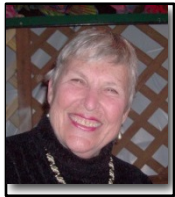




President's Message



Well, by now you finally found the last issue – right? John’s program developed a cold and we couldn’t get it to you for quite a while. Actually, the newsletter was right there – where it belonged, but you didn’t get your message telling you it was there. Hopefully you’re reading this issue at a more appropriate time.

So! Guess I should talk about camp. So I will. Registration for the camp (both on-line and the paper form) should be available shortly. A notice will be sent when you can start registering. We’ll ask for all your info and your money. You may pay any way you’d like -- we even accept cash! Our price is right in line, if not lower than many other camps, and we hope it’s within your budget, as you don’t want to miss it. Remember, if you want a T-shirt (we’ll send out the proposed design also), you must order it along with your registration (or if you decide later, let me know at least 2 weeks ahead of time), as I don’t order extra shirts. We used to just hope you would buy, and then all year long had a box of left-overs. I still have some leftovers of another camp, as Pat didn’t follow the rule, thereby causing me to have an extra box to bring to camp. (That’s ok Pat, I forgive you.) This year, I am NOT making any extras.

Do you have member(s) who would like to come to camp and would be of value to your group if they did? We do have a scholarship fund (the Olga Princi scholarship fund) and can award someone the privilege of coming to our camp. Last year we had five scholarship people!!! One does not have to be young, nor broke, to receive this prize. I need information, perhaps a letter from that person or the group leader, to allow me to make decisions. John will check to see how many we can bring this year. We had a good auction a couple of years ago, and that always helps.

And that’s my segue into the silent auction...start saving your extras, your too-smalls, your I’m-not-really going-to-wear-this-again, stuff to donate to the auction. Believe it or not, someone else wants your stuff and will pay for it! Thereby, growing our Scholarship fund. Simple? Do it! Doris Wolman will help you if you need her. She runs a GREAT auction!

See you at the Fall Fling!

Inside This Newsletter

President's Message.....	1
Editor's Note.....	1
Last Dance - Betty Nehemias.....	2
Tribute to Betty.....	2
My Thoughts of Who Betty Is.....	3
Last Dance - Lia Vasilescu.....	4
BBB - Busy As Bumble Bees.....	5
Sarasota Grapeviners.....	6
Gainesville Update.....	8
OIFDC.....	9
Tampa Trivia.....	9
Orlando Hosts Party at Nicki's Place.....	10
A Folkdance Event in Houston.....	11
Collision.....	12
Kelly in North Carolina.....	13
Do You Want More Dancing?...Try These!!!.....	14
Dance-Teacher-Choreographer Quiz.....	15
The Powerful Psychological Benefits of Dance from Psychology Today.....	17
Calendar.....	20
Folk Dance Tours.....	21

Editor's Note

If this issue looks daunting, the article at the end of this newsletter is long but interesting, and you don’t have to read it all. But the rest is specifically for us and I’m hoping it’s what you want and need. I miss Betty.

Passings

Last Dance: Betty Nehemias

Editors Note: The following is the Obituary News Journal write-up celebrating the life of Betty Nehemias (1923-2018): Published in Daytona Beach News-Journal from August 8 to August 9, 2018



The world changed forever May 15, 1923 when Betty bounced into this world. She was raised in England. Naturally graceful, she was encouraged to study ballet which is a passion that stayed with her always. Betty and Jack met at a church dance during the war and married soon after and started a brood of eight. Betty was a vocal advocate for

equal rights, children with special needs and learning disabilities. She was known for volunteering. She was an avid gardener. Betty loved all styles of music and art but her true passion was dance. She thoroughly enjoyed learning, teaching, sharing, and exploring old and new dances from all over the world. She was admired by many for her determination and straightforwardness. These words from Betty will echo in our minds forever: "It is what it is", "When in doubt, dance". Mom had gracious acceptance for everything and everyone. She was preceded in death by her husband Jack, and three sons, Bernie, Geoff and Jonathan. Survived by daughters Roni, Sylvia and Pam and sons Brian and Andrew and bestest mate Mary with all of their spouses, the grands, great grands, great great grands and a kazillion friends that she loved individually. In lieu of flowers, please donate to your local Hospice organization or plant a rose bush! She would love that! A celebration of Betty's life will take place on January 19th, 2019 1-4 pm at Ocean Marina Clubhouse.

Tribute to Betty By Pat Henderson

What can you say when your group loses its oldest member? At age 95, Betty was an inspiration to all of us young puppies. She came from Flagler Beach almost every week riding with Jan Lathi which is an hour and a half one way. They have been making that journey for the past 13 years. When I thanked her for coming so far to dance, Betty would reply, "It is the highlight of my week!" In 2011, several members from our group went on the Boston to Montreal cruise with Yves Moreau, including Betty and Jan. Having her and Jan dance with us made our group better. Just last year, Betty reminded us of the steps to Duke of Kent, one of her favorite dances. Then we have her and Jan to thank for ten years of Flagler Fling, a dance weekend that many of us from all over enjoy. Betty, we will miss you.

My Thoughts of Who Betty Is By Jan Lathi

As regal as a queen, mischievous as an imp, cordial as a proper hostess, caring and kind-hearted, always thoughtful of others, advocate of harmony, organizer of functions, energetic as a marathon runner, master keeper of her glorious garden, matriarch of an exceptional family, lover of feathered friends, sentinel of dolphins, sharer of things English (like tea, cucumber sandwiches, crop circles), a delightful dancer to the core of her heart and soul.

Betty isn't a "was". Here are some "Bettyisms" that will stay in our minds:

It is what it is.

Where does the time go?

I didn't have time to eat.

Serving wench.

When I get my graduation papers...

I had to walk the plank just to go home (after a hurricane).

Some people have a good memory – I have a good forgetory!

