



Prez Sez by Terry Abrahams

Hi All! Hope you're having a great summer. There's been quite a bit of dancin' goin' on – the Summer Fling in Gainesville is next, and I hope to see lots of you there. For those of you traveling, every jealous bone in my body is quivering.



I and my team are hard at work on the next FFDC camp. We've perused the hotel, sampled their food, ordered the floor and the teachers are coming! Each board member has their own job, so I hardly have anything to do! In case this is your first newsletter ever, we are having the VanGeels back for a return weekend – we all loved them two years ago. We've changed venues, since there was so much trouble with the last one. It will be at the Ramada Inn Gateway (we still think the Orlando area is as central as we can get), and the dates again are January 31 through February 2.

I think I'm done! Nothing exciting (other than may be Ne Klepeci - see below), so will just say See Ya – in a couple of weeks!

The "discussion" about Ne Klepeci caused a great stir among the folk dance community. I thought it needed to be referred to it in some way, so see the next article. It is a bit of my thoughts, and input from Jim Gold. If you are not interested, then just skip the whole thing.

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Editor's Note: Please continue using the "newsletter@floridafolkdancer.org" email address for sending articles etc for the newsletter.

Also, look for photos and articles on the Gainesville Fling in next month's newsletter!

Thank you Vicki

Ne Klepeci - Pros and Cons by Terry Abrahams

I've been enjoying the healthy discussion in the dance world regarding Jim Gold's Ne Klepeci - (it's been a nice relief from Trumps antics!!) Since lots of us do the dance, it made it very interesting to decide if we should ignore some of the comments and keep doing it, or stop doing it because of those comments. If you haven't seen any of this - it's because you are not a member of NFO, and the NFO's Google Groups "NFOUSA." It started with a comment in the NFO newsletter regarding differences and similarities between cultural appropriation and cultural appreciation. Basically the people who don't like it feel it was a choreographed dance, by someone who is not Bosnian, and that it is a sad song about losing his mother - all being offensive. On the other side, we've danced to many sad songs, many choreographed. There were 46 emails - all of which were interesting. Not being able to quote them all, I kind of like Sally Jenkin' notes:

There has always been, and there will always be, a great divide between the traditional-purists and recreational international folk dancers. I submit that, like a coin with its two sides that meet at an edge, the two viewpoints meet at their common ground, which is the song. I further submit that IFDers know the songs they know only because they have learned dances that accompany said songs. Who besides Balkan

natives or aficionados would ever have heard of the song Ne Klepeći, had not someone choreographed a dance to it? Dances keep the music alive. Because we know the dance, we know the song. We love the song; we sing the song; we know what it means. The dance keeps the feel of the song, being slow and meditative. We dance it respectfully and mindfully.

Jim Gold, the choreographer, is one of the kindest, gentlest, most patient people I know. I, for one, am grateful that he opened up this song to us by creating a dance in keeping with the spirit of the song - slow, gentle, meditative. It does make me wonder if the Bosnians who objected were familiar with the dance so many of us love; is it possible that when they heard "a dance has been choreographed to this sad song" that they imagined a sprightly kolo? (This part is pure conjecture on my part; maybe they have seen the dance as we know it, and still object.)

Here is Jim's thoughts.

I am the folk dance teacher who choreographed Ne Klepeci.

Using traditional steps to create such dances has been my love, quest, and passion during my many years of teaching.

I am surprised at the controversy Ne Klepeci has generated and the direction it is going.

Since starting my international

folk tour company in 1984, I've led 85 tours, mostly to Eastern Europe to learn about the Balkans, its culture, history, geography, and folk dance traditions.

The highlights of these trips are our meetings with folk dance teachers and local folk dance groups. The dances we learn from them often become part of our repertoire back home.

Sometimes curious people ask "Who choreographed that dance?" Or "Is it authentic?"

The answer I give is: All dances in our international folk dance repertoire are choreographed by someone. In fact, most of the dances we enjoy are modern folk choreographies. Cultures borrow from one another, so most of the time when we dance, we don't know who choreographer is, or even if he or she comes from the same culture.

My tours give the opportunity to see and experience the Balkan traditions and cultures up close and personal. With this knowledge, I try to be faithful to local styles and traditions when dancing or choreographing a dance.

Now to the story of Ne Klepeci.

In October of 2014 Lee Otterholt and I led a four-country Balkan tour to Serbia, Croatia, Bosnia/Herzegovina, and Montenegro. We drove from Osijek (Croatia) to Sarajevo in Bosnia. In the worst rain I'd ever seen, we

Ne Klepeci - Pros and Cons (continued)

stopped for gas in the Bosnian town of Banja Luka, where among other things, the owner sold CDs of local music. I asked our guide Gabriella, who was born in Banja Luka, if she could recommend a CD with Bosnian folk music that she could recommend. She picked Starograski Biseri (Old Town Pearls) Najljepse Starograski Pjesme.

We played the CD on the bus. I immediately fell in love with the first song, Ne Klepeci.

