

**THE MONTHLY NEWSLETTER OF THE SOCIETY FOR
INTERNATIONAL FOLK DANCING**

SIFD NEWS



NEWS

EVENTS

ARTICLES

INFORMATION

Registered Charity Number 284509

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MARCH 2014

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Packaging, posting and electronic distribution is done by Dalila Heath.

We have another colour issue (thanks to David Rackham, see page 13). The cover design is by Judith Payling; the photo, and also the one on page 10, shows girls from the Allenova School of Dancing at the Ealing and Slough Festival in 2007. Pictured on the back page - the Watford Folk Dance Group at the Embankment Gardens in 1987. Having space, I have reprinted an article about 'warming-up' written by the late Kelsey Blundell in 1976 (page 8), it is just as relevant today.

For my part I like to start with walking pace dances - gradually increasing tempo and physical demands as we go along.

Ed.



Incident at Cecil Sharp House at February Workshop

Our dancing group went on quite a while
When out of the Blue down came a tile
Not quite the Blue it must be said
But from the top above our head
It hurled itself with massive boom
Which caused an instant change of room
To the bar where brave "volontaires"
had to move tables, stools and chairs
for all of us to have a space
to continue our dancing at a pace
and Maggie's teaching thus prevailed
In spite of being so curtailed.

Sheila Cott



DATES FOR YOUR DIARY

- S.I **Apr. 5–6 BIANCA DE JONG** - Balkan Workshop in Manchester & Calver, details: Julie Korth: Holly Cottage, off Wigan Rd, Aspull nr Wigan WN2 1EF or Mary O'Mahony: maryomahony3@yahoo.co.uk
- S.I **Apr. 6 HELP FOR HAITI 5** - an afternoon of followable dances from around the world at Barnham Community Hall, nr. Bognor Regis, PO22 0AX. Raffle and tabletop sale - proceeds for St. Saviour's Priory, Haiti mission. 2pm - 5.30pm. £8 (children £4) Details from Janet Douglas 01243 265010 or www.interfolk.co.uk
- S.I **Apr.13 SIFD SUNDAY DANCE** see page 9
- S.I **Apr. 25--28 GREAT ALNE LONG WEEKEND** (Fri. eve to Mon. afternoon) near Alcester, Warwickshire. International dancing with visiting group Dansgroep Oostzaan from the Netherlands who will share their Dutch and other dances with us (see them on YouTube!); varied dancing, music, handbells, singing, walking and cycling. For further information see website at www.greatalnefolk.org.uk or phone Paul Lindley 0121 689 1802 or André Hobro 0121 777 3722.
- May 2-5 EASTBOURNE FOLK DANCE FESTIVAL** 01823 401271. £90 weekend ticket. Paul Mulders. Marion Nieuwenhuizen Dalila Heath, Anne Leach. Silvia McIntyre. Tessera: (Mike Machin, Clyde Olliver, Maya Buckley and Marion N.)
- S.I **May 2-5 HALSWAY SIFD LONG WEEKEND** dancing led by Janet Woolbar. Full board - Fri. dinner - Mon. tea £209pp + ensuite £21. Single supplement £20. Mon. night £30 + ensuite £5. Contact Gordon Adie:- e-mail grdnadie@aol.com 'phone 01872 260517 mobile 0757 661 2616 or 4, Upper Lemon Villas, Truro,TR1 2PD
- S.I **May 10 BALKANPLUS** - MC will be Fiona Howarth
- S.I **May 24 ANOTHER DAY OF MOSTLY RUSSIAN DANCES** at Stone Cross Memorial Hall nr Eastbourne BN24 5EH. 10.30-4.30 £10 Packed lunch, drinks provided. Booking appreciated: Rowena Martin 01323 503991 or rowenahmartin@hotmail.com.

