia and the National History museum with amazing exhibits connected to ancient Thracian and old Bulgarian culture.

The quaint 13th century Boyana church is situated not far from the museum. It's a world heritage site and though small, has many beautiful murals in medieval style, dating from 1259.

It's almost a week now since the conclusion of the workshop but I can still hear the calls from the teachers- "1, 2, 3, ..." "we'll start from the beginning of the beginning!" "...is it ok?" etc., and the sound of music, singing and laughter wafting through the hotel during the day and night. The memories of an active 2 weeks should keep me going until next year!

Integration Festival, Poznan, Poland

The tour was marvellous. Left Sofia 10 p.m. Saturday and, as by law, the drivers must rest 8 hours after a certain number of kilometres, it was pleasant to spend the time in Hungary, walking around Budapest - over Elisabeth Bridge to Buda and up to the fabulous Castle area, a long way above the Danube. Wonderful views over the city from the Citadella; spent a long time walking around the grounds of Chateau de Buda which I'd not seen on previous visits. Down over the famous Chain Bridge and walked around Pest.



The colourful costumes of the Polish group in Poznan

Onward via Slovakia to Poland, arriving at Poznan on 4 p.m. Monday. We stayed in a hostel about 15 mins from the centre. Tuesday a.m. "Zornitsa" had a rehearsal

and, after lunch, there was a parade through the streets and the opening concert in Wilsons Park. Other groups were from Poland, Ukraine, Russia and Palestine/Israel.

Wednesday morning: we all went to a Catholic Church for Mass as it was the day of Assumption, an interesting experience especially as each group had been asked to sing. We were dressed in costumes and I took part in the parade afterwards, dancing our way through the streets of the Old Market. Afternoon: we travelled to the lovely little town of Leszno for a concert.

Thursday, after another rehearsal, drove one and half hours through pretty countryside - apple trees, vineyards, canopies of trees over roads, wildflowers - to Wronki. It drizzled during the parade then the rain got heavier so the concert was held indoors. There is an upside to this, though, as the audience is confined to a smaller space, therefore the ambience is better for the performers.

Friday: all groups spent the morning rehearsing for the final night on Sunday. The afternoon saw us in Gniezno, 50kms east of Poznan. Walking from the bus uphill to the centre took us past the magnificent twin-towered Gothic cathedral built in 14th century. We were treated to lunch in an Italian restaurant (a change from canteen food) and, again, dinner after the parade and concert. On the subject of food, I mostly missed out - salads of cucumber, tomatoes and olives - as I can't eat such things for breakfast! Main meals were mainly meat, chicken, a couple of times fish, potatoes, cabbage. There was also *smalec* which reminded me of the fat my grandmother used to keep from roasts (dripping) and which was tasty spread on bread. This is similar but white and with onions and I think is special, not coming from a roast but from lard. Then there was *deveri*, rolled crumbed chicken with a mushroom inside, tasty but, I was told, not Polish.

Gniezno is lovely - paved/cobble-stoned streets, many outdoor cafes/restaurants, masses of brightly coloured flowerbeds/flowerpots everywhere (as there were in other towns, too) - a general feeling of prosperity (felt also in other places).

It goes without saying that I never get tired of Bulgarian dances, especially those in the repertoire of "Zornitsa" and this tour contained Trakiiski Smessen (for men & women); Trakiiski Mladost (young men's dance); Zhenski Shopski (women's Shoppian dance); Vidinski (from the north) and Shopska Suita (for men & women). The time and effort put into rehearsals by art director, Emil Genov, and the dancers and musicians ensured the audiences were entertained with top quality performances.



Zornitsa Women (in the Shoppian costumes)



Zornitsa men share a joke.

The same can be said of the other groups, too, and it was a thrill to watch them. Some of the dances of "Poznan" (Poland) group, whose leader is Dariusza Majchrowicza, organiser of the festival, were Oberek; Mazur; Kujawiak; Polonez and Krakowiak and were lovely. Our caring delightful guides, Matina and Beata, dance with this group. Other groups from Poznan "Wielkopolanie" and "Poligrodzianie" were good too and also showed traditional dances, the young men and women obviously enjoying the playful couple dances.