When I got back to the USA I listened to the Starograski Biseri CD again and again in my living room. Moved by the haunting melody. I started improvising with steps I had learned in the Balkan countries until I found ones that expressed the beauty, sadness, calm, and solemn majesty of the music. These became the dance steps for Ne Klepeci. I wrote down the choreography. Later I began

teaching the dance in my folk dance classes and to local groups. Everyone seemed to like it. Our folk dance class "presented" it at the New Jersey Folk Festival in 2015.

(See <https://www.youtube.com/watch?v=DrbH9AdyFck>)

Soon after that Lee Otterholt began teaching Ne Klepeci on the West Coast. Other teachers picked it up, began to teach it, and soon the dance spread.

Ne Klepeci, created with love, appreciation, and respect for the Bosnian culture in particular, and for Balkan dance in general, is now becoming part of the international folk dance repertoire.

What is "international folk dancing?"

I see it as a new art form, unique in structure, influenced by its surrounding culture, and thus different from the historical dances it is derived from.

International folk dancing has its own form of authenticity. (More of this in my upcoming book.)

On a larger scale, I'd say the best way to be authentic is to be yourself, whatever culture or country. Couple this with intense study and learning about its traditions, and you're on your way.

When this happens, as you create, you'll remain faithful to its traditions. I improvise and choreograph from that base.

Most important: Never give up the joy, freedom, and total fun of moving to music.

Dance on with joy and gusto!

The world is a big place; surely there is room for some difference of opinion.

If you need to see more of the comments, let me know, or go to the source.

Club Reports In

Balkan By The Beach Some Changes by Robin Brigaerts

As many of you have heard, Janet Higgs left Balkan by the Beach at the end of March. We thank her for her many contributions to the group and wish her well. We're sure to see her again on the Florida folk dance scene.

Robin Brigaerts continues to lead the group. We meet Fridays from 11 to 1:15 at Veterans Park in Delray Beach. Contact Robin at rfbrigaerts@gmail.com for more information.



Orlando International Folk Dance Club By Pat Henderson

Our group is experiencing a pretty quiet spring but we are having fun every week dancing. A few of us attended The Producers at Cocoa Beach Village Playhouse and Linda Nicoli had a prominent role in it. It was really a hilarious play. Soon after the play finished, she and Rich headed to Wisconsin for the summer. Our group is continuing Games Day/Night and Tami Epstein hosted in May and I had a few over in June.

In April, Tami joined Bobby and me for the National Folk Organization Annual Conference in Provo, Utah.

Also going from Florida was Donna Young. (See separate article)

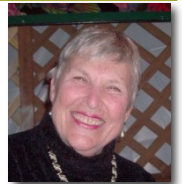
We have one more Wednesday dance before our July and August hiatus. We had to cancel June 19 because of late day rain and a lot of it. We have a couple of dance parties planned over the summer so we do not miss dancing too much.



Tampa Trivia by Terry Abrahams

The small and mighty dance when there's 3 of us. Andi gone to Canada leaves 3 of us if all goes well. She often gets folk dance visitors (see picture) as Vancouver is a good stop on the way to Canada. Judith is still hopping planes, most recently to Nordic Fiddlers and Feet in New Hampshire, which is why

Andy and I are really looking forward to Gainesville's Summer Fling. I'm (Terry) going thru a scary time, as my daughter, Susan, had sepsis and is in the hospital for the 4th week. Rehab this week tho, so things are looking up. Well, just this note to prove we still exist.



Heard It From The Sarasota Grapeviners

by Lynda Harris



Before I forget... The Sarasota Grapeviners have moved to our Summer Home at 4900 Fruitville Road, Sarasota – the “Zumba Sarasota Studio”. We’re dancing from 7:15 to 9:15 PM on Wednesday nights through June, July and August. We’d love to have you join our little group if you’re in the neighborhood!

haired young woman in the picture next to Ron).

Remember last time I told you about Wylie Crawford and the carillon? It arrived in Venice, FL to great fanfare. A bunch of us went to the dedication, and got to hear it played. Very cool.



Wednesday, April 17 was our annual World Dance Day party, and the



We got a very nice surprise this spring: Ranita Gomez has moved back to Sarasota and is dancing with us again! We are sooooo happy to welcome her back!



beginning of saying Au revoir and Via con Dios to our snowbirds. It was an

That’s about it from here. Happy dancing, everyone!!



All Request night (my personal favorite kind!), so a fun mix of old and new dances. And the snacks... don’t get me started! Such a variety! So much yummy! So many calories But we danced with our usual abandon and burned up all those naughty ole’ calories.

