

SIFD NEWS



JULY 2008

SOCIETY FOR INTERNATIONAL FOLK DANCING

registered charity number 284509

www.sifd.org

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The typing is done by Janet Douglas.

The packaging and posting is done by Dalila Heath.



Our front cover picture of Bulgarian costumes this month first appeared on the June 1965 issue. This charming ink sketch has been enlarged and cleaned up as its age was showing. The man's costume is probably white or cream with black or blue embroidery; the woman would probably wear a white embroidered shift, with a blue overdress and red apron. (Note that these are not the definitive colours.)



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CM16 4HJ. Tel: 01992 577065. *sguest@iee.org*

We have been rained off already this year down here on the south coast, but the signs were there. First there was the refusal to believe the weather forecast - after all it's nearly always wrong. Then, waking during the night before that outdoor performance to an ominous quiet, then, listening to the rain and wondering when it will stop. Morning arrives, overcast and wearing puddles - but Hope struggles to assert itself - not for long though - as waterlogged ground puts paid to the day's plans; and everyone goes home muddy and dejected.

The next day is bathed in brilliant sunshine.

There seems to be one washed out event every year, last year the Bognor group's visit to the Victoria Embankment Gardens was greeted with a deluge. Hopefully the rest of this year will be sunny every time any of our groups attempt to display any dances outdoors. Please remember to tell us when and where your group may be seen showing the international colours.

Ed.



Roger Wicksteed

Roger Wicksteed, leader of the Oxford Balkansko Oro and stalwart member of the Oxford International Folk Dance Group and of Balkan Plus, has recently suffered a stroke. News of his progress can be found on www.oxintdance.org.uk. We all wish him well, and his friends are doing everything they can to aid his speedy recovery.

Colin & Sally Hersom
Oxford International Folk Dance Group



You may wish to send cards to:

Roger Wicksteed
c/o Hitchins
15 Hawthorn Avenue
Headington
Oxford.
OX3 9JQ.

As Roger will need help to buy suitable aids to living, his friends have set up a fund to be used for his benefit.

Contributions can be sent to D. Hitchins, at the above address.



Oxford Balkansko Oro Summer Party

S.I

July 19th 7.00pm to 11.00pm at St Margaret's Hall, Polstead Road, Oxford. £6.00 This is a special event for Roger.

Brian Dowsett



SIFD Day Course

Date: Saturday, 12th July 2008

Time: 10.30 am - 4.30 pm

Place: Cecil Sharp House

Cost: £8 for SIFD Members, £10 for Non-members

Tutor: **Maggie O'Regan**

Subject: Russian Dances from Maggie's extensive and varied repertoire.

Pam Radford



New International Folk Dance Class

A chance via U3A to "Learn International Folk Dances".

Dancers must be fully paid up members of the U3A.

Dancing starts weekly from Thursday 11th September 2008.

7.15 to 9.15pm at Broadwater Parish Rooms, Broadwater Street West, Worthing, West Sussex.

Cost probably 50p. Tutor: Iris Birch (Mrs.) 01903 691651

Iris Birch



July Balkanplus

The July Balkanplus will be held on the 12th July at Cecil Sharp House, Camden NW1, starting at 7.00pm. Come and enjoy an evening dancing with Frances Horrocks, Maggie O'Regan and Toni Gutman. Admission £5.

There won't be a Balkanplus in August but a highlight for the Balkanplus year will be our weekend workshop at Cecil Sharp House, London with Ben Koopmanschap - September 27th-28th. Ben is an enthusiastic and knowledgeable teacher of the dances of former Yugoslavia and Albania and we are looking forward to the weekend. Ben is from the Netherlands and is well known there as a teacher. Tickets are still available and can be bought from me either at our monthly Balkanplus dance or by post from Maureen Felton, 28 Henslow Road, Ipswich IP4 5EG (please include a s.a.e.). Tickets: £25 (weekend) or £15 for 1 day. We offer price reductions for Balkanplus season ticket holders, £20 (weekend) or £12 for 1 day.

Maureen Felton



Travel to Swansea

If anyone from the London area would like a lift to Swansea, please get in touch with me: contact details:

Richard Mellish 15 Lancaster Road, North Harrow, Middx. HA2 7NN

richardmellish@compuserve.com

If they are willing to share the driving, so much the better, but that's not essential.

