

# Florida Folk Dancer

A Newsletter of the Florida Folk Dance Council, Inc.

JULY-AUGUST 2017

## Special Points of Interest:

- *President's notes on 2018 camp*
- *New group in Naples*

## PRESIDENT'S MESSAGE BY TERRY ABRAHAMS

### **VERY IMPORTANT—READ THIS!**

Hi everybody. It has been pointed out to me that I "hid" the very important information about camp next year, in page xx of a former newsletter. I DID send it out very early so that you could make appropriate arrangements, but didn't realize that you possibly didn't read it. I included teachers and their resumes, and it took a big enough space that I thought you saw it (not realizing everyone doesn't read every thing!) Then, because I was told not everyone knew this, I sent you a very specific message that contained only the change of dates.

Now, if you got that, at least you have an idea of next year's camp, but I will reiterate here under my Very Important message heading.

**WHAT:** FFDC Winter Folk Dance Weekend

**WHEN:** January 19-22 - Full schedule will be in next issue. But Monday is back!

**NEW:** Surprise! We are going to work in a "couples/set dance session" that will not take away from the teaching sessions, nor regular parties. Times are not set yet, but will be announced in another newsletter as Andy and I work on the schedule.

**WHERE:** Clarion Airport Hotel,  
3835 McCoy  
Road, Orlando, FL

**WHO:** *Tineke Van Geel* – Armenian (from Holland). One of her dances is Yar Ko Parag  
*Maurits van Geel* – Caucasus and Gypsy (her husband).  
Syrtos Sitrinu is his choreography

I put their backgrounds in the April 2017 issue, but will repeat in future newsletter just for you!

**HOW MUCH:** Registration forms and costs will be in next issue. Prices will not go up from last year, and possibly will go down! You can read details of the rooms and meals in Gary's article. Gary worked very hard to get these good meals and good prices – whataguy!

Note: If you don't come to camp, you should still want an FFDC membership, especially if you want to receive the newsletter by email. But someone else pointed out (thank you) that the Treasurer's address if you want to send a check, is not in the newsletter. Guess it would be difficult to send via



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## PRESIDENT'S MESSAGE BY (CONTINUED)

*(Continued from page 1)*

email!!! So check the end of the news-letter for John's home address.

And here it is too, if you'd like. (BTW if you come to camp, membership is included.)

John Daly

P. O. Box 500856

Malabar, FL 32950-0856

Great seeing a lot of you at the Flagler Fling. Next is Fall Fling – aren't we busy? And isn't it fun?

## EDITOR'S NOTE BY TERRY ABRAHAMS

This is our travel issue. Across the sea or across the states – all are interesting! Folk dancers do know how to have fun! Enjoy thru osmosis!

I would love to share some of these videos and photos with you. However, many are Facebook links. And sometimes due to Facebook security, not everyone else can see all the links. So I am not including those here.

But I will share what I can for your viewing pleasure.

Those of you who send links—if you can use sites like Youtube, it will be more accessible to all.

If you like this idea, let me know.



- I. <http://byadina.com/met-tory-burch-princess-maria-romanian-suman-common>—Romanian coat
- II. <https://youtube/bU2on24sl1s>—Russian women

## FLAGLER FLING IS FUN BY TERRY ABRAHAMS

About 25 of us landed at Flagler Beach on July 24, and thanks to Betty Nehe-mias once again procuring the lovely condo party room and Jan Lathi playing everything wonderful in the folk dance world, we all had a great time. We started dancing at 11, broke to eat around 12ish, ending dancing around 6, making sure we ate more and helped clean up; then many of us proceeded to Jan's house for a few hours of swimming, more eating, and a night

of game playing. Mostly we played 10 days in Europe and Oh Heck, and loved it all! Then people traipsed to respective other homes, and all to bed. The next morning, interestingly enough, we did not opt for our traditional walk on the beach (too much food, dancing and games I guess), but met at a new Mexican restaurant for lunch. Again, a wonderful time, wonderful friends, wonderful food. Ain't folk dancing the best thing ever!???

## OVERVIEW OF HOTELS CONSIDERED AND FINAL PICK BY GARY BERKE



Hi everyone. I thought you'd like to have a view of the process I went through to choose a hotel. I started from the size room we needed for dancing, went to a conference website and chose from there. I had many pleasant conversations with hotel sales managers, often an hour long, but surprisingly few came through with any concrete offer. The problems were mostly with their catering managers, who simply didn't get back to me. I called a couple of them, but after the experience this year, I figured, if I have to chase them now, what kind of service will they give us when we're trapped by a contract. Why most hotel sales managers don't have menus available is anyone's guess. Oh, a hint: hotels that do their own food are much more expensive than those that contract out, though it means signing two different contracts.

I started the hotel hunt the day we got back from camp and contacted a number of hotels. I kept very detailed notes on each hotel re rooms, space to dance, food, etc. Some were too expensive to even consider, some never answered! I was unsatisfied with the available selection because many people had expressed a preference for the airport area, and I had nothing, so I called the Clarion Airport. I had avoided it because it listed no meeting room sizes on the website, but luckily, I changed my mind. There was a reason for the omission: renovation. Here's a quick summary of my results. Actual menu – next issue!