Although lacking in quantity, we did have quality guests: Terry and Andy from Tampa, and Kathy & Ron Fico’s granddaughter Cecily (She’s the yellow-



This is the video link to the carillon - we hope it works for you.

https://drive.google.com/file/d/1qu-iX6-ve8wIO4e4ZN97U4ghlvH_XX9X/view?usp=drive_web

Travel

Vicki's Travel – Part One of Two - Croatia by Vicki Kulifay

My husband, Bernie, and I recently spent a week on a small ship cruising the islands off the coast of southern Croatia. The inception of the trip was some of our friends in Dunedin heard about this cruise line (Croisio) which brings one of its river boats to Dubrovnik in the summer. So four couples (including us) decided to go on this adventure. Croisio is flagged in France, so most of the crew were either French, Croatian, or Phillipino. What was more interesting is out of the 164 passengers on board, only 11 spoke English – the eight of us, one young woman from New York traveling along,



Looking over the walls of Dubrovnik

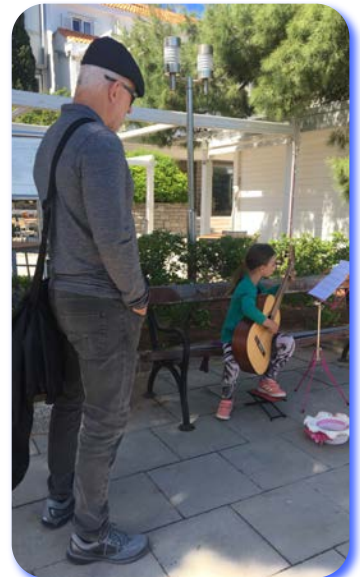
and a British couple. About 30 passengers were German, and the rest were French or Belgian. Obviously us English speakers hung together, but often some of the other passengers would seek us out – mostly, I believe, to practice their English!

We arrived in Dubrovnik a day early – didn't want to miss the sailing date. Off we went to Dubrovnik to "walk the wall" and explore the steep streets and walkways. It was a beautiful day and Bernie especially enjoyed tracking down some of the Game of Thrones sites. The next day, we boarded – and

our first "stop" was Dubrovnik. So we returned, this time with the cruise tour, to see more of the sites and get into some of the churches and museums. Back to the ship that evening, and we set sail.

Before I go further with the specifics, let me just say that the food on the cruise was fabulous – it was a French line after all. It was good that the meals (other than breakfast) were seated, as we would have gorged ourselves. Wine, beer, and cocktails flowed freely, so the gourmand portion of this trip was well covered.

So where did we go? After leaving Dubrovnik, we went to the islands of Mljet, Korcula, Sibenik, Trogir, the City of Split, the islands of Hvar, Vis, then down to Montenegro, before returning back to Dubrovnik.



Enjoying the local Mljet entertainment



View from the hills of Korcula

Vicki's Travel – Part One of Two - Croatia

(continued)

Mljet is beautiful. We visited the Mljet National Park, which takes up most of the island. The gorgeous blue lakes were enticing, but it was much too cold to swim. But the hiking through the park was perfect for the soul.

Back on the boat for lunch, we headed to Korcula, where we did a buggy ride through the countryside. It was an opportunity to see parts of the island you wouldn't normally catch – lots of olive groves and grape vines – on small winding roads with very few cars and people.

That evening, we were treated to a traditional sword dance performance by the townspeople of Korcula. I'm not really sure how to describe this – other than



The gracefulness of Moreska

different from any Croatian artistry I've ever seen. I wish the photos would do it the justice it deserves.

Overnight the ship headed for Sibenik, where the next morning we toured the Krka National Park. We could have spent days here exploring the beauty of the falls in this park. It definitely was a place for a return trip in the future.

The next morning we were berthed at Trogir – a



Moreska with the orchestra in the background

the basis of the Moreska story is a conflict between the "Red Tribe" and the "Black Tribe" – of course caused by young woman in the middle were the leaders of both tribes want to marry her. The show unfolds as a series of complex dance movements by both the Blacks and Reds representing battle – using what I am assuming are fairly sharp swords, and one young man ended up a significant cut on his face. (Note: the cruise line also did not let any of us who attended sit in the first two rows...) But their choreography and gracefulness was apparent throughout the dance as they moved amongst one another in a battle dance. The music was supplied by the town orchestra – a mix of citizens from all ages playing on traditional orchestra instruments. Fascinating and attention grabbing – but so very



Krka National Park

lovely small city with wandering streets and incredible architecture. And a really cool church bell tower to climb.

Vicki's Travel – Part One of Two - Croatia (continued)

That afternoon we landed in Split, enjoying the vitality of this city and touring Diocletian's Palace. Several times when wandering around Split we ran into Klappa quartets singing acapella. That evening, after dinner, a group of Klappa singers came on board and provided lovely entertainment of this traditional Croatian singing.

The next morning was Hvar – one of my favorite cities. Small with a beautiful castle overlooking the city and harbor.



Hvar

After lunch was Vis – where we took a bike ride through this small island from just about end to end. Vis is most famous right now for Mamma Mia Here We Go Again just being filmed there.

We then headed to Montenegro and the Town of Kotor. Kotor was another lovely European city with an incredible climb up the hill to the St. John's Fortress (about 1300 steps). Of course, we had to climb. The view from the top was incredible. Kotor has also marketed itself as the City of Cats. Now, I am a cat lover and just kept falling in love with kitty after kitty. Most of the tchotchkes for sale in the town had something to do with cats. That all said, I was underimpressed with the care taken of the cats if they are so important to the city's economy. Many unneutered and signs of fleas and mange. They didn't look underfed so that was a positive.