Richard Mellish



DATES FOR YOUR DIARY

S.I July26th/**Aug.2nd** **THE SIFD SUMMER SCHOOL** at Swansea. www.sifdsummerschool.org
or tel: 01462 457791 DFB2@btinternet.com

July26th/**Aug.2nd** **BILLINGHAM INTERNATIONAL FOLKLORE FESTIVAL** details,
70 Brunswick Street, Stockton-on-Tees. TS18 1DW phone: 01642 553 220

Aug.2nd/9th **ALNWICK INTERNATIONAL MUSIC FESTIVAL** (includes international dance) Alnwick, Northumberland. www.alnwickfestival.com

Aug.3rd /8th **MACHOL EUROPA 31** The Israeli Folk Dance Summer School, Loughborough University. details and booking form at www.idi.org.uk, or email info@idi.org.uk or call: 020 8448 6427

Aug.4th/8th **CIRCLE DANCE HOLIDAY AT HALSWAY MANOR**, Somerset. European folk and the best of Circle Dance) taught by Sue Kewley (20 years experience). Free time for walking, exploring. Non-dancing partners welcome. Four nights half board £180 (£208 ensuite) and non-dancers £165 (or £193). Friday night supplement. Contact Sue Kewley 01903 744929 or suekew@tiscali.co.uk

Aug.9th **VICTORIA EMBANKMENT GARDENS THEATRE** see page 6

S.I **Aug.22nd /25th** **WILLINGDON I.F.D.G. MINI FESTIVAL** will be at Plumpton Agricultural College near Lewes, and returns to the 3-day, Bank Holiday format. Shared leading of International Folk and Circle Dance, an English caller, singing, and free time to explore the lovely South Downs. Full board £150 (plenty of single rooms). SAE for detailed booking form to Rowena Martin, 60 Anderida Road, Eastbourne, BN22 0PZ.

S.I **Sep.27th/28th** **BALKANPLUS WORKSHOPS WITH BEN KOOPMANSCHAP** see page 4

Oct.18th **NUTBROOK INTERNATIONAL FOLK DANCE GROUP.** Dances from Bulgaria. Venue: Grangewood Methodist Church Hall. Grangewood Rd. Wollaton. Notts. NG8 2SJ. Led by Brian Dowsett £7 (£4 half-day) 10.30am to 4.30pm. Further details 01332 701922 / 0155 9171831

S.I **Oct.24th/27th** **RESIDENTIAL COURSE OF MACEDONIAN FOLK DANCE** with Paul Mulders in Malhamdale, Yorkshire Dales. Comfortable ensuite accommodation, full-board. Choice of General or Intermediate course, or both courses. Excellent area for walking or sight-seeing. Non-dancing friends and family welcome. Full board accommodation (3 nights) £199. Single course £26, both courses £46. For details and a booking form please send s.a.e. to Cathy Meunier, 115, Chetwynd Road, London, NW5 1DA or e:mail your request to cathy_meunier@hotmail.com.

Nov.8th /9th **ARMENIAN DANCE COURSE** led by Dalila Heath at Lambley Village Hall, Notts. Full details from Elaine Donnelly, 21 Villa Road, Mapperley Park, Nottingham NG3 4GG. Tel 0115 962 3173 or email: edonnelly@talktalk.net Early bird booking before October 1st £35. Accommodation may be available with local dancers or a list of B&Bs is available, please ask if needed.

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Events covered by SIFD insurance are marked S.I. Please remember that the onus is on you to mark each event when sending in the notice if your event is covered by our insurance.



Victoria Gardens Embankment Theatre

I was very pleased to receive a request from Elsa Perez for a later booking at the above theatre. She has put together contributions from her two groups; the Iberian group, (Spanish, Portuguese and Mexican) who have been associated with the Society for many years and a new group, 'Proteas Quadrille', who will show Cuban and South African dances, which should make an interesting programme.

They have booked for Saturday August 9th, to start at 1.15pm and will dance for approximately 90minutes. I am sure they will give an excellent performance and don't forget, the Bognor Regis Group will be appearing on July 26th.

George Sweetland



Residential Bulgarian & Balkan Dance Course with Yves Moreau at Malhamdale

27th – 30th March 2009

Yves Moreau is known worldwide as a Bulgarian dance specialist. He also regularly presents workshops with a broader Balkan repertoire. He has travelled extensively in Macedonia, Serbia, Croatia, and Romania since 1969 and has worked with renowned teachers from these countries. Yves' teaching is inspirational and we look forward to another enjoyable weekend with him. The emphasis of the weekend will be Bulgarian, but Yves will also share some of his favourites from neighbouring countries. This will help us to see the Balkans as a global geographical and cultural region where the political borders have limited significance and where each Balkan country has influenced its neighbours.