This was a great (and long) experience! When all is said and done, I hope I've satisfied everyone!

\*\*\*\*\*CLARION AIRPORT, newly refurbished, visited 3/2/2017\*\*\*\*\*

\$79/ NIGHT in 1/19-22, includes "deluxe continental breakfast" which includes eggs, sausage, bacon, pancakes, waffles, yoghurt, fruit, etc." (yum)

Free parking, wifi, shuttles to and from airport (always helpful)

Space: 5147 sq ft, 48x107, About 48' x77' for dancing and dining. Very well laid out, bathrooms very close (well, that's important)

\$200 setup, \$200 takedown. (won't break the budget) Some hotels wanted Ballroom fees.

Food menu very reasonable; we can get by for \$30-\$35 per day plus 20% service, which I'll discuss since we're doing buffets, except for Sunday's vegetarian meal which will be plated and prearranged. (Baked stuffed squash) If you want a vegetarian Sunday meal, you must let us know. (it will be on registration form)

One room free for each 20 rooms booked, (helps put teachers up – helps our budget!)

This offers a very flexible package, so we can eat there as a group, or walk to restaurants or both. The restaurant option will make it possible for people to spend less money, so we might get more people.

FRIDAY NIGHT MEAL: I'm sure we can arrange something with the caterer, but Carla, Nicki and I tried the Cuban restaurant at the hotel. It was very good and very reasonable. I had a dinner for \$12; Carla and Nicki had sandwiches for \$7 and \$8 respectively, and Nicki took half hers home! The sales manager assured me they can easily accommodate groups, but we can eat at our own pace and time. Breakfast is also served there.

## GAINESVILLE UPDATE BY JOYCE DEWSBURY

For several years the Gainesville Folk Dancers have been participating in

ART WALK in downtown Gainesville. The group does a flash dance and appears in front of a gallery or other business (such as the stage area behind the Hippodrome Theatre) and they do some impromptu dances. Usually a group gathers to watch and some-

times some of the folks join in the dancing. It is a lot of fun.

Last month on May 26, we danced inside at the Civic Media Center. Julieta made the arrangements, and we came

and danced for about 45 minutes. (a photo of all us happy folk dancers is included below).

Julieta Brambila and Kelly Fagan recently went to Albania. They had a wonderful time, and they and the group of fifty they were with traveled to many places and saw some lovely and interesting sites and learned a lot of the history of the country. Hopefully Julieta will write up something for the FFDC newsletter about the trip.

On Friday, June 9, we danced at the Mennonite Center where we dance occasionally. It is a small space and the room is narrow but it is a very pleasant venue with comfy chairs AND a wood floor.

Plans are being made to participate in ART WALK next Friday night. More will be reported on this later.



## TAMPA TRIVIA BY TERRY ABRAHAMS

We actually have a new guy showing up now and then from Clearwater!!! Milt formerly danced in Philly, (I think), and is very welcome to our group.

Andi Kapplin is still in Vancouver. Vicki Kulifay and Bernie, her husband, stopped by for lunch at the end of their Alaskan cruise!.

Andy Pollock just had surgery on his eye – a detached retina, and can't dance for awhile.

Judith Baizan is almost back from dancing in Rhode Island (see article by her or John Daly), so we will have to decide whether to take a summer break or continue dancing without

Andy, which is difficult, as he knows everything and we don't.

Judith has been taking ballroom dancing for nine years, and her studio had an end-of-year performance by seven women. Judith was by far the best, doing lifts that were as good as on television. She was the hit of the day! We are trying to dig up a video link to her performance—maybe next newsletter.

Andy and Terry got to the Flagler Fling and enjoyed every minute of dancing, food, and games at Jan's afterwards.

I finally had something to say!!





## ORLANDO OFFERINGS BY PAT HENDERSON

We had a very dry May until mid-month when it finally rained a bit. We were able to dance all five Wednesdays in May with no problem. Then, in June, the rainy season started and ended our drought. It was wet but did not prevent us from dancing at least through June 21. As of this writing, we have one more Wednesday before our summer hiatus of July and August. Our group plans to visit the Melbourne group on Friday, July 21. All other folk dancers are invited to join us for a wonderful evening of dancing.

On May 17, we had a party to celebrate the 94th birthday of Betty Nehe-mias. She is amazing as she dances almost every dance. She is such an inspiration to us all. She is also a great, great grandmother--5 generations!

On June 14, it was Palmira Mora-Valls' birthday and we celebrated that and the pre-end of our dance season. Although we had two more Wednesdays left, we never know when we might get rained out. The club bought Greek food and served it in the dance studio an hour before our regular starting time. Some dancers wore their Greek clothing and we did more Greek dances than we usually do. We had over twenty dancers participate.