- S.I **Jul. 29-Aug. 4 DANCE BY THE SEA!** Residential dance holiday with Turgay Onatli - Turkish, and Dimitar Petrov (Mitko) Bulgarian. Ensuite hotel accomm. DB&B plus lunch, award winning chef, outdoor pool, Torquay. £460 / £495 - 6-night dance course; £370 - non-dancing friends & family. Options for the 1st part (Tues- Fri) or the weekend (Fri-Mon). Send s.a.e. to Cathy Meunier, 23, Church St. Keswick, Cumbria CA12 4DX or email cathy_meunier@hotmail.com
- S.I **Aug. 22-25 WILLINGDON IFDG MINI FESTIVAL** of International and English Folk Dance, Circle Dance and singing at Plumpton College near Lewes. £160 full board. Contact Rowena Martin, 60 Anderida Road, Eastbourne BN22 0PZ; 01323 503991 or rowenahmartin@hotmail.com.
- S.I **Aug. 2-3 LAMMAS WEEKEND WITH LAURA SHANNON** Traditional dances from Greece and the Balkans at Hempton Memorial Hall, near Fakenham, North Norfolk. Saturday 11am - 5.30pm for men and women £20. Sunday 11am - 5.30pm for women only, £20. Complete weekend £40. For bookings and further details contact Dawn: 01328 856582 dawnwakefield@btinternet.com



*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.*



Balkanplus Caucasian Workshops

15th/16th November (details in last month's issue)

with Tineke and Maurits van Geel at Cecil Sharp House. For full details visit www.balkanplus.org.uk or phone Maureen on 01473 272256 or Brian on 01992 582717

Brian Dowsett

Lucky or Unlucky Thirteen ?

After I agreed to be MC at the SIFD Sunday dance on April 13th I became aware that there were several folk dance events taking place on that date, in addition to the London Marathon! Many Balkan enthusiasts will be on their way to a dance holiday in Bulgaria [hence no Balkanplus in April.]

Phil and Brenda Steventon have a residential weekend which will attract some of the regular “Sunday” crowd, so this also means that the band will be lacking a leader, and I have no idea who will even be playing.

There is a Swedish SIFD weekend workshop, so those attending will probably be “danced out” by Sunday evening.

The implications are that there could be a paucity of dancers at the Sunday dance. However it will go ahead unless I am told otherwise. In true Blitz reaction I have devised a Cunning Plan.

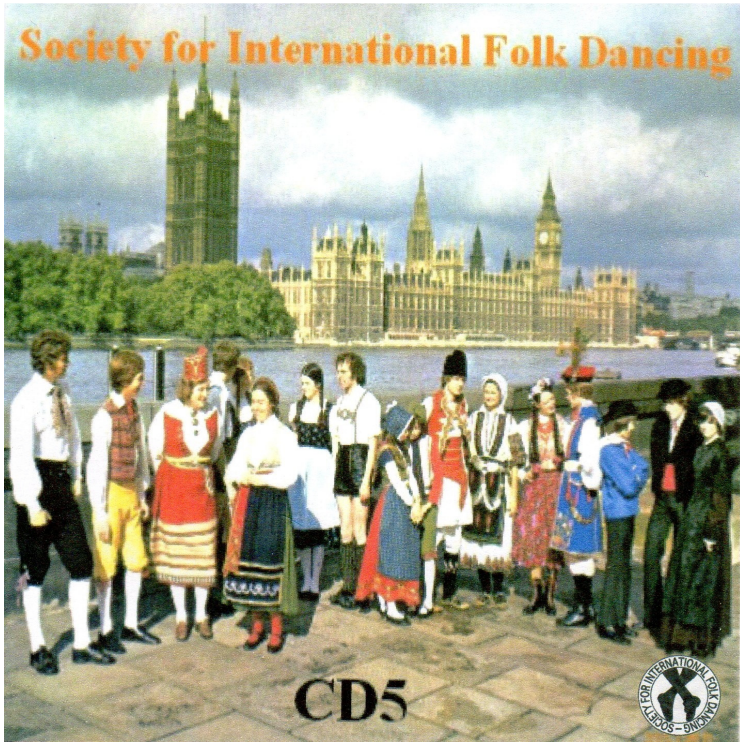
There will be no definite programme, rather I shall see who turns up and tailor the dances to their needs and knowledge. I will have a large handful of CDs of popular and accessible dances, and I will provide a varied and enjoyable programme - even if only Dorien and I are there to experience it. If there is a band I will choose some of their favourites and the ones I think they play really well.

Many years ago I was the first MC to provide a written programme. It caused much shocked surprise at the time but has now become an expected item. Now of course there will be another shock and surprise with no programme to consult.