This residential long weekend will be held at the HF country house hotel of Malhamdale, near the geological wonders of Malham Cove in the Yorkshire Dales. It includes comfortable twin, double, family or single en-suite accommodation and full-board with a plentiful choice of good food. Dancers can select either the General or Intermediate course, or both courses. There will be social dancing in the evenings, with a review of Yves's dances from previous courses on Saturday evening. It is an excellent area for walking or sightseeing, and, leaders willing, full and half-day walks will be offered. Non-dancing friends and family are welcome to come and enjoy the facilities of the house and grounds, including an indoor swimming pool, the walks and the attractions of this area. Full board accommodation (3 nights) is £186, single course £28, both courses £50.

For full details and a booking form, please send s.a.e. to me at 23, Church Street, Keswick, Cumbria, CA12 4DX. Alternatively you can get the information electronically by sending your request to cathy_meunier@hotmail.com

Cathy Meunier



Traditional Greek Dances

As must be well known, Greece is a Balkan country largely surrounded by the sea (Ionian to the West, Aegean to the East, Mediterranean to the South) and bordering Albania, ex-Yugoslavia and Bulgaria to the North and Turkey to the East.

The Northern regions of **Thrace** and **Macedonia** offer a full range of dances: slow ones like Dhimitroula (M) or quick ones like Mikri Eleni (M) or Paidouska (Th.), danced in an open circle or in couples facing each other (as in Andikrystos (M) or Syngathistos (Th.)). In these areas we have a variety of handholds and lots of arm movement. Apart from the typical loosely joined arms or the 'W' hold, there are a lot of belt-basket-hold (as in Zonaradhikos (Th.)), then either abrupt arm movements (Tsestos or S'tris (Th.)) or smoother movements (as in Len irthi Mais from the same area). Consequently we have a huge variety in music, rhythm and groups of instruments; the pear-shaped lyra accompanied by a big drum called daire, different kinds of gaida (kind of bagpipe), flojera (end-blown flute) accompanied by various vase drums (toubeleki) zournas (primitive form of oboe), clarinet, grouping with violin and lute or outi and, in Western Macedonia only, brass bands. The rhythm of the dances varies from the extremely simple (e.g. Paidouska in 2/4 (Th.)) to the more complicated (e.g. Kale Maria (M) in a very slow 7/8, Levendikos (W.M.) made up of intertwined 7 and 5 beat phrases with an underlying 3-beat phrase common to both groups: 2+2+3+3+2). Many times the dance-song begins in a very slow tempo and evolves to a very fast one (as in Gaida (M)). Peasant women's costume consists usually of a rather short and narrow thick cotton chemise with different kinds of coat dresses and heavy woollen type of coats (sigouni) with headdresses tied in a unique variety of intricate ways (e.g. costumes from Gidhas and Episcopi in Macedonia or from Metaxadhes in Thrace) and lots of jewellery. Men wear simple costumes consisting of a kind of dark-coloured woollen trousers and various waistcoats.

Moving further to the South and West, we come to the mountainous region of **Epirus**. The dances there retain a unique, heavy, slow and dignified style in various rhythms (e.g. Zaqorissio in 5/4 (2+3), Sta Tria in 4/4, Sta Ohio in 2/4, Fyssouni in 9/8 etc.). The high infertile mountains of **Epirus** compelled the male inhabitants to migrate abroad, especially at the turn of the century. The sorrows of exile and the yearning for the absent beloved ones is reflected in the rather sombre style of music and singing. The clarinet accompanied by violin, lute and defi (kind of tambourine) prevails in **Epirus** but one should mention the polyphonic songs - unique in Greece - of Northern Epirus which many times accompany dances like Sta Dho. In **Epirus** men wear either a kind of black or white woollen trousers (mainly in the region of **Jannina**) or a kind of black woollen foustanelle (wide, pleated kind of skirt typical in **Metsovo** and **Vovousee**; tsarouhia (shoes with a pom-pom) are worn with both costumes. Women's costume offers a greater variety; but the prevailing element is a kind of sleeveless long coat made of a thick, woollen material and heavily decorated either with ribbons, red cord and red belt (e.g. flocata of the **Zaghor**i costume) or with golden cord (like the elaborate pirpiri of the urban costume of **Jannina**). In many places (e.g. in the villages of **Souli** or in **Kalrytes**) even the women wear tsarouhia and this is reflected in the style of their dancing.

