



Prez Sez by Terry Abrahams

Well things have certainly changed from last issue. But first I want to wish Sara (from the Villages) a speedy recovery. Me – still on the chemo pill – still watching everyone dance on Zoom and to tell the truth – rather enjoying it! Lots of dances done that I hope our group might add to our repertoire and loving the old tried and true.



Just watched Halloween night with Murray and Randy Spiegall. They used Alternate / April Fools / Halloween / Uncommon Music versions for the dances, many from popular music, some from Tom Lehrer songs, lots from some musician who's name is escaping me at the moment (along with a lot of other things escaping me), but have offered the music to any of us who want it. They had 200 dancers Zooming the night – wow!! Missed their night where they did a tribute to Ellen Golann and it looked like a spectacular night – I forgot it was Saturday. BTW – if you are a Tom Lehrer fan, his songs are now all available on his website, for the next 3 years – then poof!

Now on to our FFDC camp. As you can have well imagined, we have cancelled the February date. We are giving consideration to a spring date, or the alternate is to just skip this year all together and wait for next year. We (the Board +) have definitely decided not to Zoom. Our next meeting is November tbd – and you will be notified what decisions are made. The hotel is available – that we know for sure. Everything else – the virus included - who the hell knows? But it doesn't bode well. Watch this space.

And other than that – hope you had a fun Halloween as best you could. That Thanksgiving will bring us something to be thankful for – and we can help by wearing our masks, washing our hands, and keeping our distance (of course I have buttons). Onward and sideward (as Jim Gold likes to say) toward a good Holiday Season, whatever you celebrate.

Inside This Newsletter

President's Message..... 1

Club Reports In 2

Delightful Delandia..... 2

Heard It From The Sarasota Grapeviners..... 3

Gainesville Update..... 4

Orlando International Folk Dance Club..... 6

Tampa Trivia..... 7

FFDC Annual Camp 8

No Camp In February..... 8

Footnotes 8

Society of Folk Dance Historians..... 8

National Folk Organization Annual Conference..... 9

Movement: Dancing May Help Prevent Falls..... 9

Calendar, Events, and Tours 10

Calendar..... 10

Folk Dance Tours..... 11



Editor's Note: newsletter articles should be submitted using the "newsletter@floridafolkdancer.org" email address. Thank you Vicki

Club Reports In

Delightful DeLandia by Kalista (Kelly Fagan)

COVID Schmovid. It's been a bizarre few months. Understatement. First and foremost, thank you dear dancers once again for the outpouring of kindness and your presence in the celebration of my father's life last February. Many of you have kept us up to date on all your "Larry" pepper plants received at the service. We love it! Thank heavens Julieta and I journeyed with the Orlando

groupies to Lagunafest in March, just days before California was locked down. While I was redeployed for 10 weeks from Orlando Health, Ruth Ann and I danced via Zoom from DeLand. Now I am back to work and joining with Pat and The Great Bobboo in the newly expanded gorgeous studio. A new and ever evolving learning

curve. The day we can all hold hands and celebrate TOGETHER in the circle, I will melt into tears.

Lynda and I went to Colorado to celebrate my beautiful niece's graduation from CSU. We saw close family and friends, and communed with nature in Durango, enjoying red wine and gourmet meals prepared by my niece, Candace. Beautiful.



These times beacon creativity as we go more local to "escape."

Mom's birthday was spent in a charming AirBnB in New Smyrna. Quality time, rest, laughter, reading, walks, swimming, red wine (are you getting a theme?), and delicious food. Candace flew in to surprise Mom - perfect. A delight.

Lynda, Mom, and I are headed to San Diego for a refreshingly different Thanksgiving.... my nephew Alex will be our host. I am hoping for sourdough bread, cheese, the rugged beautiful California coast... and yes, red wine. Turkey Schmurkey. Hugsz to all. I miss you so.



Heard It From The Sarasota Grapeviners

by Lynda Harris



While this Grapeviner threatens to regress to a slug-like state of being, others have found ways to keep going during this “new normal.”