Traveling since the last issue was Kelly Fagan who joined Yves Moreau's Scandinavian and Baltic folk dance cruise. Her mother, father and nephew also went and they had a fantastic journey. She was not done after that as she flew from St. Petersburg, Russia to Albania and enjoyed Yves Moreau's land tour along with Julieta Brambila from Gainesville. See article elsewhere in the newsletter.

I also traveled quite a bit in May and June. I had my 50th high school reunion in Panama City, Florida

on May 6 and some people I recognized right away while others I did not. I had not been to one in 10 years. Also in May, Bobby and I attended the high school graduation of the son of our niece in Lafayette, Louisiana. Our daughter from Colorado joined us.

Then June 8-11, we attended Horati at Queens College in Flushing, NY. Eva

Gaber and Debbie

Meitin who leads our Israeli group, also went. See article elsewhere in the newsletter.

On June 24, there were fifteen members of our

group at the Flagler Fling. It was a lot of fun dancing all day at the beautiful waterfront location. See article elsewhere in the newsletter.

I hope everyone has a wonderful summer and safe travels where ever you may go.





## IN THE VILLAGES...

## Only in The Villages

LIFE IN FLORIDA'S FRIENDLIEST HOMETOWN

## 88-Year-Old Resident Embraces His Culture Through Folk Dancing

By MACKENZIE RAETZ  
Daily Sun Staff Writer

Milan Kutanovski moved to The Villages about 10 years ago for some of the usual active lifestyle perks — golf, swimming and yoga.

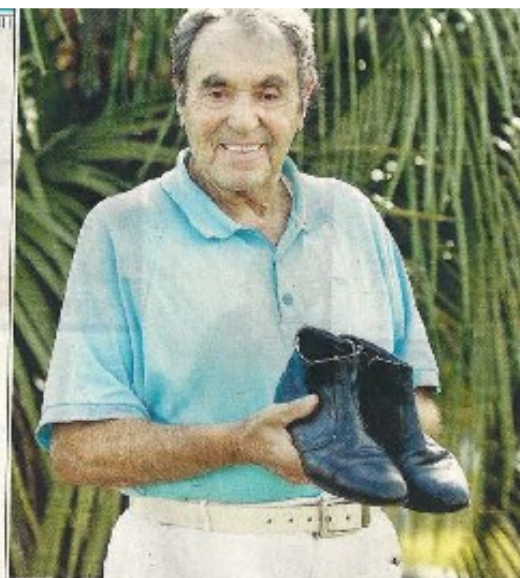
Until one day, fellow Villages Aquatic Swim Team member Sarah Zimmerman swam up to him and asked an unexpected question.

"Are you from Macedonia?" she asked.

When he proudly answered "yes," Zimmerman, a dance instructor, jumped at the chance to invite him to perform international folk dancing in a talent show for the swim team.

"The dance was accepted with joy," said

Please See DANCE, A22



Michael Johnson | Daily Sun

Milan Kutanovski, of the Village of Hemingway, shows off the dance shoes he uses when performing dances from his homeland of Macedonia.

## DANCE

Continued from A1

Kutanovski, of the Village of Hemingway. "After that, I really encouraged Sarah to form a folk dance group."

That talent show four years ago led to the formation of the International Folkdance class, taught by Zimmerman, of the Village of St. Charles.

Kutanovski said Zimmerman taught dances he recognized from his country, but never had the chance to learn before joining the class at 84 years old.

It is a weekly activity Kutanovski didn't expect to be available to him in The Villages.

"That was the best surprise, was being approached in the pool by someone who was asking me about Macedonia," he said. "My doctor is the only other Macedonian here I know of."

Kutanovski was born and raised in Macedonia, but he moved to the United States in 1970 for his medical residency in orthopedic surgery and traumatology.

Although Zimmerman and the other 30 dancers in the class are not Macedonian themselves, the group practices and performs folk dances from mostly Eastern European countries, such as Romania, Hungary and, of course, Macedonia.

"Macedonian dancing is centered around situations



Michael Johnson | Daily Sun

Milan Kutanovski, center, of The Village of Hemingway, dances with members of the International Folkdance class at the Captiva Recreation Center on May 10.

such as religious events, holidays or special occasions like weddings, so that was all my previous experience," Kutanovski said.

One of the best parts of the class is Zimmerman's commitment to preserving the original forms of the dances without any modern twists, Kutanovski said.

"She's very talented and experienced and always maintains the originality and authenticity of the dances," he said.

And for Kutanovski, the more authentic the better because he does not get to travel to Macedonia as often as he used to.

At 88 years old, the trip to Europe is more difficult. So his weekly opportunity to lace up his dancing shoes and immerse

himself in European culture is very important to him.

"The significance of folk dances and songs from these countries is that they show the characteristics of that nation, and we can come closer to understanding their culture," Kutanovski said. "Dancing is such a joyful experience, and this has brought me back to my own roots, too."

Kutanovski found joy in dancing because of his own history but also because of the multiple physical and mental benefits that come with the activity.