Coming to **Thessaly** and **Stereia Hellas** (or **Roumeli**) one finds a similarity with Epirot dances in the mountainous areas contiguous to Epirus. The fertile plains of **Thessaly**, however, are occupied in a great part by the Karagounidhes, famous for their heavy women's costume and for their unique dance Karagouna, (consisting of a slow and heavy part in 4/4 and of a faster one in 2/4). In **Eastern Thessaly** at the coast (**Pelion**, **Volos**, **Trikeri**) the style of dancing and music is nearer to that of the neighbouring islands (e.g. different kinds of Syrtos, Peliolitikos). Dances based on the dance Sta Tria are found in both regions and Tsamikos is very popular too, especially in **Roumeli**. A Kompania of clarinet, violin, lute and sandouri (a struck dulcimer) is very common, but one should mention here the famous zourna players from the **Pelion** villages and the zourna accompanied by the daouli (a huge side drum) in **Roumeli** - in **Mesolongi** in **W.Roumeli**.

In the Southern part of Greece, **Peloponnese**, Tsamikos and Kalamatianos prevail. Women's costume in **Roumeli** varies again greatly but the sleeveless woollen coat (sigouna) is common to most villages. The urban costume in the **Peloponnese** became a court dress during Queen Amalia's reign (middle of the 19th century), and is now very widely known as the "Amalia" costume. The men in **Roumeli** and the **Peloponnese** wear different kinds of foustanella with various types of waistcoats (e.g. fermeli, ghileki etc.) In the islands it is Ballos and Syrtos which prevail in various forms. It should be noted that the music and dances of the **Ionian Islands**, which were never under the Turkish yoke, are performed in quite a western style. Remarkable too is the characteristic basket-hold of the **Dodecanese** (as in Issos from **Kalymnos**) with some clockwise dances (e.g. Zervos from **Karpathos**) or their bouncy and intricate Soustas (e.g. Sousta from **Rhodes**, Sousta from **Symi**).

In the **Ionian Islands** they use the violin accompanied by guitar, while in the **Cyclades** of the Aegean Sea the violin is accompanied by a lute. In the islands near the Turkish coast (**Samos**, **Chios**, **Lesbos**) a Kompania of clarinet, lute, violin and sandouri is common, while in the **Dodecanese** a pear-shaped lyra accompanied by a lute is still heard.

In all the islands men wear the vraka (a kind of baggy trousers) in various versions. Women again offer a great variety of costumes often made of expensive silk brocade brought from abroad. Sometimes they wear boots, whether simple as in **Rhodes**, or colourful most typically in **Karpathos**.

In **Crete**, the biggest island in Greece, the style of music, dancing and costume is unique. The best known dances of this island are: Syrtos from **Hania** (Haniotikos Syrtos), fast and slow Pendozali, Maleviziotiko and Sousta. Pear-shaped Cretan lyre accompanied by lute is the typical instrumentation for these dances now, but in previous years a local type of flute called mandoura, or a kind of bagpipe called askomandoura were quite common. Women wear baggy trousers underneath a white chemise covered by a red pleated half skirt; a dark coloured short jacket embroidered with golden cord is worn on top with a knife stuck in their red belt. On formal occasions men wear the vraka made of blue felt with a white chemise, embroidered blue felt waistcoat and white boots. Everyday, men wear black shirts, black boots and black or khaki vraka. Their costume is much more elaborate by comparison with the vrakes of the other islands.

Finally, the music and dances of the refugees from **Pontos** (the Black Sea Coast) from Asia Minor, from European Turkey as well as those of **Cyprus** must also be regarded as part of the Greek tradition. The dances from **Pontos** are unique for their trembling style and they are danced mainly to the accompaniment of their rectangular lyre (e.g. Tik, Kotsari, Lemona, etc.). Hassapiko originally danced by the butchers in **Constantinople** is spread all over Greece, while all sorts of face to face dances, like Karsilamas, Ballos, are performed in a quite oriental style. In **Cyprus**, single sex couple dances (Andikrystoi), a local Zeibekiko, a dignified Sytro and men's solo dances (e.g. Horos to Dhrepaniou - sickle dance) are danced with much grace, elegance and modesty.