Ann Paige generously offered to open her home to a small group of Grapeviners who wish to dance in person. Dancers who happily accepted her offer and have been dancing there for several weeks are Andi K, Barbara and Sergio Z, Carol Spangler, and of course, Ann. Thank you, Ann!!

Snowbirds Rita and John Fragala are in No. Andover, MA “in a subdued yet busy state.” Rita had eye surgery in March to replace a shunt, and John had cataract surgery the end of September. John is currently in Physical Therapy for a pinched nerve & painful hip. Despite these physical challenges, however, John has raised the most amazing crop of herbs, which Rita has been drying. (See photo of Rita with plants.)



“My greatest pleasure, however,” writes Rita, “has been the nightly streaming of the Metropolitan Operas from past years. The voices, music, costumes and sets are exciting at times, sad other

times and occasionally comical, but always imbue my brain with thoughts that life is difficult, tragic, but always filled with love.”

D.A. Tyler has been participating in the ongoing “All-Florida Meditation for All Life.” You don’t have to go anywhere or tune in to any special chat-room; you simply do it in the privacy of your own home, knowing that others are doing so at the same time (Tuesdays at 10 am and Fridays at 7 pm) for 20 minutes). The flyer explains: The spiritual practice used is to repeatedly, lovingly sing, on a long breath, the sound HUUUuuuuuu. “I find it provides a powerful focus and stability,” says D.A.

Mary Finegold says “I stumbled on the CREATE PBS channel (618) and found “Bare Feet.” Travels throughout the world and mainly Europe show us foods and dances done in many countries.”

Snowbird Sandie Schagen reports, “We returned to the UK in early June, when nearly everything here was closed. No dancing, of course...”

“Since then, things have changed. Shops, pubs, restaurants, hairdressers, swimming pools and bowling alleys all now open. But still no dancing...”

“Travel to some other countries is now allowed, but government advice about which countries changes frequently and with little if any notice. But we did manage a walking holiday in the Cinque Terre in NW Italy.” (See photo of Vernazza on Page 4)

In addition to all her aerobic activities, Susan Barach plays Mahjongg once a week with friends where she lives, and is a volunteer Literacy Buddy for the Early Learning Coalition of Sarasota County.

Kathy and Ron Fico report, “All this hunkering down has us doing lots of deferred projects. Ron has been moving dirt and trimming back trees. I’m going through paper work and discarding things.”

Continued on Page 4

Heard It From The Sarasota Grapeviners (continued)

Continued from Page 3

"We have also returned to dancing. We meet in a parking lot at a parks department. They have bathrooms and a power hookup. We dance about 12 feet apart. Bring our own chairs and drinks. So far it is working well, although dancing on asphalt is a little tough on feet."

Talk about high energy!! Makes me tired just thinking of all this -- I'm gonna go lie down...



Gainesville Update by Joyce Dewsbury



Our group is still not dancing. The upsurge of the coronavirus makes it imperative that we keep as safe as possible and follow the guidelines. Some of us may be dancing at home. After all, there is a lot of folk dance music and videos of dances available on YouTube.

So here is a continuation of some of our history the past few years from 2017 to 2018. The most interesting news is that GIFD found a new home at the Rosa B. Williams Center. There are three rooms all with wood floors. We did not dance in the largest room at first but now we do.

This photo is of us at the Rosa B. Williams Center not too long after we began dancing there on September 30, 2017.

We always take a break after teaching and so our photos are always taken then. We often try to be creative in our posing and this photo in the room with the mirrors was different (October 8, 2017).



Gainesville Update (continued)

Continued from Page 4

We occasionally get invitations to perform and this one was for a performance in Newberry. Not too many were able to participate but all went quite well (November 4, 2017).



Here we are in one of our more creative poses (November 9, 2017).



We are in the largest of the dance rooms. There are often art exhibits on the walls. Some are group shows while some are exhibits with the art work of individual artists. These particular works were of jazz greats in the past. (January 1, 2018).



We had a pizza party hosted at the home of Gary and Peg prior to their leaving Gainesville. Gary made the delicious pizzas in a fry pan. (April 1, 2018).



I hope everyone has enjoyed this continuing history of our group.

May everyone stay well and keep safe and dance virtually or even with a small group.