Leaving Kotor, we headed back to Dubrovnik, departing the ship the next morning. We spent one more day in Croatia – in the Town of Cavtat (close to the airport). It is a small seaside village where we



View down from the Castle in Kotor. Our ship is the slightly larger one docked at the pier on the left.

spent the day wandering through the town and enjoying the local delicacies.



Cavtat

The next morning we departed Croatia – heading off for Part II of our adventure in Europe.

Vicki's Travel – Part Two of Two - Italy by Vicki Kulifay

Last year, Bernie and I did a tour of Northern Italy. We decided since we were fairly close to Italy in Croatia to add Southern Italy to our excursions. Southern Italy is not as touched on as a travel destination, but it certainly has breathtaking beauty and historical grandeur galore – so we are happy we went.



We left Dubrovnik, flew to Frankfurt, caught the next plane to Rome, found our hotel, and crashed (oh, and did laundry). It was nice to have a day free before starting off on this adventure.

We had been to Rome before as part of the Northern Italy tour – but this time we saw different parts of the city. The

imposing Capitoline museum (supposedly oldest in the world) where we saw the emblematic She-Wolf suckling Romulus and Remus, among other incredible artwork. The historical culture is almost more than one can take in.



The She Wolf

A tour of Rome's Jewish Ghetto followed – Rome has acknowledged some of its WWII history regarding the Ghetto – the sad, but yet heartening,

brass Stumbling Stones the city has placed in the Ghetto clearly mark the tragedy of that time. The Stumbling Stones identify the last known place of residence of a Holocaust victim or victims. There



Stumbling Stones

are about 200 in the Ghetto now (note – Rome is not the only city in Europe to have these) and more are added each year.

We left Rome really early the next morning as we had to get all the way across the Peninsula that day. But we did have one stop at Emperor Hadrian's Villa in Tivoli. Impressive! I always think of the slaves



Bernie leaning on Hadrian's Wall

Vicki's Travel – Part Two of Two - Italy (continued)

and the servants it took to keep something this massive operational. And sort of like Disney, the servants' routes were hidden behind hedges or in tunnels.



Vieste City Lights

This was a long bus ride day, but the scenery was beautiful. Up into the mountains (which still had snow on them), then along the eastern coast to the town of Vieste. Vieste sits right on the heel spur of Italy's boot.

And we got there just in time for the Santa Maria Assunta saint's day festival.

The city was awash with lights, music, fireworks and festivities.

The old part of the city is charming – and I was able to



Trabucco

stand right on the tip of the boot spur. Winding streets, little shops, churches, and quaint restaurants. Vieste is known for are these fishing “piers” (trabucco) built out of wood on a shoreline from which multiple fisherman could cast nets. The trabucco enabled them to fish without having to go out in a boat. Most are in disrepair and unused now.

We left Vieste after a few days, stopping in Alberobello. This city is famous for stone “trulli” houses – conical-shaped stone roofs. Legend is that citizens could be taxed on residences. These



Trulli Roofs in Alberobello

stone roofs could be quickly deconstructed leaving a shell (when the tax man came through) and then reconstructed easily.

After a quick visit in Alberobello, we went to Matera, which I think was the highlight of our trip. Matera is a 9,000 year old city with caves built into the rock walls of cliffs. These cave dwellings were in use all these years – actually up to the late 1950's when Italy finally recognized Matera as the “Shame of Italy.” As people were living in the caves without access to fresh water, sewage, electricity, etc. Italy moved the residents out and the caves sat unoccupied for many years, until people began to recognize this was a gem of a cultural experience. Utilities came into being, hotels and B&Bs opened, restaurants appeared, and now Matera is a darling of Southern Italy and a UNESCO World Heritage Site. We stayed in one of the small hotels in the city

Vicki's Travel – Part Two of Two - Italy (continued)

– just an incredible space. While the exteriors of all the dwellings look “normal,” it is when you enter and realize you are in a cave with soaring rounded

treated to a lunch featuring the mozzarella and finished with buffalo milk ice cream. Sooo good.

Our next stop was Paestum, where there are three



Matera - behind all these facades are caves!

ceilings cut from rock. Matera is full of archeological gems, including churches with ancient frescoes and steep stairwells and wandering pathways. Mel Gibson filmed his “Passion of the Christ” in Matera – and probably didn’t have to do much to it to replicate antiquity.

But alas, we couldn’t stay in Matera longer – so off we went to Campania, where we enjoyed some wonderful Buffalo Mozzarella. Wonderful as we saw the whole experience from beginning to end. Our tour guide noted that if she came back after death, she wanted to be one of the buffalo at the Tenuta Vannulo farm. These buffalo decide when they want to be milked, they are treated to cool water spray downs, classical music, and a buffalo massaging machine. They get two months off a year to relax and do nothing after giving milk for ten months (employees call it “being on vacation.”) The motto is “happy buffalo make good mozzarella.” Can’t argue with that. We were

ancient Greek temples – the best-preserved in all of Europe. To walk amongst the columns of the temples was pretty awesome.