Near the beginning of her journey, on Saturday, July 28th, a rainbow appeared, almost as a welcoming arch under which this lady was to receive her graduation papers. And on Sunday morning, the family witnessed the dolphins swimming toward the condo. Betty danced into the next phase of "who she is" peacefully among her family.

Celebration of Betty's Life – save the date! There will be dancing. January 19, 1999, at the Ocean Marina Clubhouse in Flagler Beach, details to be announced. I (Jan Lathi) would like to create a scrap book to give to Betty's family at the event, so, if any of you would have any anecdotes, photos, musings, a note, other Bettyisms to add to the list, kind words to her family, please send them to me: jlathi@brighthouse.com; 38 Saint Andrews Court, Palm Coast, FL 32137. There are five months before the event; the sooner I have the material, the better the chance I'll have to get it done. Please do take the time and send something.

Her favorite dances include (in no particular order):

Shir Al Etz

Kvar

Espy McNab

Duke of Kent's Waltz

Hole in the Wall

Joc de Leagane

Polonaise Royale

Chilili

Kogo Me Mama

Siriul

Waltzing Matilda

Betty dancing with her arms as she prepares to "graduate."



Last Dance: Lia Vasilescu

My dears,

With an unbounded sadness I let you know that my beloved wife and life companion for 59 years, Lia Vasilescu, passed away in the morning of August, 20th. Her wit, her cheerful presence and her kindness will always accompany me and, hopefully, everyone who knew her. Join me in sharing a good thought and a prayer in her memory!

Love,

Editors Note: We met Lia at our camp in 2005, and some of us on tours to Romania. She was a dancer in her own right, and a true partner with her husband, helping with research, teaching, etc. She will be missed.



Image Credit: Martisor Clip Art from
VECTOR.ME (by nicubunu)

Club Reports In

BBB - Busy As Bumble Bees by Robin Brigaerts

Editors Note: This is a delayed summer article, it got losted – but I'm hoping it's never too late to read good news.)

Where in the world have all the dancers gone? Indiana, Kentucky, Pennsylvania, North Carolina, Illinois, California, Colorado, parts of Canada, Bulgaria, Paris... Balkan by the Beach dancers, it seems, are everywhere during the summer months.



We sent our last snowbird off to New York this week, where he joins many of his fellow Balkan

will be going to Stockton this year. Others plan to attend Mainewoods.

Of course, some of us are still here in Florida holding down the fort at Veterans Park.

A few long-time folk dancers have recently returned to the scene. And we've even had a couple of brand-new folk dancers join us.

Here we are doing Cine Are Naroc Are from February's workshop in Orlando.

Balkan by the Beach runs year-round. If you're in town, please join us Fridays from 11 to 1:15 at Veterans Park in Delray Beach. Contact me at rbrigaerts@gmail.com for more information. Not only that, we have added an evening of dancing – see flyer on Page 5.... submitted by Marje Pollack.

Wherever you are, we hope you're having a good



by the Beach dancers. Quite a few of our dancers were seen recently at Ellen Golann's class celebrating Evelyn Halper's 96th birthday.

Janet sent this photo of herself with Rob, Sarah, and Ruthy at June Camp. She writes that "We had fun dancing and reconnecting and learned some great Croatian dances that we will share when we return this fall! I'm missing the rest of my BBB friends and look forward to seeing everyone this fall."

Lots of our dance friends have been traveling. Several lucky dancers had a wonderful time touring Bulgaria with Ira Weisburd. Barbara sent us her photos of the Eiffel Tower. Doris went to her granddaughter's engagement party in New York. Alcita and Tom got to visit relatives in Brazil. Some of our dancers



Sarasota Grapeviners by Lynda Harris

It's that time of year, when even the most devout Floridian dreams of cooler temps and less humidity. Many of our dancers have flown away in search of those dreams.

Faith Kibler went to London to visit her step-daughter and her g-kids. While there, they visited the Cotswolds, Stonehenge, and Avebury Henge (One of the best known prehistoric sites in Britain, it contains the largest megalithic stone circle in the world.)



Richard Eddy spent 4th of July working in United Arab Emirates for IRENA (International Renewable Energy Agency) in 100° daily weather. But he also traveled to Rome, Italy, where he taught some folk dances before proceeding to Montecatini-Terme, where his table tennis team placed third in a friendly UN tournament.

Kevin McDonnell enjoyed a week in Seattle with his daughter and family, and in September Kevin and I are going to the little town of Meeker, Colorado to watch dogs herd sheep competitively. Seriously. You wouldn't believe how exciting it is; I've been going since 1989.

Karen Loudon and Delores Lustig enjoyed traveling and dancing with Dance on the Water's 10-day land/sea tour of Rome and the Greek Islands. The group of 23 included the legendary Mel Mann, and they folk danced every night on the ship.

But probably the most unusual trip was taken by Jan Gilden who, among other things, attended a reunion

of cousins whom she had never met! Please see her story entitled Collision (on Page 12)!

Our snowbirds, of course, are having adventures of their own.

Sandie Schagen and her husband Ian, who live in England, did a walking holiday on Menorca. Next was a long trip through Corsica (which included another walking holiday), Sardinia and Alsace –“all



places that were on our bucket list!" After a brief stop in Heidelberg, they went to Holland, where they met up with relatives and a friend who helped with their book (A Wartime Journey Revisited). In September they're heading to the Azores for a week.

Susan Barach and her husband Howie spend their summers in Marblehead, MA, where they sail "every nice day" on their 32' sailboat, Fair Susan, and "just generally enjoy New England in the summer."

June and Tom Morse joined eleven others ("from 18 months to 81 years") on a trip to Venice and Tuscany. They stayed in an AirBnB in Venice. In Tuscany, they all took day trips together in 3 cars, adding "We even had a private olive oil tasting."