Orlando International Folk Dance Club By Pat Henderson



Yes, our club is dancing live and also doing Zoom since our late start on September 16. We were delayed when Tami Epstein and Nicki Wise had covid at the same time. They both were in the bubble with Bobby and me since the beginning. We danced physically together in May and June. Our club took our regular hiatus in July and August. In late August, the four of us were together to celebrate Tami's birthday by playing games and a few days later, they both had covid. Both had relatively mild cases and Bobby and I never got it. I took a test and it was negative. So we waited until September 16 to start our fall season of dancing. Now those dancing live are wearing masks. Kelly Fagan is also here and helping to run the Zoom. In fact, Bobby went to Colorado in mid-October to work on the home where our daughter lives up the mountain from Boulder. While he was gone, Kelly and I ran the dance and Zoom. The first week we went around the world alphabetically by country. It was a lot of fun. The second week we took requests in advance and had the whole two hours filled. Now Bobby is back and we do mainly instantaneous requests.

Bobby and I moved the furniture into the studio addition on July 23. We cannot wait until the day comes we really need it! (see photos)

There is relatively low travel news to report since most are staying home. In some sad news, we had to

say good-bye to Lynn Ricketts who moved to California where her daughter lives. She is an avid contra and English Country dancer as well as international. She will be missed.

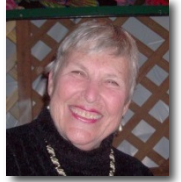
Linda Nicoli has been fortunate to be in a play at the Cocoa Village Playhouse. She was Rebecca Nurse, a victim of the Salem Witch Trials, who was seeking revenge in *The Reunion on Gallows Hill* in the *Halloween Trilogy*. Her next role, a small part, is Mrs Kirk, the owner of a boarding house in New York where Jo March stays while trying to get her stories published in *Little Women*. *Little Women: The Musical* opens on November 20.

Orlando is sponsoring the FusionFest on Saturday and Sunday, November 28-29. It is really an international festival. One feature that some of us have participated in the past two years is the Fusion Contest where groups will perform a combination dance from more than one culture. This year both Ann Robinson and I will be judges for the contest. Also, the Orlando International Folk Dancers may be performing on Sunday. Here is the website: fusionfest.org

At the moment, we are hoping that we will have our Holiday Party on Saturday, December 12 at the Crystal Ballroom at 11am. Stay tuned...



Tampa Trivia by Terry Abrahams



No news is good news? Not in this case. But I called Judith to see if anything was going on and we got into a discussion of her art work. At a recent local show (virtual) with the theme "Escape into Abstraction," she got an honorable mention for sticking with the abstraction (no realism) challenge. Her painting, titled "Discombobulated Under Lockdown," received the honorable mention. At one time, she dabbled in pen and ink. None were accepted into shows, but they made great Christmas presents for her children! Her pastels are beautiful, and the proof in the pudding in one she did of me a few years ago, following my "buying" her at one of our auctions. Below are the three from this latest show.

Andi is dancing in Sarasota at Ann Page's house. Taught four from the 44 she's learned from Zoom. Seven Israeli possibilities. She has put a number of them on her cards – she's wonderful. Hope her's match some of the ones I've liked. Feeling worried that she won't get to Canada for forever.

Andy is taking care of my computer and website via phone calls, riding his bike for exercise and learning many new dances, reviewing many old ones, and if we ever get going again will have a plethora of dances ready for us.

Gary went to Israeli dancing (the St. Pete group meets there now on early Sunday evenings if you're interested – see Andi's note below) in Clearwater. The safety of it all worries him, so reluctantly thinking about going again as we speak – or as I write.

From Andi: Starting Sunday, 11/1, the St. Pete Israeli group will be meeting at Gold's Gym, 1664 S Missouri Ave, in Clearwater from 7 to 9 pm. If you have a silver sneakers card, you can present it when you arrive. If not you must register and provide a credit card - the charge will be \$10 a month. For our convenience they have made arrangements for us to register at the Gold's Gym in Tampa: 3689 Waters Ave. 813-935-2639. - assume it will need to be done on a weekday. Masks will be required entering and leaving but can be removed when dancing. Social distancing will be practiced.