Russian ensemble "Sloboda" was spot on with their dance technique and just fantastic. They have a strong choir too. Their leader is Pianzin Anatolij Nikolaevich and dances included Kalinka; Barynia; Cossack Dance.

The leader of "Volynyanka," Ukraine, Volodymyr Chernov, can also be proud of his troupe which performed Volynska Polka; Volynska Kadryl; Hupaly; Hopak and other dances and were super.

Last but not least we come to "Haialy" group from Palestine/Israel, manager Emilio Jimal. Dances such as Ashlaf Atallah; Ameet Gbiesh & Nawaf Mylla were intriguing and not as easy as they looked. I was spellbound by the music, some beautiful spiritual haunting melodies.



Dancers overcome political boundaries - The Palestinian / Israeli group

Outstanding dancing and singing, musicians playing music from the heart, beautiful costumes, interesting choreography, smiling faces - therefore, dazzling concerts.

A hall next to the hostel was used as a disco, with DJ, for our evening parties. Each night was a theme night when the different groups showed their dances then got everyone to join in. Great fun. We also got to taste food from the different countries and the Israeli's had a *nagile* for those who wished to smoke!

"Zornitsa" had a novel idea - dressed in rehearsal clothes (red leotards, black tights and skirt, dance shoes) they not only showed an excerpt from a Bulgarian dance but had also learnt steps from dances of Poland, Ukraine, Russia and Palestine and performed those as well. It was a huge success.

Saturday was free so we went to the super recreational area, Malta, on the outskirts of Poznan. The artificial Malta Lake, named by the previous owners, St. John's Convent, who settled there end of X11 century, is situated in the centre. The Maltese Knights were famous for caring for ill people at their convent on the island of Malta and the lake took its name from there. Locals and visitors go to enjoy sporting activities, eateries, parklands, etc. The folklore groups competed against each other in volleyball (but with 3 holes in the net through which the ball must be passed) - "Zornitsa" was the winner! I then walked around the Poznan centre with a couple of dance friends and an ex "Zornitsa" dancer who married a Polish man. Though not a local of Poznan, it was nice to have him show us the sights. This is the town where the first Polish state was created 1000 years ago and it has been an important trading centre since the 14th century. The Old Market square is surrounded by ancient merchant houses restored after World War 11 and is charming. The different styles of architecture throughout Poland are interesting, e.g., the outer walls of the Cathedral in Poznan are Gothic but it was originally Romanesque. Another important building is the 16th century Renaissance Town Hall.

The final concert on Sunday evening was spectacular. It was an ingenious creation of Dariusza Majchrowicza to open the show with Polish singers on a small revolving stage and with other stages situated throughout the square (in front of a theatre). The dancing took place on the main centre stage but from their seats the audience could see musicians and singers all around. It meant there was absolute continuation with no break, whilst the spotlights were on the "happening" of the moment, the next group was quietly getting organised in darkness on another stage. Our Bulgarian musicians - kaval, gaida, tamboura, tapan and gadoulka were divided into two, two and one on 3 different stages, with eyes glued to one another. The Russian singers sometimes were high up on a balcony of the theatre and a smaller group under a tree and one on a swing! It was amazing. For the finale, two couples from each group had been selected and they performed dances all together, from all the countries. The musicians, too, had a segment of playing together melodies from all the countries.

We left Poznan after the concert but, by the time we were organised, it was 3.30 a.m. on Monday! Not long to daylight and we saw how pretty the countryside is in the south of Poland.

A stopover in Czech Republic, 8 hours in Prague: another place with a magical feel and so much history. All very tired but we saw some sights in the old town and the Castle.....then continued the long trip back to Bulgaria via Slovakia, Hungary and Serbia. Finally arrived in Sofia midnight Tuesday, tired but with a headful of delightful moments.