"It's a beautiful combination of great exercise, along with mental and spiritual experiences by experiencing another nation's

## INTERNATIONAL FOLKDANCE CLASS

**When:** 3 p.m. Wednesdays  
**Where:** Captiva Recreation Center, 656 Pinellas Place  
**Information:** 760-793-2720

culture," he said.

Kutanovski said he never thought when he moved to The Villages he would find a group of people who shared a love and understanding for a part of his background.

"It was all really unexpected, and it's one of the most enjoyable things I've discovered here," he said.

Zimmerman said Kutanovski's energy and enthusiasm, along with his cultural knowledge, have been a positive asset to the class.

"When he's out there, it's a little different," she said. "He creates a really nice atmosphere, and he knows the words to the songs and can tell us what they mean. He's a great spirit."

But, Kutanovski would like to see one change — to have more men join him in the female-dominated class.

"We get two or three in there, but you need more for a nice balance," he said.

Mackenzie Raetz is a staff writer with The Villages Daily Sun. She can be reached at 352-753-1119, ext. 9080, or mackenzie.raetz@thevillagesmedia.com.



## HORATI 2017: THE WORLD'S FAIR OF ISRAELI FOLK DANCE BY PAT HENDERSON



The Israeli Folk Dance Institute in New York City sponsored Horati 2017. Since 1978, the event has been under the direction of Ruth Goodman and was typically called Israel Folk Dance Festival. This year marked its 66th anniversary and was held June 8-11 at Queens College in Flushing, New York. About twenty-five dancers from Florida attended with dancers from the Miami area, Orlando, Jacksonville, Gainesville and Tampa. FFDC members attending were Eva Gaber, Bobby Quibodeaux and myself. Debbie Meitin, the leader of the Orlando Israeli Folk Dancers also attended as well as Jen Velt from Tampa. The festival consisted of dance parties, workshops and performances from groups in the United States and three from Israel. What drew so many people from Florida to New York for the event was the large number of choreographers who were there. From Israel were Yaron Elfasy, Shlomo Maman, Moshiko Halevy, Avner Naim, Avi Peretz, Roni Siman Tov, Israel Shiker, and Tuvia Tishler. Those who now live in the U.S., Moshe Eskayo, Shmulik Gov-Ari, Naftaly Kadosh, and Israel Yakovee, also attended. It was wonderful to see so many choreographers in one place and to jump from a workshop with two of them to another one with two. Not all dances taught were new ones and we were able to match the choreographer with dances that we have been doing for years. Dances from these choreogra-

phers were highlighted during the parties Thursday afternoon and Thursday, Friday and Saturday evenings. Sunday morning was all request dancing. At each evening party, we had short performances from three or more of the performing groups. One group called Galgal Ba'Ma'agal had nine people in wheel chairs moving with a dancing partner. (Ed: see my list of videos) The performing groups from Israel along with groups from New York and Boston danced in a show in the campus auditorium on Sunday afternoon. Ami Gilad, a famous accordionist, played for a community singing in the show. He also played at other appropriate times over the weekend. The whole weekend was very impressive and the number of people attending was in the hundreds. Locals could come to the evening parties on a walk-in basis so the dance floor reminded me so much of being in Israel. A dance floor was laid in half of their cafeteria with tables on two sides and music on another. Those that knew a dance well were in the inner circles and those not so sure were on the outer circles. There were probably 500 people involved with the weekend between the attendees, performers and walk-ins. The organization details were handled by Honey Goldfein since full registration provided a dorm apartment, all kosher meals



Moshiko's 85th birthday celebration



Choreographers!

formers and walk-ins. The organization details were handled by Honey Goldfein since full registration provided a dorm apartment, all kosher meals

(Continued on page 8)

## HORATI 2017: THE WORLD'S FAIR OF ISRAELI FOLK DANCE (CONTINUED)

*(Continued from page 7)*

from Thursday dinner through Sunday lunch and all the dancing. Over all, it was a wonderful weekend of Israeli

dancing and seeing people we knew from our dancing past who were also attending.

## BOCA RATON GOES TO BULGARIA BY DORIS WOLMAN

If you want to see what Debbie Lazarovic and I have been up to with Ira, go on Youtube, type '2017 Bulgaria Ira Weisburd' in the search box and enjoy. We were on an 11 day folk dance tour with a Dutch group and a Bulgarian dancer, choreographer and tour leader Dimitar Petrov (aka) Mitko. We danced in the village squares with the local populations. An amazing experience. We stayed in Plovdiv in one hotel, didn't have to pack and unpack, which was an added plus! When we were dancing in the various public squares with the local populations there were always a number of children dancing with us or bouncing to the rhythms behind the lines of dancers. One evening there was a little girl of between 5 and 7 dancing in the line not far from me doing Eleno Mome like a pro. Impressive. It is in one of the videos. Mitko was leading the line and she was dancing next to him.

