

SUTHERLAND SHIRE FOLK DANCE GROUP



My Folkdance Group is now 49 years old! And I have now been involved for over 20 years.

I was in awe of the ladies I met in the class – certainly not young ladies but very spry! Fortunately, I have a sense of rhythm so I could ‘follow’ the steps. I would generally like to sing along – however with so many languages involved, none of which I knew, I found it easier to use the dance instructions as the ‘words’!

Such an active group – so many demonstrations! So many costumes! Such a variety of dances!

Luckily, we still have earlier members with us. Melvie has been dancing with us for about 35 years and has many memories of the many wonderful performances given over so much of Sydney. One special memory for her is of performing Japanese dances at Darling Harbour with several Japanese people in the audience.

At the end of the performance the Japanese all bowed to the performers! Such a special experience for her.



The covid outbreak certainly had an impact on our

group – as it did on most activities – but ‘Dancing in the Park’ became a regular activity for us. Beautiful weather was helpful and we certainly discovered that dancing on grass had issues of its own! But it was all worth it as our ‘Dancing in the Park’ brought new members and friendships.

Our most senior member (92 years young) who attends 2 classes per week, remarked to me her dancing kept her feeling energised. She has a cd of class music, enabling and encouraging her to dance at home too. *(This amazing lady for many years has attended Belly Dancing Classes – she has all the costumes, plus regularly walks her beautiful poodle! – Editor)*

It is also lovely to see members who have moved to more distant suburbs make the effort to brace peak hour traffic to continue to come to classes.

One of our newer members writes.....” I became aware of the folk dancing group at a Senior’s expo at GyMEA Tradies a few years back and thought I would really like that – and promptly forgot about it. Then recently, my friend Gen, sent me a video link of a couple of dances she was learning, and I thought how beautiful it was to watch. I was immediately smitten and came along a few weeks ago.

I have been made so welcome by the lovely people at the hall and I am having fun and getting gentle exercise as well. The music! The Dance! The Comaraderie! What more could you want?” - Rita

Over the years we have enjoyed more than 20 dance camps held at Fitzroy Falls and The Royal National Park, attended many other dance weekends and workshops, taken part in the FDA zoom workshops and enjoyed numerous picnic dance days when the weather has been kind.

Our classes have taught us many beautiful dances and this term, one of the classes has been focusing on all the ‘Halleluya’ dances – so far we have learnt 6. (Maybe that could be another article!)

Robyn Bruce - SSFDG