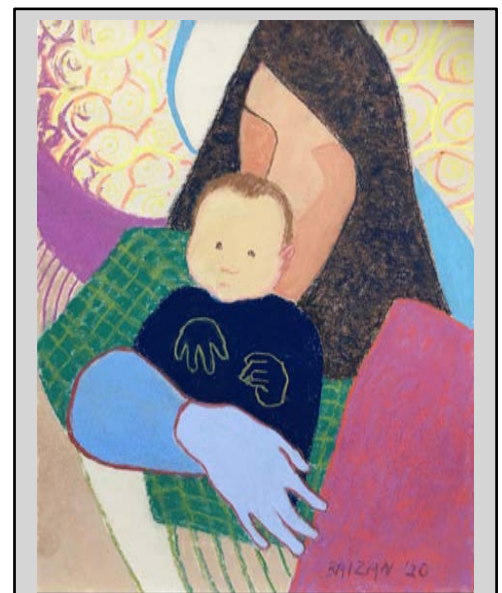
That leaves me and Vicki – she writes her paragraph (Vicki here...my life is not different this month than from last month...) and adds it to mine. I broke my little gadget I bought that is a mic/camera. So I can watch and hear the Zoom, but one cannot see or hear me – a blessing for most I guess! And I wrote enough in the Prez Sez to keep me from writing more here. Happy Holidays!



My Locked Down Life



Panic



Discombobulated Under Lockdown

FFDC Annual Camp

No Camp in February

The FFDC Board has made the tough decision to not proceed with the annual Florida camp, originally scheduled for February 5-8, 2020. The Board also agreed that a virtual camp via Zoom was not an option for the FFDC.

The Board is looking at different delay options monthly. Luckily the hotel is being very amenable to working with us, even as a future date is unknown. Much depends on when a vaccine will be available and the distribution of that vaccine. All we can do right now is wait.

FootNotes

Society of Folk Dance Historians (SFDH) by Dick Oates

The Society of Folk Dance Historians (SFDH) is on the web at sfdh.us. Sections include About, Encyclopedia, Periodicals, and Members. Also, there are Can You Help?, Ron's Section, and Videos.

If you'd like to see what documents are held, click on SFDH Document Holdings from the main page. Also, from the main page, you can get a copy of the 2020 Group Directory of Folk Dance, Song Groups, an Ensembles.

Want to know what dances have been published in the Folk Dance Problem Solver to date? Go to the Encyclopedia, click on Folk Dance and scroll down to Problem Solver Alphabetical Index or Problem Solver Regional Index.

The SFDH has added many files to its Encyclopedia. They are divided into several categories, including Camps Active, Camps Closed, Cultures, Dances, Folk Dance, Geography, Music, Organizations,

People, Publications, Recordings, Songs, and Miscellaneous. There are over 1,400 articles on the SFDH website.

The SFDH is seeking an Executive Director who will

- a) increase public access to the Society archives and library, and
- b) direct research about the history and practice of recreational folk dancing.

Please send a cover letter and vita to SFDHist@gmail.com.



National Folk Organization Annual Conference - Notice Courtesy of Roo Lester

The National Folk Organization upcoming conference will be April 7-11, 2021.

We will have a virtual conference via Zoom.

Everyone is welcome! No fee to attend any or all of the events!

We have an awesome collection of people doing a variety of presentations including one from First Nations people and a wide variety of amazing speakers to share information about various aspects of dance, music, crafts and other folk arts. Two fabulous dance teachers and dance parties each night.

Have fun with us, make new connections and enhance your cultural horizons.

Please mark your calendars and plan to join us April 7-11, 2021.

Movement: Dancing May Help Prevent Falls by Nicholas Bakalar

The New York Times (www.nytimes.com)

Dancing may help prevent falls in the elderly, a review of studies suggests. And the more older people danced, the better.

Researchers combined data from 29 controlled trials in healthy people over 65 of “dance-based mind-motor activities” involving coordinated upright movements, structured through music or rhythm, with distinctive choreography and interactions with other people — in other words, dancing. The studies tested ballroom dancing, folk dancing, line dancing, eurythmics, tai chi and other styles.