This year's tour was just a test run for next year. Ira invited 12 of his closest folk dance friends from Florida, New York, Colorado and North Carolina to join him, together with a group of folk dancers he sees each year in Holland. Mitko and Ira tour and teach workshops together in the Netherlands, Bulgaria and Belgium each year. Mitko is a former lead dancer with the Bulgarian National Folk Ensemble "TRAKIA". He danced with the company for 26 years and now has his own performing group called, "Charodeitski" and teaches Bulgarian folk dances to young children, many who have gone on to dance in "TRAKIA". Dancing is and has been his whole life since he started dancing in his late teens!! Being a lifelong native of Plovdiv, Mitko has connections all over the city, and in villages and towns throughout Bulgaria. If anyone wants to go next year, just email Ira. I'll have Pat put in on the calendar too.

## NEW GROUP IN NAPLES BY JENNEINE LAMBERT

Naples International Dance Association (NIDA) is now up and going every Thursday, 4:30 - 6pm at the Fleishman Park dance studio in Naples, Florida. Charge is \$7.00. The Address is 1600 Fleishman Blvd 24102, off Hwy 41

(Tamiami Trail) across from the Mall and the Zoo. If you're interested in more information, contact: Jenneine Lambert at 239-207-5720. We're looking forward to more dancers!





## ADVENTURES BY KELLY FAGAN

A dream month long adventure....begins....Amsterdam welcoming party...Yves/ France.... Maaik and Bert guest teachers/dear friends from the Netherlands....Celebrity Silhouette....Oslo Norway Ethnolgraphic Museum...Alex w/ member of folkloric dance ensemble Norway....Copenhagen...The Glyptotek highlights..Christiania funky granola commune....Rostock Germany...Finland....Sibelius monument playfulness....incredible moment singing in The Church on The Rock....folkloric dancers who were stunning!.....Tina modeling Finish wears.....more to come....next newsletter.....



## TRIP TO GRAND CANYON BY SUSAN BARACH

Howie and I began our trip in Sedona, AZ on our way to the Grand Canyon. Sedona's main attraction is its array of red sandstone formations that are spectacular to view from every direction. Next stop is the Grand Canyon Railway where we traveled 65 miles on a steam locomotive that has been converted to use recycled vegetable oil for fuel, and reclaimed rain and snow melt--collected during the winter and northern Arizona's rainy season. Upon arrival at the Grand Canyon, we hopped on a bus for a 2



hour trip to the South Rim of the Canyon. The Grand Canyon of the Colorado River is considered one of the Seven Natural Wonders of the World. There are over 500 species of animals that can be found in the park--we saw bighorn sheep, elk, mule deer and many others. Grand Canyon National Park is the nation's most popular park with 5 million visitors annually. The views are beyond comparison--powerful and inspiring--overwhelming and beautiful--absolutely magnificent everywhere you look!!!! Oh, did I mention it was between 115 and 120 degrees while we were there--but you know what they say--it's a dry heat--HA HA!!!!

## MY TRAVELS BY LYNDY FAGAN

I started in Colorado and ended in New York City. Probably the thing I've done lately that reminded me most of folk dancing was seeing Josh Groban in The Great Comet on Broadway. The pre-show music was Russian folk and then the costumes were traditional -gypsy-rock n roll mixture. Such a fun show with audience participation!

## NORDIC FIDDLES AND FEET BY JOHN DALY

I ventured to Nordic Fiddles and Feet at Camp Ogontz near Littleton NH for a glorious week of Scandinavian dance. This was my first time since NFF moved from Buffalo Gap WV.

As usual the dance program was more or less in three parts. The first session each day covered the basics of Scandinavian turning couple dances and some easy dances. Two other sessions covered respectively more difficult Norwegian and Swedish dances. And of course there was a dance party every evening. All classes and parties were to live music.

Dance is only half the camp. There are music classes running in parallel with dancing. These focus on singing, fiddle, Hardingfele,

and Nyckelharpa. Many other instruments show up at informal jam sessions or gathered around one of the high quality pianos at the venue. And Bruce Sagan gathers these varied instruments together into a Gammaldans Band that plays a set at each of the dance parties.

Judith Baizan and I were the only Florida dancers so far as I know. I will be sharing these dances with my group in the coming months and Judith would be more than happy to share on the west coast. Yes, it takes practice to get comfortable with the turning and the balance. You don't learn these with a quick teach. The reward is a fantastic sense of riding the wave of the music with a willing partner.



## 5 REASONS WHY TRAVEL IS GOOD FOR YOU – THE POSITIVE PSYCHOLOGY OF TRAVEL BY ALICE BOYES, PhD

*Editors Note: Jim Gold sent this from Psychology today – a blog by Alice Boyes. Since quite a few of us travel, I thought you would enjoy this.)*

<http://www.aliceboyes.com/why-travel-is-good-for-you-positive-psychology-travel/>

### 1. Geographic Distance Leads to Improved Problem Solving (More Creative and Expansive Problem Solving)

Psychology PhDs use a test of creative problem solving called a creative generation task. It involves being given a problem and being asked to come up with as many possible solutions to that problem as you can. You need to stretch your brain as far and wide as it will go. Experimental studies have shown that when people are told the creative generation problem solving task was developed in an overseas country, they come up with a higher number of possible solutions to the problem. Their thinking gets more EXPANSIVE. They think more abstractly and fluidly and are less tied to assumptions.