(Oops! Just got around to reading the latest newsletter. My article was attributed to Susan B, which wouldn't matter all that much, except I'm sure the picture threw a few folks for a loop, as it is clearly NOT the Susan B they all know and love! Lynda)



Publisher Note:
Apologies for this Oops! It was totally a "Vicki-error" during layout

Sarasota Grapeviners (continued)

Continued from Page 6

Kathy and Ron Fico visited cousins in Reggio

Calabria, Italy and say "Oh, the fresh figs are so good. They dry them, too, for next winter." They also attended the Door County Folk Festival in Baileys Harbor, Wisconsin.

On the home-front, Teckie Kahn is looking forward to the birth of her 11th (eleventh!) great- (great!) grandchild in September. Wow.



For anyone thinking of coming this way to join us some Wednesday night, here's what our schedule looks like for September and October:

September 5 & 12: same time & place --7:15-9:15 pm, Zumba Studio on Fruitville Road

September 19 & 26: no dancing

October 3 – 24: dancing at the Bayfront Community Center (our "old" location) under the tutelage of instructor Andi Kapplin, 7 - 9:30 pm.

October 31: PAR-TY, PAR-TY, PAR-TY!! Please plan to join us for our Halloween party. Costumes optional, but fun! Folk dance attire optional, too (but please wear something!!) We'll be dancing from 7 to 10 pm. Please put the date on your calendar!

(Editors Note: I love Lynda – she not only reads the newsletter, she responds!! Would someone like to join her?)

"In answer to your question for the newsletter, here are the 10 dances that the Grapeviners have requested the most this summer (in no particular order):

W Moim Ogrodecku
Belasicko Oro
Hora et Labora
Rumelaj
Karagouna
Bavno Oro
Orijent
Ciganscoto
Ec Ec
Lesi

Gainesville Update by Joyce Dewsbury

We have had two performances during July. They have been fun and it gives us an opportunity to help out other groups and to educate folks about international folk dancing.

We again danced for the Hippodrome State Theatre summer theater group for youth on July 18. Cheri was our contact person with Marsha who works at

us in two dances - Port Said (complete with ululating) and Pata Pata.

We then went downstairs for the second group. There were about seven very young children who were adorable. All of them joined in the two participation dances. The photo was taken after we danced with the very young children. From left to right are Peter, Joyce D., Julieta, Joyce S., Diane, Karen, June, and Cheri.

The second performance was for National Dance Day which was held at the Alachua Country branch library at Tower Hill. About six other groups besides our group performed and one was a solo performer who did a modern



the Hipp was very nice and helpful. And Julieta helped to organize the dances. She introduced the dances and mentioned that we do dances from many countries. The first group we danced for and with were all youth and there must have been sixty or more. We danced Sborinka and Hora Medura.

Julieta took questions from the young people and then we asked those who had not danced before to come join



dance. We performed two dances and then had audience participation with two dances that were taught. It was a lot of fun and those who joined in the dancing really enjoyed it. The photo was taken following our performance. Julieta had a treat of ice cream for all of us even those in our group who were not able to perform.

Happy dancing to all.

Just having fun on a Friday night!

OIFDC by Pat Henderson

Our group has been on hiatus since the end of June. Several members are still out of state for the summer so things have been quiet in Orlando. However, we had a party on August 12 (see Page XYZ). Also covered in the newsletter on Page XYZ is our loss of another member, Betty Nehemias. In addition, Kelly Fagan wrote an article about her trip to North Carolina.

Bobby and I traveled to Colorado for two weeks in July to help our daughter work on our house out there where she lives. We worked harder there for her than we do for ourselves at home. We didn't even take time off working to dance! We have a two bedroom apartment that is the first floor of the house and she rents it out on Airbnb. Search for Aspen A-Frame in Black Hawk if you are interested. Most of you know that Bobby and I built our three story A-frame in Orlando and the home in Colorado is a smaller version of ours. Regarding real estate, this September will mark 20 years that the Orlando group has been dancing in the building that the group built behind our home. My does time fly when you are



having fun! (see pictures of us building it--it took a year to finish after the shell was raised).

We have a busy fall coming up with Fall Fling on October 6 in Melbourne, the Ira Weisburd workshop in Gainesville on October 7, a charity performance on October 19, Lee Otterholt coming on October 31, and the Fusion Fest on Thanksgiving Weekend.

Oh, and thank you to all my FB friends for writing on my wall. I had a great anniversary week with a trip to New Jersey April 26-May 1. We attended the National Folk Organization annual conference and the New Jersey Folk Festival with

over 250 dancers doing our favorite dances together. We ended up dancing 6 days in a row--some dancing anniversary for sure! We even had time to visit the Edison National Historical Park which was Edison's laboratory. Bobby was in his heaven with all the machines to make Edison's inventions. PS: I forgot to mention that Bobby and I have reservations to fly to Asheville September 14-17 for Mountain Playshop with Shmulik Gov-ari, our favorite Israeli choreographer.

Tampa Trivia by Terry Abrahams

TAMPA FINALLY HAS SOMETHING TO TALK ABOUT!!!!

Our Star - **Judith** - Look what's been showing on Fox News!

http://www.fox13news.com/news/what-s-right-with-tampa-bay/ballroom-dancer-93-competing-this-weekend-in-sarasota#.W4mivvBE_Ks.email

Judith is the perfect example of dancing being good for you. But beside that, she good for dancing. She and her ball room dance instructor have been everywhere, doing exhibitions, and wowing

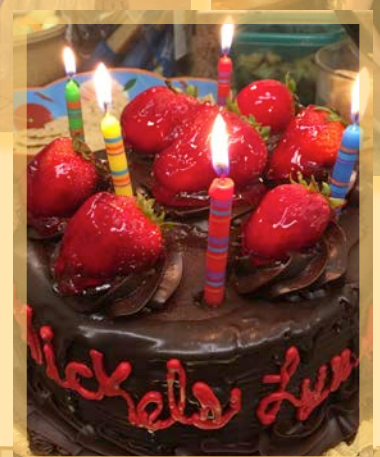
audiences with how good she is (at any age...). She looks like a TV star!