Paestum Greek Temples

We ended that day heading to Positano on the Amalfi coast. It was a thrill ride getting there – hoping at each turn the bus didn’t move too far right and off the cliff we’d go. But we arrived safely at our hotel and dove into the bustle of Positano. This was a “free” day on the tour with nothing specific planned. Bernie and I had heard of this hiking trail along the coast called the “Path of the Gods.” To get to the trail, all instructions said to take a couple of buses to Bomerano a couple of kilometers out, then walk back to Positano. Of course, we couldn’t take the easy way – so we left Positano on foot and accessed the Path by climbing up 1700 steps. Then we hiked several miles to Bomerano, had

lunch, and walked back, climbing down 1700 steps. It was a 33,000 step day on my FitBit (and the equivalent of 347 flights of stairs). But the views were incredible!

Vicki's Travel – Part Two of Two - Italy (continued)



View from Path of the Gods

Our next day took us to Pompeii – somewhere I always wanted to visit. What is amazing about Pompeii is how life there stopped in essentially an instant. So many places one visits you see layers and layers of history stacked together. Time stopped in Pompeii in 79 AD.



Pompeii with Vesuvius in the background

Our next stop was Sorrento – a lovely small town on the coast and not as insane as the Amalfi Coast. Another “free” day, Bernie and I boated over to the Isle of Capri. You understand why so many wealthy

for thousands of years sought respite on the Isle. It is breathtaking. Though our tram ride from one town to the other had a level of excitement – the odor of brake pads burning, while stopping at every stop to let one more person on a vehicle that couldn't possibly hold any more. But we survived.



Lunch on Capri



Mosaic recovered from Pompeii

treasures from Pompeii added greatly to my enjoyment.

So we've covered a lot of Italy in the last two years. My summary is the food is wonderful, the wine is incredible, the people are gracious and fun, the scenery is majestic, the history is fascinating, and I think it well worth the time we spent there and would highly recommend a visit if you haven't yet been there.

From Sorrento we headed to Naples, our last stop. Naples is all that people say it is – gritty, dirty, crowded, noisy – but I have to say we never felt unsafe. It wasn't my favorite city though the Museo Capodimonte with renaissance paintings and the National Archeological Museum with its plethora of

Events

Mainewoods Dance Camp by Rob McCollum

Looking for a great dance camp this summer away from the heat of Florida? Come to Fryeburg, Maine, in August for a week (or two!) of a beautiful New England environment with renowned dance teachers, lots of dancing, and a friendly community of fellow dancers. Mornings are devoted to our three featured teachers: Caspar Bik (Georgian), Penny Brichta (Israeli) and Sonia Dion and Cristian Florescu (Romanian) for the first week; Iliana Bozhanova (Bulgarian) accompanied by Todor Yankov, Miroslav Bata Marcetic (Serbian) and Jacqueline Schwab (English) for week two. Afternoons include advanced classes from one or more of our featured teachers, additional classes in English (first week) and Scottish (week two) country dancing, a popular “dance swap,” music class, singing, swimming, and—at your own discretion—relaxing! Every day has an ethnic theme highlighted in dance, special cultural activities and a dinner menu based on that ethnicity/nationality. Our food is planned and executed by our own head chef (and international folk dancer) from Canada with her team of cooks and includes vegetarian options at

every meal. Each evening after dinner, there is a short review session of dances taught that day followed by a program of dances based on requests, plus late night dancing for energetic souls.



Scholarships are available to those who apply and are given based on interest and references. Come experience a week or more of camaraderie and enjoyment of the total cultural experience of international folk dance. Airport pickups are easily arranged. Check us out on our website and Facebook.



Enon Valley Folk Dance Camp by Rob McCollum

From western Pennsylvania, we invite dancers to come to a great weekend at Enon Valley Folk Dance Camp on September 13-15 at the SNPJ Recreational Center. This is an idyllic setting with a barn for dancing and meals and cabins for 2-4 people that include bathrooms and small kitchens. Walking is minimal and pleasant between the cabins and the barn. The teachers will be Iliana Bozhanova as well as Sonia Dion and Cristian Florescu. Iliana is coming from Bulgaria and will be accompanied by Todor Yankov on accordion and other instruments. FFDC participants will remember Sonia and Cristian teaching Romanian dances from the FFDC camps in 2008 and 2017. There is teaching during the day and requests at night until dancers can no longer keep standing. We make our own meals including a barbecue on Saturday night with steak, chicken, fish and veggie options. This camp is 75 minutes northwest of Pittsburgh and only 45 minutes from the airport. For more information, check out our website: <http://www.folkdancepittsburgh.com>.



2018 Camp Photo



Camp Organizers

NFO Annual Conference 2019 by Pat Henderson

Stupendous! Fabulous! Wonderful! Hard act to follow! These were the reactions to the 2019 NFO Annual Conference on the campus of Brigham Young University in Provo, Utah, April 11-14. Bobby and I along with Tami Epstein and Donna Young attended.