Generally, the style of Greek dancing is easy, natural, dignified, upright with the body moving always as a whole. The dances are mostly done in an open circle, but some of them are performed in a closed circle (e.g. in the village of **Neo Monasteri** in **Roumeli** on 1st January). There are also many couple dances and some solo ones (e.g. Tatsia from **Cyprus**). Greek dances do not demand great physical exertion, (except for those performed by men) and are suitable for all ages. Anybody interested in dance will be surely overwhelmed by the richness of variety of the Greek tradition, while the fact that it is still a living tradition with ever changing forms and vast scope for expressive improvisation will be a refreshing change from the "folk dancing" of those other countries where it has become a fossil set in organised performance.

Written by **Natassa Lemos** in 1986



Alf Garton

Alf and Peggy, along with Jean and Stan Dewey, were the first to enrol in my class at Selly Park School at the end of the '60s'.

To hear of Alf's death has been very upsetting - I can still see him doing 'handsprings' across the hall on arrival on a Tuesday evening. He was a staunch friend - even driving me to the funeral of Margery Latham when he heard I intended to go by trains and tubes with a plaster cast from hip-to-heel and a pair of crutches! He was with us for every demonstration we gave for years until moving south with Frances. He and Frances even borrowed my Polish costumes for their wedding, so involved was he.

All the members of the current group will either remember him, or have heard about him, for he was a truly 'moving spirit' among us. He was a big mover (no pun intended) in extending our membership to form another group - the 'Heart of England' group.

Much of what happened in the '70s' and '80s' was greatly helped by Alf's unlimited support and kindness, which I shall never forget.

I send Frances and Paul my most sincere sympathy for the loss of a great man, husband and father.

Sybil Chapman



Alf Garton

Died May 20th 2008 after being in hospital since early April.

There will be many memories of Alf, here in Birmingham and elsewhere in the world of SIFD dancing. He has graced the folk dance floor for many years.

He was a fellow founder member of SELPAR way back in 1973, under the leadership of Sybil Chapman.



Alf had the gift of remembering dances that most of us forgot. He would drag back from his memory, dances from many years before and lead them faultlessly. Although not a teacher he was a good leader.

SELPAR was blessed with many couples and Alf & Peggy, his first wife, who sadly died, were always there when we danced at numerous demonstrations and displays locally and at the Central Hall Birmingham and the Albert Hall.

He Cotswold 'Safaried' every year, I can see him now in his Swedish costume leading all the dances across the fields.

Alf & Peggy went to the summer school at Swansea several times, usually in their caravan. He was the one that always remembered the most dances afterwards. He served on many committees and helped start the Heart of England group, which is still going strong today.

Alf remarried 20 years ago to Frances and after a few years moved away from Birmingham to Exmouth. Although they were not able to join a SIFD group in their locality, they still kept up their dancing with other folk groups.

We visited them several times and Alf always looked a picture of health, lazing in his hot tub overlooking the Exmouth bay. He did this every morning, summer and winter. This is how we will always remember Alf, and at 82 he still had that twinkle in his eye, but not so much in his feet. We, and all his friends at the Midlands Branch, will miss the good times we had with him, and are thankful that we knew him and could call him a dear friend.

Jean & Stan Dewey

Dance Names with Diacritics

Many of us have to type dance names which include accented letters on our PCs and finding the letters with diacritics can be tedious if they are anything more esoteric than an 'e' acute or an 'o' circumflex.

David Marriott has written a marvellous little program called Euro Scratchpad which allows instant access to the accented letters in 25 European languages.

Use it as a stand-alone word processor like Wordpad or keep it open on the desktop ready to copy and paste into Word or a similarly more sophisticated program. The program is free and can be downloaded from <http://www.davidcm.com/downloads/>

David tells me that he would welcome feedback on his program and, in particular, he would consider suggestions for other languages. Contact him at mail@davidcm.com

Simon Guest



Letter to the Editor

Dear Janet,

Just a brief note to say what a brilliant colour cover on the June News.

I look forward to the next one. I guess it is just as well they are only twice a year - it would not be such a treat!

My greetings to any (older) members who may remember me. Getting slower but I hope my mind isn't.

Ruth Coton (nee Sharp)



I did receive a telephone call from someone about the last cover; apparently the costumes are Slovakian not Czech. I only know of costumes under the old Czechoslovakian umbrella. This problem can happen with all the old USSR countries too.

Ed.