Didgeridoo in Bulgaria

How's this for one of those quirks in life. An Italian with a Croatian wife (dance friend) playing a didgeridoo to an Australian living in Bulgaria!

This is just how it was - they turned up on my doorstep the day I arrived back from Poland. Lorenzo has been playing didgeridoo for several years and fairly recently spent 2 months in Australia, with Aborigines in Arnhem Land.

Gaida Sabor - Ilinden Fair in the village of Gela, Rhodope Mountains, Bulgaria



Cory on the left, with fellow gaida player

Last Friday I travelled with a group of dance friends to the Rhodope mountains, one of the most beautiful regions of Bulgaria and famous for the skiing in winter. We stayed in a small family run hotel in Stoikite, a small village located not far from Pamporovo.

Friday evening we dined in the cosy basement restaurant, delicious home-style cooking by the husband and wife, the meat being cooked over the embers of a log fire which fortunately was kept low. It was cooler than Sofia but by no means cold, especially as we danced until 3 o'clock in the morning!

Saturday morning we went to nearby Gela for the gaida festival. Gela is supposedly the birthplace of the mythical Thracian singer, Orpheus, and in early antiquity was inhabited by the richest members of the Thracian tribe of the Bessi. I'm not sure about the accuracy of the statistics but I'm led to believe it has 98 inhabitants, 200 sheep, 20 cows and 10 goats!

Experiencing the serenity of this hamlet, it's quite possible to believe that normally the silence is broken only by the sound of cow-bells and the music of bagpipes.

We hiked about a kilometre up a dirt road to the field in front of the St. Iliya church where the festival was held. The organising committee had done a fine job and it was wonderful to hear the pure sounds of the gaida ringing out. As well as Bulgarians, Yukata Ban from Japan, Cory Dale from Australia! and Moyce Muller from Holland participated in the contest.

Imagine my surprise when I heard and met Cory, and learnt that he often plays with Linsey Pollock in Kin Kin, Queensland. Hearing Cory play, and knowing what a whizz Linsey is at making and playing instruments, one would be fortunate indeed to hear them play together.

The contest was divided into 3 categories, depending on age. The jury consisted of Prof. Milcho Vassilev from the Music & Dance Academy in Plovdiv; Dafo Trendafilov-doyen of gaida players in Bulgaria; Peter Yanev-a soloist in "Rhodopa" ensemble from Smolyan and Todor Kaikov. Making awards to players over the age of 20 was the most difficult and it led to a third round for eight participants. They were asked to perform the slow Rhodope song, "Rofinka bolna legnala", and I'm delighted to report that Cory, from Brisbane, won 3rd prize! And an outstanding contribution award was given to the oldest gaida player, 84 years' old Atanas Ivanov from Gela.

Late afternoon five of us decided to walk down to Shiroka Luka, a picturesque village with many homes renovated in the style of the National revival period. A famous school for students of musical instruments, etc., was founded here and the village is well known for its traditional music. It wasn't until after we started out we found there was a 6 kilometre, but downhill, walk ahead of us. It was a beautiful day and especially when walking through forested areas, the feeling was magical. We met up with our bus in Shiroka Luka and enjoyed another evening of dancing back at the hotel. It wasn't until late on Sunday the shins started to ache from an unaccustomed downhill trek, which was quite steep in parts!



Gela, the birthplace of Orpheus, at the foot of the Rhodope Mountains

Unfortunately on Sunday it rained so plans changed and instead of returning to Gela we stopped off on the way to Sofia at the magnificent Bachkovo monastery. It was founded in 1083 by the aristocratic Georgian brothers Gregory and Abasius Bakuriani. They were military officers for Byzantine rulers.

Onwards to Sofia - even the rain didn't dampen our enthusiasm and all agreed it had been a super weekend.



Anna Travali (Bulgaria)

MAENAD MEMORIES OF ANAPALI

I have recently come back from Greece - dancing with Kate Goodwin and other Maenads (wild women - looking for a satyr). This realizes a dream of hers: leading a team of Greek Diaspora to perform in Athens on the Dora Stratou theatre stage - with her own choreographies. OK, so only Kate is Greek - but the others were very willing!