There were meetings, presentations, workshops, stage shows and dancing three times with the BYU dance students. The conference attendees stayed in the Marriott Courtyard just outside the university boundary and vans and cars provided the transportation quite nicely.

The conference began on Thursday morning with our annual general membership meeting. Tamara Chamberlain was elected Secretary and Dale Adamson, Sarah Christiansen and Jessica Jones were elected as new Board members. One interesting fact that came from the report on insurance is that you do not have to print out your insurance certificate to be covered with the NFO liability insurance. Once you or your group joins, you have it automatically.

That meeting was followed by a golf cart tour of the campus including a costume warehouse and the library where the NFO Archives are held. There were special display cases with NFO history in them including documents from close to the beginning to an example from the present such as the NFO News.

That evening we danced the night away with 150-200 BYU students. Their energy level and exuberance for dance was amazing. They loved to follow new dances that we did and were amazed at our dancing skills (for our ages!).

Friday morning, we had the keynote address by Carrie Ekins who had been a dance partner of Ed Austin at BYU. She is a researcher on the relationship between the brain and exercise. She quoted the top eight activities for brain health and dance is number one! She also led us through a Drums Alive session where we all had a drum which was an exercise ball on a plastic holder. She discovered the benefits of arm movements when recovering from complications of a hip replacement surgery. Jeremy Grenshaw of BYU conducted a workshop on the Kecak dance of Bali and later we

sat in on a rehearsal of students playing the gamelan, an instrument collection from Bali. We had Arts Grants reports from Mary Beth Johnson who attended a Ukrainian dance workshop for two weeks and Laraine Miner who wrote a book on the Mormon pioneer dances. A youth group directed by Jessica Jones gave us a demonstration of some of the dances. We enjoyed a Polynesian dance workshop given by Kauai Tu'ila. Gary Fields shared some Native American culture with story telling and crafts. Ed Austin shared the Samoan custom of Tauluga where a young girl adorns an elaborate headdress.

On Friday night, we had the Awards Banquet. This year's awardees are Gary Fields, Lloyd Miller, Craig Miller, Laraine Miner and Clive and Bonnie Romney. As a surprise, Ed Austin received the much deserved honor. We had entertainment after dinner twice from an Indian dance school and also had story telling from Clive Romney. At the end of the evening, we had time to dance with the students again.

On Saturday afternoon, we attended the Community Dance Festival with two live bands: Zivio and the BYU Student Band. We alternated between folk, contra, English and Utah dances all afternoon in a well planned program. The pinnacle of the conference happened Saturday night with a pot luck dinner and then the Festival of Nations performance. This is a regularly scheduled event that ends the college year with six different performing groups of students in full costume. The countries ranged from Russia to Indonesia to Canada and Bolivia.

Afterwards, we all danced to Zivio and recorded music.

Many thanks to Cricket Raybern and the Conference Committee for a job well done. We are all looking forward to next March 5-8 in Laguna Woods, CA in conjunction with the 50th Laguna Folk Dance Festival featuring Yves Moreau as the main teacher.

Note: for photos, visit the NFO website for great ones at: nfo-usa.org/annual-conference-2019-photos (I am in three of them!)

FootNotes

Dancing the 2 Hour 40 Step Kopanica by Andy Pollock



I was looking at a request board the other day. There were some very fast dances on it yet the average attendee was having endurance issues with the medium speed dances. It happens. Yves Moreau said it best, “my brain wants to do a 7 step fast (Bulgarian) dance, but my body wants to dance a 2 step slow dance.”

Many of us remember the excitement that we used to get from faster dances- Hora de la Gorj, Sirba Pe Loc, etc. Sometimes when we get a chance to dance them again we find that they seem faster than they used to.

At Spring Fling I taught a medium tempo Daichovo (Plevensko Daichovo which is on DVD-Bulgarian Folk Dances – Volume1 from Yves Moreau). Most people dropped out before the end of the music. People seemed to be doing very well with it but perhaps I didn't emphasize enough that you need to take really small steps until your body is very familiar with the movement. It doesn't hit you over the head with its speed like Kopachka or Krivo Sadovsko do, but around minute 2:30 most people start to get tired if they haven't already danced it for years.

Even though our brains sometimes crave the fast dances we enjoyed years ago, we are all human and each year our endurance goes down a little and we want to dance a few more slower dances, and stop dancing a few minutes earlier. Yet there are a few people to whom the rules don't seem to apply. They don't live forever but they seem to be able to out-dance most 40 year olds almost to their last day.

We have been privileged to have at least three such individuals in the mid-Florida folk dance community. So how do we go about achieving the results they get/got?

1. Genes – Having good jeans genes - well you can't fix that.

2. Diet – Two rules I got from Ed Gaines - Eat things that are good for you. Don't eat things that are bad for you. Don't copy what I do on this one!

3. Frequency of dancing – Most of the people that I know with great endurance dance three times per week or more.

4. Other types of exercise – Most types of dance only exercise some of our muscles. We need to supplement dancing with other activities like Yoga, weight lifting, etc.