Compared with their peers who engaged in walking, seated exercise, general aerobics and other types of exercise, those who engaged in dance-based activities had a 37 percent reduced risk of falling in eight trials, and a 31 percent reduced number of falls in seven other studies. Several trials showed

significant advantage over controls in balance and lower body strength, but not upper body strength.

The review, in JAMA Network Open, found that dancing three or more sessions a week, and continuing to do so for 12 to 24 weeks, was associated with greater benefits than shorter interventions.

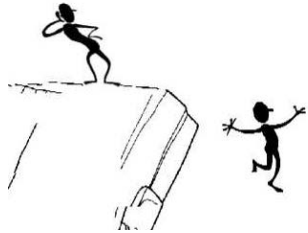
The lead author, Michèle Mattle, a doctoral student at the University of Zurich, pointed out that most trials reported at least 80 percent adherence, which is probably higher than for most other types of exercise programs.

“Participants liked the interventions, and thus they had fun doing them,” she said. “The most important thing for physical activity to have a beneficial effect is that you stick with it — life long.”

Calendar, Events, and Tours

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

Calendar



Look Before You Leap... Or Go Dancing...

The longer the pandemic goes on, the more difficult it is to maintain a reasonable calendar. So for now, we are trying something new.

✿ The listing of workshops and other events below will only show those that we understand at time of publication will occur in person. We continue to thank Pat Henderson for maintaining this. Remember this data is a moving target. Check and recheck the status if you plan on attending or participating. Please do not rely only on what is printed below.

✿ For virtual events, we are providing two links to calendars which are attempting to track everything virtual.

Andy Polluck has created a calendar for virtual dancing:

<https://tinyurl.com/andyscalender>

Dale Adamson has also created a calendar for virtual dancing:

Use this link to access the calendar: <https://daleadamson.com/events-calendar/>

Use this link if you want to submit something to the calendar: <https://daleadamson.com/event-submission/>

Use this link to access various other items (including Andy's calendar!): <https://daleadamson.com/other-online-event-calendars-of-interest/>

- 2020-12-12: Orlando's Holiday Party, Casselberry, FL, No web information
- 2020-12-28: Folklore Village Festival of Christmas and Midwinter Traditions, Dodgeville, WI, <http://folklorevillage.org/>
- 2021-01-15: Orange Blossom Ball, South Daytona, FL, <http://orangeblossomcontra.com/>
- 2021-02-05: Greek Festival, St. Petersburg, FL, www.facebook.com/supergreekfest
- 2021-02-05: FFDC Florida Winter Folk Dance Workshop, Kissimmee, FL, <http://www.folkdance.org>, Florida Folk Dance Council, Inc.
- 2021-02-12: Greek Festival, Lecanto, FL, <http://www.stmichaelgoc.org/festival.html>. Archangel Michael Greek Orthodox Church
- 2021-02-26: Greek Festival, Ft. Myers, FL, www.greekfestfortmyers.com/, Annunciation Greek Orthodox Church
- 2021-03-05: Laguna Folk Dance Festival, Laguna Woods, CA, lagunainternationaldancers.com/
- 2021-03-11: San Antonio Folk Dance Festival, San Antonio, TX, <http://safdf.org/>
- 2021-03-12: Ocala Greek Festival, Belleview, FL, www.greekfestivalocala.com/, St. Mark Greek Orthodox Church
- 2021-04-23: Lyrids Folk Dance Festival, Vancouver, Canada, <http://lyridsfolkdancefestival.org/>
- 2021-05-07: International Folk Dance Camp, Hopewell Junction, NY, <http://ifc-ny.com/IFC.flier.pdf>
- 2021-05-28: Florida Folk Festival, White Springs, FL, <http://www.floridastateparks.org/FloridaFolkFestival>, Florida State Parks
- 2021-05-28: Northwest Folklife Festival, Seattle, WA, <http://www.nwfolklife.org/>

Continued on Page 11

Calendar (continued)