"Bravo" roared the crowd - the loud whistling, cheering and clapping ringing in my ears. Our fabulous fifteen minutes of fame (14 minutes of Maenads and a curtain call). One glorious night - Monday 16 July 2007!

Groups [from Romania (2), Canada, UK, NZ, and individuals from Germany and the US] took this opportunity to showcase their Greek dance work in Athens.

Kate Goodwin was born in the shadow of the Acropolis in Makrigianni [in the Plaka, Athens, Greece]. She returned to her origins, her hometown - leading a troop of veteran NZ dancers.

The Maenads were Kate, Bronwen Arlington, Cleone Cawood, Diane Madgwick, Fiona Murdoch and Gabrielle Johnston. Kate choreographed ancient archaic dance steps to amazing neo-classical music and created our classical Greek costumes. The Maenads thank her, and her Tauranga Athena Group who fine-tuned this "beautiful!" bracket.

Anapali (the Greek word for Diaspora) is the brainchild of Prof Alkis Raftis, President of Conseil International de la Danse (C.I.D). 2006 was "The First Meeting of the Diaspora Dance Ensemble". It is now an annual event. He is also a Director of the Dora Stratou Institution, whose Ensemble performs in the summer season, six nights a week.

In 1953, Dora Stratou founded her Greek Dance Ensemble - with costumes from 80 regions. In 1960, she built the theatre in the Philopappou Archaeological Park, close by the Acropolis. This large open-air stage is exposed to all weathers - blistering heat to freezing cold. On-stage practice time was well spent - tripping around - finding every danger spot. We sussed out the warped planks and cracked floorboards, and gave a flawless performance. Perfect.

Diane's daughter, Lizzie, flew over from London. She sat in the front row, juggling three cameras to capture this momentous event.

Dancing on the Dora Stratou stage was a [most unlikely] dream fulfilled. Unbelievable. I felt privileged being a Maenad. Thanks for asking me.

Athens seems more prosperous and happier since joining the EU - tourist places, public venues, the metro, museums, and pedestrian malls upgraded for the Olympic Games. We spent our last night in Athens dancing in a little courtyard, below a floodlit temple atop the Acropolis, to Rebetika music being played on traditional instruments, in a garden of a museum, near the Agora. Magic!

On 11th August, back in cold NZ: "Winter-Warm-Up" participants saw much of this bracket - adapted for the space available - at Auckland's Danish House!

As Prof Raftis said "You got the biggest applause, what more do you want?" With a cheeky smile he asked, "What can you possibly do now?", "What next?"

What next? Who knows? But thanks, Kate.

"Efharisto" to the Greece's Dora Stratou Theatre, under the auspices of the Ministry of Culture - with generous help from NZ's Greek Embassy.



Bronwen Arlington (NZ)

ANAPALI 2007 - A DREAM REALIZED

In 2006, the first gathering of Greeks of Diaspora took place in Athens under the auspices of the Ministry of Education. The initiative was by Professor Alkis Raftis, who, as the President of CID (Counseil International de la Dance, UNESCO, Paris), is working tirelessly to promote all forms of dance, in every part of the globe and create what can be perceived as the *United Nations of Dance**.

The gathering was given the name of an ancient Greek dance, "Anapali". The invitation was to the Greeks abroad involved in any form of dance, to meet and showcase their work in Athens, at the Dora Stratou Theatre. There was no financial gain to either party neither was there a competitive element to the project but to dance at the prestigious Theatre was a once-in-a-life-time opportunity and we had to rise to the task.

For me there was an additional dimension to it: to take a group to my old neighbourhood (the very street I was born in!) and to perform at the top folkdance theatre filled me with and indescribable awe. Would that be possible? What would it take?

We focused on ANAPALI 2007, July 16th.