5. Aerobic activity – People who are less sedentary when not dancing seem to have more endurance.

6. Other things – Dancing efficiently - you can tell a new-comer to IFD even if they are very talented and get everything right away. They are always working hard to get through the steps.

However past that point there is a difference between good dancers and great dancers - great dancers move even more efficiently. It comes partially from knowing the steps better but also from building more muscle control. More efficiency means that you can dance longer. I think one thing that forces you to move more efficiently is to occasionally tackle a dance that is way outside your comfort zone.

7. Dealing with injuries – most of the people I have danced with love dancing so much that they ignore injuries and dance through them, often turning a small injury into a big one. There are injuries that you can do this with and not create long term problems, and there are ones that you can't. Learning to listen to your body and knowing when to give dancing a rest for a while is an important skill to acquire.

8. The tricks of the trade – switch shoes when dancing a lot (like a whole dance weekend or even a

Dancing the 2 Hour 40 Step Kopanica (continued)

five hour dance), sometimes you can use foam inserts to great advantage. Try to find shoes that allow you to pivot, but still have stopping power when you put your full foot down, and shoes with arch support. Arrive early and warm up properly.

9. Ice, Tiger Balm, and cold water – When you dance too hard you can knock the swelling down with ice (I like the plastic ice blocks you can throw in the freezer and reuse). With a real injury the rule is to ice it on and off during the first 24 hours and then alternate heat (Tiger Balm or some other brand or a heating pad) with ice. It's been a quite a few years since I have taken the injury treatment and prevention class at the Florida Dance Festival so please correct me if the rule has changed. Moshe

Eskayo used to encourage people to go swimming during his camps to get some cold water on their bodies to reduce swelling.

10. Find one of the people I've described and ask them if they have additional secrets to share about how to acquire and maintain the amazing endurance that they have.

Will you really be able to dance a 2 hour Kopanica if you do everything on the above list? I don't know but if you get there, I will throw a long Kopanica medley together for you! As for learning 40 steps that's a story for another day.

Being 100 by Ruth Ann Fay

World War I baby boomers are turning 100. I had the pleasure of going to two 100th birthdays in a week in May. One was in DeLand and the other was in Germany. And I just heard about someone else's last week. These ladies lost their childhood and youth, especially the one in Germany. She went through the economic inflation of the 1920's, followed by the great depression, and then World War II. She kept walking and bicycling everywhere in town until her late 80's. She followed a modest but healthy diet. She eats Quark every day. She and her husband, who died over 30 years ago, did not drink alcohol. His liver had been damaged by WWII injuries. Her mother was able to leave Germany, but had to leave the daughter there. Her mother became a good friend of my parents. One of the many homemade cakes at her 100th birthday, was a pineapple coffee type cake. The recipe came from a Dole pineapple can that my mother had included in a care package in the 1950's. We finally met her and her family in 1964, when my family went there. I have been back many, many times.