Here's Jonah Lehrer's explanation of the study: "Look, for instance, at a recent experiment led by the psychology PhD Lile Jia at Indiana University. He randomly divided a few dozen undergrads into two groups, both of which were asked to list as many different modes of transportation as possible. (This is known as a creative generation task.) One group of students was told that the task was developed by Indiana University students studying abroad in Greece (the distant condition), while the other group was told that the task was developed by Indiana students studying in Indiana (the near condition). At first glance, it's hard to believe that such a slight and seemingly irrelevant difference would alter the performance of the subjects. Why would it matter where the task was conceived?

Nevertheless, Jia found a striking difference between the two groups: when students were told that the task was imported from Greece, they came up with significantly more transportation possibilities. They didn't just list buses, trains and planes; they cited horses, triremes, spaceships, bicycles and even Segway scooters. Because the source of the problem was far away, the subjects felt less constrained by their local transport options; they didn't just think about getting around in Indiana – they thought about getting around all over the world and even in deep space"

When we get geographic distance from our own problems + feel more relaxed due to being on vacation, we're more likely to see new ways of dealing with problems at home.

### 2. Openness to Experience Builds Skills and Capacities

My friend posted a picture of herself on a bicycle in Berlin to FB this morning. My friend doesn't ride bicycles – except she does while in Berlin. I'm the same. I will ride a bike on vacation but not at home. This came in handy one day when my car was out of action and I needed to borrow a bike to get somewhere. It was much less intimidating because I had recently ridden a bike on vacation.

### 3. The Expanded Self

- When we try new things on vacation we develop more fluid and expansive self-concepts. Trying new things leads to thoughts like "If I can do this, what else can I do?" "If I can surprise myself about myself in this way, in what other ways could I surprise myself?"
- We develop new skills and capacities from navigation skills to, most importantly, feeling the fear and doing it anyway.
- We get more accustomed to doing new and unfamiliar things. When these opportunities come up at home, we're less likely to automatically go into avoidant coping mode and say No.

### 4. Relaxation

Enough said.

### 5. Curiosity and Meaning in Life

Exploring your own interests gives you



## 5 REASONS WHY TRAVEL IS GOOD FOR YOU – THE POSITIVE PSYCHOLOGY OF TRAVEL (CONTINUED)

- (a) a strong sense of self – you know what you like and you are expressing your authentic self by doing the things you like,
- (b) a sense that you're heading in the right direction in your life. You're pursuing your values and goals (meaning), as well as
- (c) self confidence.

### Take Home Message

Don't sweat it if you get to your third museum of the day and it's closed. You can get the above benefits of travel without packing in activities.

*Alice Boyes, PhD, is a former clinical psychologist turned writer. She is author of *The Anxiety Toolkit* (2015), published by TarcherPerigee, an imprint of PenguinRandomHouse. She blogs for *PsychologyToday.com* and *Business Insider*, and contributes to various magazines.*

## MORE THOUGHTS ON TRAVEL

*Editors Note: Lee Otterholt sent this unattributed article regarding travel—it must be good for us!*

When was the last time you traveled abroad? Traveling for business is one thing, but I'm talking about packing your bags, logging out of your email account and disconnecting from your normal routine for a week or more. Traveling the world isn't just fun and exciting; there's ample research to suggest it's highly beneficial for your physical, mental and emotional health as well.

### Check Out These Five Proven Benefits

Americans may say they like to travel, but most don't venture abroad very often. According to a study published in the *Hostelworld Global Traveler Report*, Americans are half as likely as Europeans to go abroad and visit more than one country. The average resident of the UK has visited 10 countries, Germans have seen eight, and the French traveled to five nations on average. But Americans? They tend to visit just three. In fact, 29 percent of American adults have never been abroad! When citizens of the U.S. do move past the border, most visit Canada or Mexico. Affordability is evidently a big factor — about 71 percent of Americans say it's too expensive to leave the country — but that's hardly the whole story. Given what all the travel and deal sites have to offer today, you can travel abroad without ransacking your piggy bank. Perhaps many Americans don't grasp the benefits of traveling abroad — and there are many!

Traveling the world isn't just fun and exciting; there's ample research to suggest it's highly beneficial for your physical, mental and emotional health as well. Let's dive in and take a look at some of the health benefits that researchers have explored and verified scientifically.

### 1. Travel Makes You Healthier

According to a joint study from the Global Commission on Aging and Transamerica Center for Retirement Studies, in partnership with the U.S. Travel Association, traveling actually keeps you healthier. The study found that women who vacation at least twice a year show a significantly lower risk of suffering a heart attack than those who only travel every six years or so. The same is true for men. Men who do not take an annual vacation show a 20 percent higher risk of death and 30 percent greater risk of heart disease.