Other than Judith, who also went to Texas to see family and friends as well as a reunion with some Texas dancers (see article on Page 11), Andy and I are just hanging. I have been having Gazyva injections (a sort of chemo) for my Leukemia, and may be able to dance more and more as I improve. The fencers call me Lady Gazyva. I think it sounds like a Russian dance! I'm off to Karmiel USA (Israeli dance camp) over Labor Day Weekend in NC and we all look forward to the Fall Fling!

Orlando Hosts Party at Nicki's Place by Pat Henderson

On Sunday, August 12, the Orlando group hosted a folk dance party since the group is on a two month hiatus during July and August. It was held in the clubhouse of the Cloisters, a condominium complex where Nicki lives. We started dancing at 2 pm and stopped around 5 pm for a pot luck dinner. Dancers added to the local group from Gainesville, Tampa, Ocala, Tallahassee and Melbourne for a total of 35. It was an all request program and we managed to dance around two sets of columns. We celebrated the summer birthdays, in particular Eva Gaber and

Lynda Fagan, who had turned 55 on August 8 and 10 respectively. Kelly brought a gorgeous chocolate cake topped with strawberries for her sister and Eva, called the double nickel cake. The original plan was to make it a pool party after dinner but Mother Nature decided to give us non-stop rain way past 7 pm. So after dinner, we took the tables down and danced some more until folks started to leave. Thanks to Julieta for taking so many wonderful photos. Thank you also to Nicki for hosting us.



Travels

A Folkdance Event in Houston by Judith Baizan

How lucky can you get! In the final week of July I was in Houston visiting extended family, and on Friday the local International Folk Dancers were holding their traditional Summer Ice Cream Social. It was with this group that Ernesto and I started folk dancing! No way I was going to miss this!!

No car available? Not problem, a call to their website and transportation arranged. Elsie Dodge picked me up, and remembered meeting Ernesto and me at a party for us on an earlier visit, 15 years ago. We were still in the parking lot, when someone said "Here's Raul!" - Raul Alaniz, who always came with his wife Dora, and usually danced with their little son on his shoulders. Raul had had some experience back then working as a cook, so, in Florida, in the early seventies, when I got involved in putting on a dance weekend, we flew them in to do the meals. He was quite the dancer, too, had been a sometime ballroom instructor, and there has been an eye-stopping moment of tango with Elaine F etched in my memory. Now, Raul and I walked in to the building together, his Dora, my Ernesto, both gone, but we two are here, still dancing.

We are in the First Unitarian Universalist Church at 5200 Fannin Street in the Museum District of Houston. The hall is large, and the floor perfect. We are early arrivals, but already many others were here before us, setting up. Everyone signs in and drops \$5.00 in the jar, or not, as the sign says "First time free!" There's music and a line forms. I recognize Bud

Bearse who used to teach a Monday evening beginners class. A few others remember me from a visit several years back, and everyone is welcoming. Raul claims me for La Bastringue. Many dances I know: Cimpoi, Triti Puti, Dospatsko, Tino Mori; lots are familiar or not, but I can follow, and some I just watch.

At break time dancers began helping themselves from cartons of ice cream and potluck offerings of toppings and snacks on the buffet tables. The music paused only briefly and now we're dancing again. Our circles are filling the floor! How many are we? Over 50 I lose count. I have a partner for every mixer. That's incredible! The place is swarming! Can there actually be 25 men here? Later one of them confronts me. "Are you Judith? Judith Baizan?" He asks. I nod. "I'm Bill Mize," he says and instantly his unfamiliar features reassemble themselves and I'm astonished and tickled pink to recognize a dance partner from Scandinavian Weeks over 2 decades ago! Too late, alas, to get a Scandi request played, but I can't stop smiling.

The Friday dance is 7:30 to 10 pm so we are surprised when the music stops early. "What about the last dance" someone asks? "You just did it," is the reply. We have 10 minutes to restore the place to pristine conditions; those are the terms if we want to dance in this great hall! Almost everyone pitches in and we leave it shining. They'll be back next week. I'm coming back too. Some day.

Collision by Jan Gilden (Sarasota)

It was a total collision! A gathering of familiarity , new faces, incredible architecture, different foods and old friends... spanning five countries, four currencies, and two foreign languages – well three if one counts Swiss German.

In July I had an opportunity to attend a family reunion in Budapest. But rather than reacquainting with relatives, I was given the opportunity to meet unknown cousins and discover more about my mother's relatives, who immigrated here from the Austro-Hungarian Empire in the 1800's. I was excited to meet so many new cousins from Israel, Vienna, Switzerland, Slovakia, and the USA.

I had no idea I was related to three other families indirectly, as my mother didn't know this information about her family. As part of the reunion, we were treated to a day trip down the Danube, a special luncheon in the outskirts of Budapest, and a visit to the old synagogue in the Jewish Quarter of Budapest. At night, we shared skits and stories about our relatives.

Before I was in Budapest, I spent a few days in Switzerland, visiting my sister and her son. One of the highlights was a memorable hike in the Alps, where it was a bit cooler. I also saw my niece and her two small children who all live in Europe.

After gathering in Budapest, we were also given an opportunity to stop at a cemetery in Slovakia on the way to Vienna, and see where my great- great -great grandparents were buried. This cemetery was maintained by a group of local volunteers, and we thanked them for doing this.

After a short, but fabulous stay in Vienna, I stopped in the UK on my way back to see two old friends of

mine. I stayed with one of them in Norwich, which is in East Anglia. He is also a folk dancer, and we were able to attend two English Country Dances in a quaint, country town in Suffolk called Haughley. The dances were a mixture of some contra moves, and some English dancing, and just a few other movements such as walking backwards to imitate an eddy. Although it was quite warm, I didn't have any



trouble doing these dances. Everyone was very welcoming, and they sat in between each dance for a few minutes, which seemed a bit odd to me. In the middle of the evening, there was a tea and biscuit break with real tea cups and saucers – no Styrofoam here! The ladies didn't mind washing dishes – at least I didn't hear any complaints!