Calendar, Events, and Tours

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

Calendar

- 07/10/2019:** Door County Folk Festival, Baileys Harbor, WI, www.dcff.net/
- 07/12/2019:** Montana Folk Festival, Butte, MT, www.montanafolkfestival.com/
- 07/14/2019:** KDI Dance Camp, Murray, Kentucky, <http://www.knobtiger.com/>
- 07/18/2019:** Folk moot USA, Western North Carolina, <http://www.folkmootusa.org/>
- 07/21/2019:** Stockton Folk Dance Camp - Week 1, Stockton, CA, www.folkdancecamp.org/, Stockton Folk Dance Camp
- 07/26/2019:** Lark Camp, Woodlands, CA, www.larkcamp.com/
- 07/28/2019:** Stockton Folk Dance Camp - Week 2, Stockton, CA, www.folkdancecamp.org/, Stockton Folk Dance Camp
- 07/29/2019:** World Folkfest, Springville, UT, www.worldfolkfest.dreamhosters.com/
- 08/01/2019:** New Mexico August Global Dance Camp, Montezuma, NM, <http://www.swifdi.org/>, Southwest International Folk Dance Institute
- 08/04/2019:** Ti Ti Tabor Hungarian Folk Camp, Gig Harbor, WA, www.tititabor.org/
- 08/10/2019:** Eat Coast Balkan Music and Dance Workshop, Rock Hill, NY, www.eefc.org/
- 08/18/2019:** Mainewoods Dance Camp Week 1, Fryeburg, ME, www.mainewoodsdancecamp.org/
- 08/25/2019:** Mainewoods Dance Camp Week 2, Fryeburg, ME, www.mainewoodsdancecamp.org/
- 08/30/2019:** Karmiel USA - Israeli Folk Dance Weekend, Highlands, North Carolina, karmielusa.wix.com/dance-camp, Ruthy Slann
- 08/30/2019:** Balkanalia, Corbett, Oregon, balkanalia.org/, Balkan Festival Northwest
- 08/30/2019:** World Village Music and Dance Camp, Cascade, MD, www.dancingplanetproductions.com/dancecamp.htm
- 09/13/2019:** Space Coast Scottish Country Dancers 36th Annual Fling, Cocoa Beach, FL, www.gulfweb.net/rlwalker/SCDEvents/CocoaBeachSpaceCoast/2019/SpaceCoastScottishFling_2019_Flyer.pdf
- 09/19/2019:** Tamburitza Extravaganza, Herndon, VA, www.tamburitza.org/, Tamburitza Association of America
- 09/19/2019:** World Camp, Rock Hill, NY, www.worldcamp.us/
- 09/20/2019:** Mountain Playshop, Black Mountain, North Carolina, www.mountainplayshop.org/
- 09/20/2019:** Fandango Dance Weekend, Decatur, GA, sites.google.com/site/englishcountrydanceatlanta, English Country Dance Atlanta
- 09/26/2019:** World Village Music & Dance Camp, High View, WV, www.worldcamp.us/, World Music & Dance Institute
- 09/30/2019:** Labor Day Weekend at Pinewoods, Plymouth, MA, www.facone.org/labor-day-weekend/labor-day-weekend.html
- 10/11/2019:** Oktoberfest International and Dance Weekend, Fairlee, VT, www.facone.org/oktoberfest/oktoberfest.html, Folk Art Center of New England
- 10/11/2019:** Sharpes Assembly English Country Dance Weekend, Cocoa Beach, FL, dancefl.us/ecd/ecdspec.php, Melbourne English Country Dancers
- 10/11/2019:** Greek Festival, St. Augustine, Florida, www.staugreekfest.com/, Holy Trinity Greek Orthodox Church
- 10/11/2019:** Serb-Fest 2017 (Orlando), Longwood, FL, www.serb-fest.com/
- 10/18/2019:** Greek Festival, Lecanto, FL, www.stmichaelgoc.org/festival.html, Archangel Michael Greek Orthodox Church
- 10/24/2019:** SPIFFS International Folk Fair, St. Petersburg, FL, www.spiffs.org/
- 10/25/2019:** Pocono Manor Folk Dance Weekend, Pocono Manor, PA, folkdancecouncil.org/events.html
- 10/25/2019:** Fall Swedish Music and Dance Weekend, Dodgeville, Wisconsin, www.folklorevillage.org
- 11/01/2019:** Autumn Leaves, Nashville, TN, www.nifddance.com/, Nashville International Folk Dancers
- 11/01/2019:** Camp Hess Kramer Workshop Weekend, www.socalfolkdance.org/calendar.htm, Northridge, CA, Folk Dance Federation of California

Calendar (continued)

- 11/01/2019:** Greek American Festival, New Port Richey, FL, stgeorgetampabay.org
- 11/07/2019:** Greek Festival, Daytona Beach, FL, stdemetriosdaytona.org/greek-fesitval/, St. Demetrios Greek Orthodox Church
- 11/28/2019:** Texas Folk Dance Camp, Bruceville, Texas, www.tifd.org/, Texas International Folk Dancers
- 11/28/2019:** Bannerman Folk Camp, Black Mountain, NC, www.bannermanfolkcamp.com
- 11/28/2019:** Thanksgiving Family Camp, Swannanoa, North Carolina, www.familydancecamp.com
- 11/29/2019:** Annual Kolo Festival, San Francisco, CA, balkantunes.org/kolofestival
- 12/26/2019:** Winter Dance Week, Brasstown, North Carolina, www.folkschool.org/, John C. Campbell Folk School
- 12/28/2019:** Folklore Village Festival of Christmas and Midwinter Traditions, Dodgeville, WI, folklorevillage.org
- 12/28/2019:** Machol Miami Lite, Aventura, FL, www.macholmiami.com
- 01/17/2020:** Orange Blossom Ball, South Daytona, FL, orangeblossomcontra.com
- 01/31/2020:** FFDC Florida Winter Folk Dance Workshop, Kissimmee, FL, www.folkdance.org/, Florida Folk Dance Council, Inc.
- 02/14/2020:** Dance Flurry, Saratoga Springs, NY, www.flurryfestival.org/
- 02/21/2020:** Greek Festival, Ft. Myers, FL, greekfestfortmyers.com/, Annunciation Greek Orthodox Church
- 02/28/2020:** Ocala Greek Festival, Belleview, FL, greekfestivalocala.com/, St. Mark Greek Orthodox Church
- 03/05/2020:** NFO Annual Conference, Laguna Woods, CA, www.nfo-usa.org/, National Folk Organization (NFO)
- 03/06/2020:** 50th Laguna Folk Dance Festival, Laguna Woods, California, www.lagunainternationaldancers.com/
- 04/04/2020:** Scanfest, Thousand Oaks, California, No web information
- 04/23/2020:** Kochavim Israeli Dance Camp, Wimberly, Texas, www.kochavim.net/

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

For tours with Tineke van Geel (sometimes assisted by Maurits), contact them at <http://www.tinekevangeel.nl>.

For the Macedonian and Bulgarian Folk Tour, please contact Vlasto at sunstagecompany@gmail.com or visit <https://sunstagecompany.wixsite.com/arts>

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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