### 2. Travel Relieves Stress

Although missing a connecting flight or losing baggage in a foreign airport is sure to boost your anxiety, traveling has been scientifically proven to lower stress levels, and rather dramatically. According to one study, three days after taking a vacation, travelers report feeling less anxious, more rested and in a better mood. Interestingly, these benefits tend to linger for weeks after the trip has ended.

## MORE THOUGHTS ON TRAVEL (CONTINUED)

### 3. Travel Enhances Your Creativity

"Foreign experiences increase both cognitive flexibility and depth and integrativeness of thought, the ability to make deep connections between disparate forms," explains Adam Galinsky, a professor at Columbia Business School who has authored a number of studies that investigate the concrete links between creativity and international travel. Travel alone isn't enough, however. Galinsky has found that international travelers have to be purposeful about engaging.

"The key, critical process is multicultural engagement, immersion and adaptation," he continues. "Someone who lives abroad and doesn't engage with the local culture will likely get less of a creative boost than someone who travels abroad and really engages in the local environment."

### 4. Travel Boosts Happiness and Satisfaction

Most people tend to be happier when they're traveling and don't have to worry about work, of course. However, one of the more interesting takeaways from a Cornell University study is that people also experience a direct increase in happiness from just planning a trip. Three days after taking a vacation, travelers report feeling less anxious, more rested and in a better mood. The study found that the anticipation of taking a vacation is far greater than the anticipation of acquiring a physical possession. Thus, the benefits of traveling abroad begin well before the trip does.

### 5. Travel Lowers the Risk of Depression

While people tend to avoid the subject in our society, depression is unfortunately a major problem. Millions of Americans struggle with depression on a regular basis and it's not uncommon for doctors to overprescribe medication for depression. Luckily, healthier alternatives are available for escaping the hopelessness of a depressed state. According to research, travel may be one of them.

A study from the Marshfield Clinic in Wisconsin found that women who vacation at least twice a year are less likely to suffer from depression and chronic stress than women who vacation less than once every two years.

So there are clear, scientifically-backed health benefits of traveling the world. Mentally, physically and emotionally, you can gain a lot from packing your bags and visiting places you've never been.

For many, the notion of international travel isn't as mysterious and thrilling as it used to be. In a world accessible via YouTube, Google Earth, and virtual reality, many think they've already seen all the world has to offer, when they've really only stared at a screen a few inches in front of their face. If you want to enjoy the scientifically proven health benefits of travel abroad, you should start planning a trip..

Where will you go?



How many choreographers  
does it take to turn on a light  
bulb?

Only one, and he's changed  
a lot. Look how many times  
he's changed it already....

## EVENTS

*Look for more event information, tour, and cruise notices on the calendar of the FFDC website [www.folkdance.org](http://www.folkdance.org)*

017-07-12	<a href="#">Door County Folk Festival</a>	Sister Bay, Ephraim & Baileys Harbor, Wisconsin	<a href="http://www.dcff.net/">http://www.dcff.net/</a>	
2017-07-16	<a href="#">Stockton Folk Dance Camp - Week 1</a>	Stockton, California	<a href="http://www.folkdancecamp.org/">http://www.folkdancecamp.org/</a>	Stockton Folk Dance Camp
2017-07-16	<a href="#">KDI Dance Camp</a>	Murray, Kentucky	<a href="http://www.knibtiger.com/">http://www.knibtiger.com/</a>	
2017-07-20	<a href="#">Hardanger Fiddle Music and Dance Festival</a>	Dodgeville, Wisconsin	<a href="http://folklorevillage.com/t1/">http://folklorevillage.com/t1/</a>	Folklore Village
2017-07-20	<a href="#">Folkmoor USA</a>	several towns, Western North Carolina	<a href="http://www.folkmoorusa.org/">http://www.folkmoorusa.org/</a>	Folkmoor USA
2017-07-23	<a href="#">Stockton Folk Dance Camp - Week 2</a>	Stockton, California	<a href="http://www.folkdancecamp.org/">http://www.folkdancecamp.org/</a>	Stockton Folk Dance Camp
2017-07-28	<a href="#">Lark Camp</a>	Woodlands, California	<a href="http://www.larkcamp.com/">http://www.larkcamp.com/</a>	
2017-07-30	<a href="#">Ti Ti Tabor Hungarian Folk Camp</a>	Gig Harbor, WA	<a href="http://www.tititabor.org/">http://www.tititabor.org/</a>	
2017-08-03	<a href="#">New Mexico August Global Dance Camp</a>	Montezuma, New Mexico	<a href="http://www.swifdi.org/">http://www.swifdi.org/</a>	Southwest International Folk Dance Institute
2017-08-05	<a href="#">Balkan Music and Dance Workshop</a>	Rock Hill, New York	<a href="http://www.eefc.org/">http://www.eefc.org/</a>	
2017-08-13	<a href="#">Mainewoods Dance Camp Week 1</a>	Fryeburg, Maine	<a href="http://www.mainewoodsdancecamp.org/">http://www.mainewoodsdancecamp.org/</a>	
2017-08-18	<a href="#">Hora Eclipse</a>	Potosi, MO	<a href="http://www.hora-eclipse.com/">http://www.hora-eclipse.com/</a>	
2017-08-20	<a href="#">Mainewoods Dance Camp Week 2</a>	Fryeburg, Maine	<a href="http://www.mainewoodsdancecamp.org/">http://www.mainewoodsdancecamp.org/</a>	
2017-09-01	<a href="#">Karmiel USA - Israeli Folk Dance Weekend</a>	Highlands, North Carolina	<a href="http://karmielusa.wix.com/dance-camp">http://karmielusa.wix.com/dance-camp</a>	Ruthy Slann with the assistance of Dany Benshalom
2017-09-01	<a href="#">Balkanalia</a>	Corbett, Oregon	<a href="http://balkanalia.org/">http://balkanalia.org/</a>	Balkan Festival Northwest
2017-09-01	<a href="#">World Village Music &amp; Dance Camp</a>	High View, WV	<a href="http://www.dancingplanetproductions.com/dancecamp.htm">http://www.dancingplanetproductions.com/dancecamp.htm</a>	World Music & Dance Institute