This decision was met with a number of challenges, some of them seemingly insuperable. Two knee cartilage operations on myself, abdominal surgery on another member of the group, close to the departure date for Athens. Some of the "Athena" dance group members dropped out of the project for various reasons. Frantic search resulted in replacing those with FDNZ members bringing the number of the group subsequently called the "Maenads" to six (Kate Goodwin, Diane Madgwick and Gabrielle Johnston, (Tauranga), Bronwen Arlington (Auckland), Fiona Murdoch, (Hamilton) and Cleone Cawood, (Havelock North). However, the three new members, handpicked among top folk dancers, teachers and performers, had to come from the width of New Zealand's North Island to Tauranga, to practice at regular intervals for the performance at Dora Stratou Theatre. They did so with enthusiasm and often with sacrifice in regard to their private time schedules. One of the Maenads group, Bronwen Arlington, estimated that we spent close to 40 hours rehearsing!

The 15 minute bracket of dances we prepared was based on research** into Dances of Greek Antiquity adapted to music by neoclassical Greek composers, Manos Ahalinotopoulos, John Psathas and Stamatis Spanoudakis.***

Considerable research also went into the design of the chitons worn by the Maenads during the performance.

And finally, there we were; dressed up in our striking chitons in the coveted Dora Stratou Theatre. It was a magnificent star-lit balmy night atop of the green densely forested Philopappou Hill, opposite the Hill of the Acropolis. We were the last act and sat at a dark section of the packed amphitheatre watching the 8 dance groups from various countries ahead of us; our adrenaline soaring and our anxiety reaching its crescendo. Will we succeed? Will the dream of the six Maenads come true?

We were now at the ready, behind the two famous gate pillars of the stage. Bronwen was behind the

opposite pillar, too far to talk but here we were, doing the Kiwi Haka! Then our act was announced. We marched out to the sound of the Byzantine Doxastiko and the applause rose from that moment right to the end of our curtain call. This was our group's finest hour! ***



Kate Goodwin (NZ)

References:

*Alkis Raftis: *A Dancing Utopia (Μια Χορευτική Ουτοπία)* Tradition and Dance mag. No. 91, Jan. – Feb. 2007.

**Paper presented by Kate Goodwin at the 30th World Congress in Dance Research, Athens, Oct. 2006.

***Dances presented at Anapali 2007, choreographed by Kate Goodwin to music:

From: *Hyacinth* by Manos Ahalinotopoulos Doxastiko, "Song of the Clarinet, Suk / Bazaar"; from: *View from the Olympus*, by John Psathas, "Maenads"; from: *Alexandros* by Stamatis Spanoudakis, "Hefestion".

Acknowledgements:

I wish to thank the Maenads Group for giving their best on that night; my "Athena" group for doing all they could to help in the project; all those who believed in me and supported me. Finally sincere thanks to the Greek Embassy in Wellington who obtained for us a Grant from the Greek Ministry of Education.

Kate Goodwin.



The Maenads dancing the Suk/Bazaar at the Dora Stratou Theatre (photo Elisabeth Madgwick).

NOW FOLK DANCING - NEXT THE WORLD

One never knows when we'll have to pull something out of our little box of tricks of past experiences and knowledge!!!

One of my former senior students, Monique Ward, who was with me for many years and assisted with all the Dance Camps and many of our shows was recently in China on business. She has a very high powered job in the corporate world. She has just spent nearly 3 weeks on business in Singapore, Manila and China.

Her message to me read:

"OK, so am at a foster home for profoundly disabled kids in rural China - they asked if I could do a song or dance, so went for a 'heel and toe polka' and told them it was an old dance from rural Australia".

Bet she never thought that the Junior Folk Dance Class would be of use in the corporate world on a business trip to China!



Carol Maddocks (NSW)

SALT IS OUR SALVATION?

BRIEF HISTORY OF SALT



Naturally formed salt crystals with a U.S. penny for size reference.

For the sake of salt, Rome created a system of remuneration, nomads domesticated the camel, the Low Countries revolted against their Spanish oppressors, and Gandhi marched against the tyranny of the British. Through the ages, salt has conferred status, preserved foods, and mingled in the blood, sweat, and tears of humanity.