Trojak

Poland

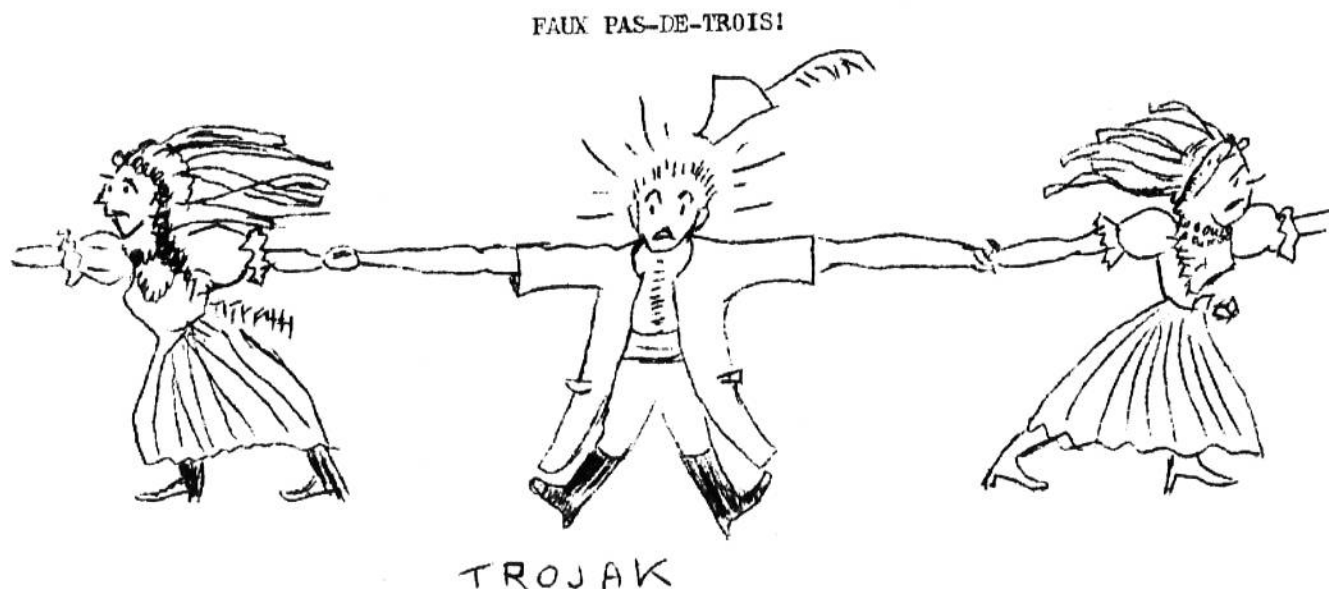
F major.
Slow.

FASTER.

Wilf Horrocks

According to Wilf's notes this is from Zagrodnik, and the dance is twice through the music.

In the absence of notes about the dance you can draw your own conclusions from this Trojak cartoon which comes from a 1970 issue of the SIFD News.



NB The music for Swedish Schottische will appear in next month's issue and any information, notes and anecdotes relating to it will be welcome.

Ed.

SIFD Sunday Dance/Workshops

at 7pm – 10pm at Cecil Sharp House, 2 Regent's Park Road, N.W.1
Cost £6 members £7 non-members

July 6th MC: Anne Leach

August - No dance

September 7th MCs: The Four Steventons



WHAT'S ON IN JULY

- S.I **Friday**
July 4th **THE BARNET SUMMER PARTY** with music by Dunav Balkan Group.
8pm at Church House, Wood Street, Barnet, Herts. £5.00
Sounds as corny as Kansas in August but come to Barnet on the 4th of July
(with apologies to Rogers and Hammerstein). Contact: Brian Dowsett
01992 582717
- July 8th/13th** **LLANGOLLEN INTERNATIONAL EISTEDDFOD** tel: 01978 862001
email: tickets@international-eisteddfod.co.uk
- S.I **Saturday**
July 12th **SIFD DAY COURSE** see page 3
- S.I **Saturday**
July 19th **OXFORD BALKANSKO ORO SUMMER PARTY** see page 3
- S.I **Saturday**
July 26th **BOGNOR REGIS I.D.E** at Embankment Gardens Theatre with a
programme of General International dances, starting at 2pm
- S.I **July 26th/Aug. 2nd** **THE SIFD SUMMER SCHOOL** at Swansea.
www.sifdsummerschool.org or tel: 01462 457791 DFB2@btinternet.com
- July 26th/Aug. 2nd** **BILLINGHAM INTERNATIONAL FOLKLORE FESTIVAL** details,
70 Brunswick Street, Stockton-on-Tees. TS18 1DW phone: 01642 553
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All material for the August issue of SIFD NEWS must be received by the Editor
IN WRITING by 17th July, emails by 16th July.