Continued from Page 10

- 2021-06-03: June Camp: an International Folk Dance Weekend, Deerfield, IL, <http://sites.google.com/site/junecampifd>
- 2021-06-06: International Folkfest, Murfreesboro, TN, <http://mboro-international-folkfest.org/>
- 2021-06-12: Scandia Camp Mendocino, Mendocino Woodlands, CA, <http://www.scandiacampmendocino.org/>, Scandia Camp
- 2021-06-25: Toronto Israeli Dance Festival, Toronto, Canada, <http://www.israelidancetoronto.com/>
- 2021-06-27: Nordic Fiddles and Feet, Lyman, NH, <http://www.nordicfiddlesandfeet.org/>, Nordic Fiddles and Feet
- 2021-07-09: Montana Folk Festival, Butte, MT, <http://www.montanafolkfestival.com/>
- 2021-07-18: Stockton Folk Dance Camp - Week 1, Stockton, CA, www.folkdancecamp.org/
- 2021-07-25: Stockton Folk Dance Camp - Week 2, Stockton, CA, www.folkdancecamp.org/
- 2021-07-30: Lark Camp, Woodlands, CA, <http://www.larkcamp.com/>
- 2021-08-01: Ti Ti Tabor Hungarian Folk Camp, Gig Harbor, WA, <http://www.tititabor.org/>
- 2021-08-15: Mainewoods Dance Camp Week 1, Fryeburg, ME, <http://www.mainewoodsdancecamp.org/>
- 2021-08-22: Mainewoods Dance Camp Week 2, Fryeburg, ME, <http://www.mainewoodsdancecamp.org/>
- 2021-09-03: Labor Day Weekend at Pinewoods, Plymouth, MA, <http://www.facone.org/labor-day-weekend/labor-day-weekend.html>
- 2021-09-17: Enon Valley Folk Dance Camp, Enon Valley, PA, folkdancepittsburgh.com/
- 2021-09-24: Mountain Playshop, Black Mountain, NC, www.mountainplayshop.org/
- 2021-10-09: Workshop with Michael Ginsburg, Dayton, OH, www.miamivalleyfolkdancers.org/, Miami Valley Folk Dancers
- 2021-11-05: Greek Festival, Maitland, FL, www.orlandogreekfest.com/, Holy Trinity Greek Orthodox Church
- 2021-11-05: Autumn Leaves, Nashville, TN, www.nifddance.com/, Nashville International Folk Dancers
- 2021-11-25: Bannerman Folk Camp, Black Mountain, NC, bannermanfolkcamp.com/
- 2021-12-26: Christmas Country Dance School, Berea, KY, www.berea.edu/ccds
- 2022-01-21: Florida Snow Ball, Gulfport, FL, www.floridasnowball.com/, Tampa Friends of Old-Time Dance

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 Moisidis, see <http://www.moisidis-dance.gr/en/> or contact moisidiskyriakos@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!)

Florida Folk Dancer is published six times a year by the Florida Folk Dance Council, Inc., a non-profit corporation whose purpose is to further knowledge, performance, and recreational enjoyment of International Folk Dance.

2019-2020 FFDC Officers

President: Terry Abrahams
president@folkdance.org, 813-234-1231

Vice-President: Gary Berke
vicepres@folkdance.org

Secretary/Historian: Pat Henderson
secretary@folkdance.org

Treasurer: John Daly
treasurer@folkdance.org

Historian: Caroline Lanker
historian@floridafolkdancer.org

Newsletter Editor and Publisher: Vicki Kulifay
newsletter@floridafolkdancer.org

Immediate Past President: Pat Henderson
407-492-3006

Submissions: Send event notices for the calendar or the newsletter to Pat Henderson.

Send all other newsletter submissions to the newsletter@floridafolkdancer.org email address.

Copyright: Articles in the Florida Folk Dancer are copyright by the Florida Folk Dance Council, Inc., or by their individual authors. Subscriptions for printed and mailed copies are \$15 per year per person and include membership in the Florida Folk Dance Council. Membership without printed newsletters is \$10 per person. The membership year runs from one annual Florida Folk Dance Camp (usually February) to the next. The newsletter is posted on the FFDC website and members with email addresses are notified of its availability.



408 Glencairn Circle
Dunedin, FL 34698