Salt's ability to preserve food was a foundation of civilization. It eliminated the dependence on the seasonal availability of food and it allowed travel over long distances. .

In every part of the world, salt has been the subject of superstition, folklore, and warfare, it has even been used as currency

Greek worshippers consecrated salt in their rituals. Jewish Temple offerings included salt; on the Sabbath, Jews still dip their bread in salt as a remembrance of those sacrifices. Covenants in both the Old and New Testaments were often sealed with salt: the origin of the word "salvation".

Until the 1900s, salt was one of the prime movers of national economies and wars. Salt was taxed from as far back as 2200 BCE in China. Greek slave traders often bartered salt for slaves, giving rise to the expression that someone was "not worth his salt." Roman legionnaires were paid in salt - a *salarium*, the Latin origin of the word "salary." In Buddhist tradition, salt repels evil spirits. That's why it's customary to throw salt over your shoulder before entering your house.

The Shinto religion also uses salt to purify an area. Before sumo wrestlers enter the ring for a match - which is actually an elaborate Shinto rite - a handful of salt is thrown into the centre to drive off malevolent spirits.

Today, a gift of salt endures in India as a potent symbol of good luck and a reference to Mahatma Gandhi's liberation of India, which included a symbolic walk to the sea to gather tax-free salt for the nation's poor.

SALT IN HUMAN HEALTH

Salt is an essential element. Life itself would be impossible without it, since the human body requires salt in order to function properly. The concentration of sodium ions in the blood is directly related to the regulation of safe body fluid levels. Thousands of Napoleon's troops died during the French retreat from

Moscow due to inadequate wound healing and lowered resistance to disease - the results of salt deficiency.

*SALT OK FOR HEALTH!

**(Dr Norman Swan, Health Minutes, 12 December 2006)*

Salt gets a shake in a large study, reinforcing previous research which questions the value of a low salt diet - and suggests it might even be harmful.

I know. One day they're telling you one thing and the next the opposite. The trouble is that with salt, doctors and dieticians have assumed because a low salt intake may help blood pressure, that it saves lives.

A 13 year follow up of 7000 people has found that in most groups, the lower the salt intake, the higher the risk of dying from a heart attack or stroke - independent of other lifestyle factors. The study wasn't a trial; it observed people's health rather than tested a proposition, so had potential problems. But the authors say that applies to almost all the studies which supposedly justify reducing salt and that none, they claim, show that a low salt diet saves lives.

The reason for the possible risk is that a low salt diet may increase artery damaging hormones.

So while it's not *carte blanche* for salt, it's probably okay to enjoy the taste of food again.

SALT IN DANCE

A tenuous connection, but here goes:

The Salsa is a contemporary popular dance. "Salsa" refers to a fusion of informal dance styles having roots in the Caribbean (especially Cuba), Latin America and North America. There is a strong African influence in the music and the dance.

The name "Salsa" is the Spanish word for sauce, connoting (in American Spanish) a spicy flavor, but, I contend, with a likely basis in the word "salt".

The "Salty Dog Rag" has been a traditional song at Dartmouth College, (a university located in Hanover, New Hampshire, USA) since 1972. Students have since created a dance to the song that is taught to incoming freshman during orientation activities.

Article compiled by Maureen Petherick

REFERENCES:

- http://www.cargillsalt.com/dc_salt_about_hist_salt.htm
- http://en.wikipedia.org/wiki/History_of_salt
- <http://www.columbia.edu/cu/cup/catalog/data/023112/0231121989.HTM>

CHANGES TO "WHAT'S ON WHERE"

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

**** 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 ****

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

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

By André van de Plas:

'International Folk Dances for Adults'.

Book & cassette.

1989 – 2002 tours. \$12 set.

2003 - 2007 tours \$25 set.

Book & CD

2000 - 2007 tour \$30 set

Videos \$25 each

DVD(from 2005) \$35.each

'International Folk Dances for Children'.

Book & cassette.

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

Book & CD

2000, 2003, 2006 tour \$35 set

Videos of Children's Dances:

2000 tour \$35 each

'Easy Dances'

Cassette and booklet \$12 set

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.