As I found out, these reunions are held every three years, and I hope to attend the next one, wherever it might be! But before then, I have a very special project – to learn how to make vegetarian paprikash from my new bag of paprika!

Kelly in North Carolina by Kelly Fagan

Dancing up and down the mountains with my incredible precious “super-ager” Mom...beautiful trails...waterfalls...Blue Ridge watercolor views...breathing deep the North Carolina High Country air...farmer’s market delicacies...Blue Grass charm....my soul lives in these mountains...I am “home.”



Editor's Note: Just a little chuckle for you...

I saw an Irish dancing show today called 'Streamdance'. It's not quite as good as 'Riverdance', but then it is only a tributary act.

Musings from Mark Haggan – June 3, 2016
<http://markhaggan.com/randomness/dance-jokes/>

Special Events

Do You Want More Dancing?...Try These!!!


Don't forget the Fall Fling on October 6 in Melbourne. For more info, go to the calendar. Request dancing all day from 11am -6 pm – bring food for a covered dish lunch. Further info? John: ffdc@dalypreservation.com

Ira Weisburd will be in Gainesville on Sunday, October 7 (the day after Fall Fling) for an international and Israeli workshop. The location is the Congregation B'Nai Israel, from 1-4 pm. More info? Julieta jbramb@gmail.com

Ira will also be doing a line dance workshop on Friday, October 5 at the senior center, the Renaissance, in Orlando. Ira choreographs line dances and won an award one year for the best one internationally. dancewithira@nuline.comcastbiz.net


Lee Otterholt will be passing through Orlando on his birthday, October 31. Yes, it is Halloween and it is his birthday and it is on a Wednesday. The Orlando group will have him as their special guest that night at our regular location. Space is limited and our members will have first choice to attend. Email me at: henderp14@gmail.com if you wish to come if there is room. Lee is on his way to the Autumn Leaves Workshop in Nashville November 2-4. (Pat Henderson)

Hi Pourparler friends - We are delighted to inform you that it is time to register for PP18 in San Antonio hosted by Lissa Bengtson. Registration info is attached and here's the link to the registration form. Also time to make your travel arrangements. Please share with folks who might be interested in joining us. Regards to all, The PP Steering Committee . (Lynda Fagan has attended this if you would like personal information)



INTERNATIONAL FOLK DANCE

Sharing the joys of folk dancing for health, understanding and fun...




STARTING AUGUST 21ST

When: Tuesday 6:30 pm - 9:00 pm (except 2nd Tuesday of each month)
Where: Inside Veterans Park Recreation Center
Cost: \$5 Resident per class, \$6 Non-Resident per class
Instructor: Henry Temchin for info - htemchin@gmail.com 913.475.1112

Guided Instruction and no partners needed

Introduce yourself to the extraordinary world of International Folk Dancing. From the stories told - describing day to day activities, personal relationships, love of the land, nationalistic pride, and many other topics - to the fascinating music - filled with beautiful and striking melodies, tempos and instrumentation, all joined with varied and intricate steps - folk dancing represents one of the best ways to trace and document the lore and history of many nations.



Delray Beach Parks and Recreation

Veterans Recreation Center
802 NE 1st Street, Delray Beach FL 33483
(561) 243-7350



Footnotes...

Dance-Teacher-Choreographer Quiz by Andy Pollock

David Opa Database , the famous folkdance historian, has mixed up his teacher-choreographer dance data. Can you straighten him out? Some teacher answers may occur more than once. Nine teacher-choreographers are not used at all. Only one answer is in the right position. Answers on Page 16.

1	U krusevo Ogin Gori	_____	Moshiko Halevy
2	Hora Veche	_____	Morley Leyton
3	Kuwawiak Niebieski	_____	Heather Cook
4	Sandansko horo	_____	Tom Bozigian
5	Ovcepolaska Oro	_____	Christian and Sonia
6	Dedo Mili Dedo	_____	Bora Özkök
7	Dramskoto	_____	Graham Hempel
8	Kabadayi	_____	George Tomov
9	Les Champs Elysee	_____	Moshe Eskayo
10	Gocino Kolo	_____	Jacek Marek
11	Tikho nad Richkoyu	_____	Ada Dzienowski
12	Donke Lesnoto	_____	Pece Atanosovski
13	Livav Ti Ni	_____	Atanas Koloravski
14	Ya Abud	_____	Sunny Boland
15	Jo Jon	_____	Zelko Jergan
16	Maškoto	_____	Ciga Despotovic
17	Dadalar 'Hovivner' Bijo	_____	Bora Gajicki
18	Esmer	_____	Ercüment Kiliç
19	Hai Ne Ne Ne	_____	Sunni Boland, Mihai David
20	Giusevska Racenica	_____	Ya'akov Eden
21	Tandora	_____	Kete Ilievski, Michael Ginsburg, Steve Kotansky
22	Mândrele	_____	Vyts Beliajis
23	Simd	_____	Barry Glass
24	Ajsino Oro	_____	Dick Crum
25	Parialiakos	_____	Fred Berk
			Dennis Boxell
			Ira Bernstein
			Lee Otterholt
			Roberto Bagnoli
			Susan Lind-Sinanian
			Jim Gold
			Yves Moreau

Dance-Teacher-Choreographer Quiz Answers

1	U krusevo Ogin Gori	George Tomov
2	Hora Veche	Christian and Sonia
3	Kuwawiak Niebieski	Morley Leyton
4	Sandansko horo	Yves Moreau
5	Ovcepolaska Oro	Pece Atanosovski
6	Dedo Mili Dedo	Atanas Koloravski
7	Dramskoto	Yves Moreau
8	Kabadayi	Bora Özkök
9	Les Champs Elysee	Sunni Boland
10	Gocino Kolo	Bora Gaijcki
11	Tikho nad Richkoyu	Heather Cook
12	Donke Lesnoto	Jim Gold
13	Livav Ti Ni	Moshe Eskayo
14	Ya Abud	Moshiko Halevy
15	Jo Jon	Tom Bozigian
16	Maškoto	Kete Ilievski, Michael Ginsburg, Steve Kotansky
17	Dadalar 'Hovivner' Bijo	Susan Lind-Sinanian
18	Esmer	Ercument Kilic
19	Hai Ne Ne Ne	Roberto Bagnoli
20	Giusevska Racenica	Yves Moreau
21	Tandora	Dick Crum
22	Mândrele	Sunni Boland, Mihai David
23	Simd	Graham Hempel
24	Ajsino Oro	Željko Jergan
25	Parialiakos	Lee Otterholt

Comments on the answers

Sunni Boland choreographed a dance to *Les Champs Elysee* when members from one of her classes at a camp liked the tune and requested she create a dance to it.