Note that most events are weekend events. The date shown is generally the beginning date of the weekend.



## EVENTS (CONTINUED)

2017-09-01	<a href="#">Labor Day Weekend at Pinewoods</a>	Plymouth, MA	<a href="http://www.facone.org/labor-day-weekend/labor-day-weekend.html">http://www.facone.org/labor-day-weekend/labor-day-weekend.html</a>	
2017-09-07	<a href="#">Tamburitza Extravaganza</a>	Milwaukee, WI	<a href="http://www.tamburitza.org/">http://www.tamburitza.org/</a>	Tamburitza Association of America
2017-09-14	<a href="#">Pourparler</a>	Galesville, MD	<a href="http://www.nfo-usa.org/pourparler.htm">http://www.nfo-usa.org/pourparler.htm</a>	NFO, CDSS
2017-09-15	<a href="#">Mountain Playshop</a>	Black Mountain, North Carolina	<a href="http://www.mountainplayshop.org/">http://www.mountainplayshop.org/</a>	
2017-09-22	<a href="#">Fandango Dance Weekend</a>	Clarkston, GA	<a href="http://sites.google.com/site/englishcountrydanceatlanta">http://sites.google.com/site/englishcountrydanceatlanta</a>	English Country Dance Atlanta
2017-09-22	<a href="#">World Camp</a>	Rock Hill, NY	<a href="http://www.worldcamp.us/">http://www.worldcamp.us/</a>	

## FOLK DANCE TOURS

**Tours and Cruises with Yves Moreau**, see [www.folkdancecruise.com](http://www.folkdancecruise.com) or contact [info@bourquemoreau.com](mailto:info@bourquemoreau.com) or 450-659-9271.

**Dance on the Water Folk Tours**, see <http://folkdanceonthewater.org/> or contact David and Marija Hillis at [folkdanceonthewater@gmail.com](mailto:folkdanceonthewater@gmail.com) or 510-459-0092.

**Seminars of Greek Dance with Kyriakos Moisidis**, see <http://www.moisidis-dance.gr/en/> or contact [moisidiskyriakos@gmail.com](mailto:moisidiskyriakos@gmail.com).

**Tours with Sonia and Cristian**, see [http://www.soniacristian.net/workshop\\_schedule.ws](http://www.soniacristian.net/workshop_schedule.ws) or contact Sonia at [sonia\\_dion@hotmail.com](mailto:sonia_dion@hotmail.com).

**Jim Gold Folk Tours**, see <http://www.jimgold.com/folkTours.htm> or contact Jim Gold at [jimgold@jimgold.com](mailto:jimgold@jimgold.com) or 201-836-0362.

**Tours with Zeljko Jergen**, contact Fusae Senzaki Carroll at [fusaec@aol.com](mailto:fusaec@aol.com) or 916-798-4675

**Alachki-Tours**, organized by **Goran Alachki (a premier accordion player)**, see [www.alachki-tour.com](http://www.alachki-tour.com) or contact David Golber, [dgolber@aol.com](mailto:dgolber@aol.com), 781-396-2323.

**Dance With Israel**, Contact Naomi Taussig for more info: [naomitaussig@gmail.com](mailto:naomitaussig@gmail.com) or 604-568-4771 or contact ARZA WORLD at 1-888-811-2812

*Please note: The Florida Folk Dancer prints information on folk dance tours, camps and other events that may be of interest to our readers. This does not imply an endorsement or recommendation of any tour or camp (except our own FFDC events!)*

## FLORIDA FOLK DANCER

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FFDC Website: [www.folkdance.org](http://www.folkdance.org)



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