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'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.

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

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All resources are available through Kaye Laurendet, 127 Woronora Cres, COMO WEST 2226
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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)

WHAT'S ON WHERE

A.C.T. (Canberra)

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

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

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

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

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

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

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

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

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

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

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

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

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

We should consider every day lost on which we have not danced at least once. Nietzsche

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 2.30 – 4pm, Israeli Folk Dancing. The Village Fitness Centre, 185 Leura Mall, Leura. 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) 4739 1005.

*When I loved myself enough:
I forgave myself for all the times I thought I wasn't good enough;
I quit exhausting myself by trying so hard.
Kim McMillen*

(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/gmdg.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 7 - 8.30pm, Darwin Folk Dance, Malak Multicultural Centre, Malak Shopping Centre. 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, \$3 + contribution to shared supper, St Peter's Hall, cnr Lord & Grosvenor Sts, Sandy Bay, contact Graeme (03) 6239 1553, Krista & Peter (03) 6227 8471 or email Peter: PeterSands@netspace.net.au

VICTORIA (Melbourne)

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

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

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

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

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

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

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

WESTERN AUSTRALIA (Perth)

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

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

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

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

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

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

DATES FOR YOUR DIARY

- 5 Oct 2007** 4 days, **2007 Bahar Bayram**, at Camp Bornhoffen, Numinbah Valley, SE QLD. Check website: www.bamedamcamp.com
- 8 Oct 2007** one night concert, **Lucnica Slovak Dance Ensemble**, The Arts Centre, Hamer Hall, Melbourne. Contact 1300 136 166, or check website: www.ticketmaster.com.au
- 12 Oct 2007** one night concert, **Lucnica Slovak Dance Ensemble**, the State Theatre, Sydney. Contact Ticketmaster 136 100 or www.ticketmaster.com.au
- 16 Oct 2007** 11 days, **Armenian Dance Tour**, with Tineke van Geel. Visit her website: www.tinekevangeel.nl
- 19 Oct 2007** A **Taverna Night** @ the Lemnos Club, 44 Albert St, Belmore, in Sydney. Contact Vasilios Aligiannis for more information on greekdancer@aapt.net.au.
- 25 Oct 2007** 4 days, **26th Yungaburra Folk Festival**, Atherton Tablelands, Qld. Contact 0448 017 877 or check website: www.yungaburrafolkfestival.org
- 26 Oct 2007** 3 days, **Dorrigo Folk and Bluegrass Festival**. Check website: www.dorrigofestival.com
- 27 Oct 2007** 2 days, **Colin Towns Dance Workshop**, Brisbane. Saturday venue = Coorparoo School of Arts, Cavendish Road, Sunday = Lithuanian Hall, 49 Gladstone Road, Highgate Hill. Contact: Peter & Linda on 3856 4900, or Alison on 3371 2389. Email to csgreenhill@optusnet.com.au
- 2 Nov 2007** 4 days, **34th Maldon Folk Festival**, VIC. Contact 03 5475 1167 or 0409 955 438, or check website: www.maldonfolkfestival.com
- 16 Nov 2007** **Music at the Creek Festival**. www.musicatthecreek.com.
- 25 Nov 2007** Sunday, **FDA Israeli Folk Dance Workshop**, presented by Avi Zohar, 10am – 3pm, 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
- 27 Dec 2007** 6 days, **Woodford Festival**, Qld. Check website: www.woodfordfolkfestival.com
- 17 Jan 2008** 4 days, **23rd Illawarra Folk Festival**. Check website: www.illawarrafolkfestival.org.au
- 22 Feb 2008** 3 days, **Cobargo Folk Festival**, Contact 02 6493 6758 or check website: www.cobargofolkfestival.com
- 20 Mar 2008** 5 days, **National Folk Festival**, Canberra, ACT. Check website: www.folkfestival.asn.au



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

Name: _____

Address: _____

Phone: (____) _____

Signed: _____ Date: _____

Email: _____

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



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



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

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