Tikho nad Richkoyu is a Russian folk dance stylistically (which is danced in Sarasota) but it was created by Heather Cook from Tennessee.

Mindrele - both Sunni and Mihai taught dances named *Mândrele* but not the same ones. Mihai taught at least three different dances with that name. However the one done by the most groups seems to be the slow one that Sunni taught also known as *Mândrele de la Obarsia*. This dance was also taught on the Romanian tour that Kelly and Terry attended.

The nine teacher-choreographers not matched to a dance are:

- Jacek Marek
- Ada Dzienowski
- Ciga Despotovic
- Ya'akov Eden
- Vyts Beliajis
- Barry Glass
- Fred Berk
- Dennis Boxell
- Ira Bernstein

The Powerful Psychological Benefits of Dance from Psychology Today by Christopher Bergland

[The Athlete's Way](#)

Psychology Today © 2018 Sussex Publishers, LLC

This post is in response to Why Is Dancing So Good for Your Brain? By Christopher Bergland

[Christopher Bergland is a world-class endurance athlete, coach, author, and political activist.](#)

The [neuroscience](#) of dance is a relatively new, but rapidly growing, field of research. In recent months, a variety of studies and an article-based dissertation on the neuroscience of dance have been published. These findings help us better understand why we dance and how dancing engages and changes the human brain.

On May 11, [Hanna Poikonen](#) of the Cognitive Brain Research Unit at the University of Helsinki defended her doctoral dissertation, "[Dance on Cortex — ERPs and Phase Synchrony in Dancers and Musicians during a Contemporary Dance Piece](#)." This paper adds fresh insights to the burgeoning "neuroscience of dance" field of study and presents potentially game-changing methods of research that may have clinical applications.

For her dissertation, Poikonen developed novel ways to study various brain functions outside of a laboratory. By using event-related potentials (ERPs) and EEG, she was able to monitor how professional dancers' brains differ from both the average layperson and well-trained musicians.

One of the main takeaways from her research is that expert dancers display enhanced theta (4-8 Hz) synchronization when watching a dance piece. Previous research has found that theta brain waves are associated with syncing-up deeper brain areas (such as the hippocampus, basal ganglia, and cerebellum) with the cerebral cortex.

"Studies of professional dancers and musicians have highlighted the importance of multimodal interaction and motor-related brain regions in cerebral processing of dance and music," Poikonen said in a statement. "The dancers' brains reacted more quickly to changes in the music. The change was apparent in the brain as a reflex before the dancer is even aware of it at a conscious level. I also found that dancers displayed stronger synchronization at the low theta frequency. Theta synchronization is linked to emotion and [memory](#) processes which are central to all interpersonal interaction and self-[understanding](#)."

Notably, in 2006, a groundbreaking study, "[An Electrophysiological Link Between the Cerebellum, Cognition and Emotion: Frontal Theta EEG Activity to Single-Pulse Cerebellar TMS](#)," found that transcranial magnetic stimulation over the [cerebellar vermis](#) (which connects the left and right hemispheres of the cerebellum) increased theta wave synchronization.

Co-authors Dennis Schutter and Jack van Honk concluded, "Both animal and human research relate theta activity with the septo-hippocampal complex, an important brain structure involved in [cognition](#) and emotion. The present electrophysiological study supports the earlier intracranial electrical stimulation findings by demonstrating cerebellar involvement in the modulation of the core frequencies related to cognitive and emotive aspects of human behavior."

Dance has been a universal aspect of the human experience for millennia and is part of our collective DNA. Our bodies and brains have evolved to dance in synchronized unison. And, dancing on a regular basis seems to change the way we think and interact with one another.

In a 2017 article, "[A Dancer's Brain Develops in a Unique Way](#)," Poikonen writes:

"In dance, the basic elements of humanity combine in a natural way. It combines creative act, fine-tuned movement and [collaboration](#), much like playing music. The movement involves the whole body, like in [sports](#). . . Studies on producing music and movement show how during cooperation, the brains of two people become attuned to the same frequency. This is apparent in how the low-frequency brain waves of the participants become synchronized.

Brain synchronization enables seamless cooperation, and is necessary for creating both harmonic music and movement. The ability to become attuned to another person's brain frequency is essential for the function of any empathetic community."

For more on the power of dance to bring people from all different walks of life together see, "[Dance Songs Dissolve Differences That Divide Us](#)" and "[Neuroscience-Based Madonna: Music Makes the People Come Together](#)."

Continued on Page 18

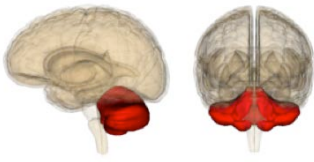
The Powerful Psychological Benefits of Dance from Psychology Today (continued)

Continued from Page 17

Through the neuroscience-of-dance lens, a 2016 article by [Peter Lovatt](#), "[This Is Why We Dance](#)," sums up how the human brain choreographs the movement of 600-plus muscles while dancing. Lovatt wrote:

"The motor cortex, located at the rear of the frontal lobe, is involved in the planning, control and execution of voluntary movements. Meanwhile, the basal ganglia, a set of structures deep within the brain, works with the motor cortex to trigger well-coordinated movements. The cerebellum, at the back of the skull, also performs several roles, including integrating information from our senses so that movements are perfectly fluid and precise."

Peter Lovatt, who describes himself as "Dr. Dance," is a world-renowned dance psychologist and director of the [Dance](#)



Cerebellum (Latin for "little brain") in red. Cerebellar means "relating to or located in the cerebellum."

Source: Life Sciences Database/Wikipedia Commons

[Psychology Lab](#) at the University of Hertfordshire.

Lovatt also points out that the cerebellum is responsible for keeping time to a beat and maintaining rhythm. In 2006, a landmark study by Steven Brown, Michael J. Martinez, and Lawrence M. Parsons, "[The Neural Basis of Human Dance](#)," recruited amateur Tango dancers and had them perform specific dance moves in a PET scan both with and without music. [Steven Brown](#) is currently the director of [The NeuroArts Lab](#) at McMaster University.

Interestingly, back in 2006, Brown et al. observed that the anterior vermis of the cerebellum supported the entrainment of movement to a musical beat. The researchers concluded:

"The cerebellum would be hypothesized to assist cortical, subcortical and peripheral neural structures in collecting optimal auditory and somatosensory information in order to influence the cortical motor system to better synchronize the execution of movement with the auditory rhythm. Further research is needed to clarify the functions of the foregoing cerebellar regions."

Along this same line, a [2015 study](#) observed that listening to popular dance music in an fMRI activated the cerebellum, especially the vermis, more intensely in participants who loved to dance than in those who were indifferent to dancing.

How Can Dance-Based Movement Improve People's Lives?

A recent case study on the neuroscience of dance explored the rehabilitative benefits of partnered dance to improve cerebellum functions in a patient with severe cerebellar ataxia. This paper, "[Effects of Dance-Based Movement Therapy on Balance, Gait, and Psychological Functions in Severe Cerebellar Ataxia: A Case Study](#)," was published online March 30, 2018 in the journal *Physiotherapy Theory and Practice*.

For this case study, a 39-year-old male, who was diagnosed with cerebellar atrophy at the age of 24, participated in an 8-week program designed to improve his balance and postural stability through dance-based movement training. The authors sum up their findings: "The individual demonstrated improvements in independent standing balance, gait characteristics, and functional mobility. In addition, improvements in self-reported [depression](#) and quality of life scores were observed after completion of the intervention."

Although the results of this study on cerebellar ataxia are limited to a single participant, the researchers speculate that partnered dance has the potential to help those impaired by cerebellar dysfunction on a variety of levels.

Hanna Poikonen is [optimistic](#) that someday soon the novel methods she fine-tuned for her "Dance on Cortex" doctoral dissertation will be applied to help develop and gauge the efficacy of expressive forms of [therapy](#), such as dance-based movement.

Continued on Page 19

The Powerful Psychological Benefits of Dance from Psychology Today (continued)

Continued from Page 18

"Pain, [stress](#) and [anxiety](#) often go hand in hand with depression. Dance, music and related expressive forms of therapy could help lessen mental fluctuations even before the onset of full depression," Poikonen said. Based on a growing body of empirical evidence, she believes that dance-based movement can be used as part of holistic treatment for conditions such as Parkinson's disease, chronic pain, [dementia](#), [autism](#), and mood disorders.

References

Hanna Poikonen. "[Dance on Cortex - ERPs and Phase Synchrony in Dancers and Musicians During a Contemporary Dance Piece](#)" University of Helsinki (May 2018)

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Interesting

I am a Toronto, Canada based folk dancer. For many years I have been adapting folk dances and also creating new dances, that I teach to people with intellectual disabilities. Recently, I received a grant to create a Youtube channel of instructional videos that would share some of our repertoire with the world as a resource to other dance teachers and program leaders. Our new channel is called "Adapted Dances" and can be found here:

https://www.youtube.com/channel/UCqsOS21sqQIHj6xDxu1U_nQ

Please feel free to share our link with anyone who might be interested.

Sincerely, Helen Winkler

In regards to Helen's article: Some of you may know that I have been teaching chair dances "Dancing in the Seats" to seniors in various facilities. Many of my dances are original, but I like to also adapt folk and other dances e.g. the Alley Cat, the Hokey Pokey.

I've recently adapted 7 Jumps as a seated dance, and we are all having fun with it, even my students with dementia! Chorus: 7 bouncy marches while seated, culminating with both feet landing and a clap.

Cumulative sequence: 1 arm up, other arm up, one arm to the side, other arm to the side, one hand on lap, other hand on lap, chin on hands (thinker pose). I hope this might be helpful and inspiring to others who deal with dancers with mobility issues.

I plan to start recording some of my original dances to share soon, too.

Steve Weintraub

Calendar, Events, and Tours

Look for more information on events, tours, and cruises on the FFDC website calendar:
www.folkdance.org

Calendar

- 9/14/18:** Mountain Playshop with Shmulik Gov-Ari - Black Mountain, NC, <http://www.mountainplayshop.org/>
- 9/20/18:** Tamburitza Extravaganza - Los Angeles/Burbank, CA, <http://www.zivila2018.com/> Tamburitza Association of America
- 9/20/18:** World Camp - Rock Hill, NY, <http://www.worldcamp.us/>
- 9/20/18:** World Village Music & Dance Camp - High View, WV, <http://www.worldcamp.us/>, World Music & Dance Institute
- 9/21/18:** Fandango Dance Weekend - Decatur, GA, <http://sites.google.com/site/englishcountrydanceatlanta>, English Country Dance Atlanta
- 09/28/18:** SerbFest - St. Petersburg, St. Sava Church, St. Petersburg, FL, <https://stsavafl.org>
- 10/5/18:** Oktoberfest International and Dance Weekend - Fairlee, VT, <http://www.facone.org/oktoberfest/oktoberfest.html>, Folk Art Center of New England
- 10/6/18:** Fall Fling - Melbourne Village, FL, No web information, South Brevard International Dancers
- 10/07/18:** International and Israeli Workshop with Ira Weisburd, Gainesville, FL, <http://gainesville.israelidance.info/>
- 10/12/18:** Greek Festival - St. Augustine, FL, <http://www.staugreekfest.com/>, Holy Trinity Greek Orthodox Church
- 10/12/18:** Serb-Fest 2017 (Orlando), Longwood, FL, <http://www.serb-fest.com/>
- 10/12/18:** Sharpes Assembly English Country Dance - Cocoa, FL, http://home.earthlink.net/~full_circle_band/id19.html, South Brevard English Dancers
- 10/19/18:** Greek Festival - Lecanto, FL, <http://www.stmichaelgoc.org/festival.html>, Archangel Michael Greek Orthodox Church
- 10/25/18:** SPIFFS International Folk Fair - St. Petersburg, FL, <http://www.spiffs.org/>
- 10/26/18:** Fall Swedish Music and Dance Weekend - Dodgeville, WI, <http://www.folklorevillage.org/>
- 11/1/18:** Pourparler - San Antonio, TX, <http://www.nfo-usa.org/pourparler.htm>, NFO, CDSS
- 11/02/18:** Autumn Leaves - Nashville, TN, <http://www.nifddance.com/>, Nashville International Folk Dancers
- 11/02/18:** Greek Festival - Maitland, FL, <http://www.orlandogreekfest.com/>, Holy Trinity Greek Catholic Church
- 11/02/18:** Greek Festival - New Port Richey, FL, <http://stgeorgetampabay.org/>
- 11/02/18:** Greek Festival - N. Miami, FL, <http://annunciationmiami.org/>, Greek Orthodox Church of the Annunciation
- 11/02/18:** Greek Festival - Tallahassee, FL, <http://hmog.org/festival>, Holy Mother of God Greek Orthodox Church
- 11/3/18:** Columbia International Folk Dancers 50th Anniversary - Columbia, MD, <http://columbiamd50.com/events/columbia-international-folk-dancers/>
- 11/08/18:** Greek Festival - Daytona Beach, FL, <http://stdemetriosdaytona.org/greek-fesitval/>, St. Demetrios Greek Orthodox Church
- 11/09/18:** Greek Festival, Tampa, FL, <http://www.tampagreekfestival.com>, St. John Greek Orthodox Church
- 11/10/18:** Workshop with Steve Kotansky - Dayton, OH, <http://www.miamivalleyfolkdancers.org/>, Miami Valley Folk Dancers
- 11/22/18:** Texas Folk Dance Camp - Bruceville, TX, <http://www.tifd.org/>, Texas International Folk Dancers

Calendar (continued)

- 11/22/18:** Thanksgiving Family Camp - Swannanoa, NC, <http://www.familydancecamp.com/>
- 11/23/18:** Annual Kolo Festival - San Francisco, CA, <http://balkantunes.org/kolofestival>
- 12/22/18:** Machol Miami 2018 Lite - Aventura, FL, <http://www.macholmiami.com/>
- 12/26/18:** Christmas Country Dance School, Berea, Kentucky, <http://www.berea.edu/ccds>
- 12/26/18:** Winter Dance Week - Brasstown, NC, <http://www.folkschool.org/>, John C. Campbell Folk School
- 1/18/19:** Orange Blossom Ball - South Daytona, FL, <http://orangeblossomcontra.com/>
- 01/25/19:** Florida Snow Ball, Gulfport, FL, <http://www.floridasnowball.com/>, Tampa Friends of Old-Time Dance
- 02/07/19:** Greek Festival, Sarasota, FL, <http://www.stbarbarafestival.org/>, St. Barbara Greek Orthodox Church
- 2/8/19:** FFDC Florida Winter Folk Dance Workshop - Orlando, FL, <http://www.folkdance.org/>, Florida Folk Dance Council, Inc.
- 02/22/19:** Greek Festival - Ft. Myers, FL, <http://www.greekfestfortmyers.com/>, Annunciation Greek Orthodox Church
- 02/22/19:** Greek Festival - Melbourne, FL, http://www.saint-katherine.org/fest_info.html , St. Katherine Greek Orthodox Church
- 02/22/19:** Greek Festival - St. Petersburg, FL, <http://www.supergreekfest.net/> ,
- 03/02/19:** Boston Playford Ball - Framingham, MA, <http://www.cds-boston.org/> , Boston Country Dance Society
- 03/08/19:** Ocala Greek Festival - Belleview, FL, <http://www.greekfestivalocala.com/> , Greek Orthodox Mission of Greater Ocala
- 03/15/19:** Spring Norwegian Weekend, Dodgeville, Wisconsin, <http://folkloreivillage.org/> , Folklore Village
- 03/22/19:** Playford Ball Weekend-Nashville, Nashville, Tennessee, <http://www.nashvillecountrydancers.org/> , Nashville Country Dancers
- 03/29/19:** Cajun Music and Dance Weekend, Dodgeville, WI, <http://www.folkloreivillage.org/>
- 04/11/19:** NFO Annual Conference - Provo, Utah, <http://www.nfo-usa.org/>, National Folk Organization (NFO)
- 05/10/19:** International Folk Dance Camp – Hopewell Junction, NY, <http://www.ifc-ny.com/>
- 11/01/19:** Camp Hess Kramer Workshop Weekend, Northridge, California, <http://www.socalfolkdance.org/calendar.htm> , Folk Dance Federation of California, South

Folk Dance Tours

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

For Seminars of Greek Dance with Kyriakos Moisisdis, see <http://www.moisisdis-dance.gr/en/> or contact moisisdiskyriakos@gmail.com.

For Tours with Sonia and Cristian, see <http://www.soniacristian.net> or contact Sonia at sonia_dion@hotmail.com.

For Jim Gold Folk Tours, see <http://www.jimgold.com> or contact Jim Gold at jimgold@jimgold.com or 201-836-0362.

For Tours with Zeljko Jergen, contact Fusae Senzaki Carroll at fusaec@aol.com or 916-798-4675

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!)

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