Despite all this I hope many of you will Keep Calm and Come Along. And oblige

Fiona Howarth





A photo seen so often.....

Lots of us have SIFD CDs and probably still our old SIFD audio cassettes and records. We have seen the photograph on the front – of an informal group of young people in various costumes, with the Thames and Houses of Parliament in the background - so many times that we don't think about it.

This photograph is not just a cover picture. It represents a snapshot in SIFD history. So who were the people in it? Some we know instantly but who are the others? What groups did they belong to or were they connected with? Do they still dance? Could we all identify all the costumes? Presumably this was a gathering especially for the photo or was it a special event? And who took the picture? Can anyone answer all these questions?

Judith Payling

Bend Before You Leap

"There is probably no more controversial question than that of limbering and perhaps nothing that is taught with less discrimination. There are also many forms of limbering, from the occasional exercise at the barre to a whole series of exercises in sitting and lying positions. Ballet technique is a highly scientific system of movement designed to create strength, flexibility and endurance. These three must progress simultaneously. Too great flexibility will be acquired at the expense of strength if short cuts are used to obtain it, and it is in this that the danger of limbering lies. As an adjunct to the barre and giver only to those who need it, certain stretching exercises may be useful but they should be given only when the body is fully warmed up and within the style of the classical techniques".

(from "Ballet and Anatomy" by Celia Sparger).

I know that some groups do spend a lot of time at the beginning of their classes warming up with a few exercises before dancing, but I have not found this general among folk dancers. Some feel that such a practice applies only to footballers, ballet dancers, or professional performers; others that it is a bit 'cissyish' to say the least. Many, myself included, believe it is important but are often too lazy to be bothered or afraid of being thought pretentious. In the Polish Group, at the beginning of each year, we enthusiastically (well, fairly enthusiastically) take part in a warming-up session before the class begins, but as the term goes on this is soon forgotten.

May I give a word of warning to all dancers that to do a few pliés before dancing is not silly, is not showing off, and is not a waste of time. At our Spanish dance class a couple of weeks ago, Sandra Escudero, our instructor, was demonstrating with her partner a not too difficult Jota step. She was showing how the step should 'travel' when she suddenly collapsed in the middle of the step, hobbled to a chair and accused her somewhat surprised partner of kicking her in the calf. Within minutes the pain had spread throughout the whole leg and she was unable to walk a step, had to bring the class to a close and be transported to the casualty department of the nearest hospital. Now, two weeks later, she is still unable to put her foot to the ground, let alone walk or dance. The cause - not a kick from her energetic partner - but a sprained muscle due to dancing in flat shoes after wearing heeled shoes, without first gently

exercising the muscles; a common complaint, she was told, among ballet dancers who invariably accuse their partners of kicking them since that is how the pain feels. It can also happen that the achilles tendon may be damaged, a far more serious occurrence than a mere sprain.

So beware, you bare-footed Israeli dancers, be-slippered Balkan dancers, toe-pointing Scottish dancers and calf-stretching Bourrée dancers, this could happen to any of you, not to mention torn cartilages and whatever other dire injuries that can arise from wrongly-worked muscles. On the other hand, a wrongly performed plié can do more harm than good, and some of the centre floor exercises can be more harmful than the dances we are about to perform. Perhaps one of our members who has knowledge of ballet and/or anatomy could give us a few hints on which exercises are most useful or most important for us, and which are not.



This article by **Kelsey Blundell** first appeared in the SIFD News in 1976.



SIFD Summer School

A reminder that this will be held at Swansea from 8th August – 15th August, 2015. Naomi Ryder has taken over my job as Publicity Officer and I know she will soon have some good news for you about the teachers. I would like to remind you that the present team are not willing to organise any more events after 2015 so, if you want more Summer Schools in the future, please come forward to help.

Jill Bransby



Monthly SIFD Dance at Cecil Sharp House

Sunday March 2nd - 7pm The March dance will be led by Anne Leach who always puts together a really enjoyable programme with a mixture of dance styles.

The April SIFD dance will be led by Fiona Howarth and is on Sunday April 13th.

Anne Maddocks



Patterns of Magnificence at the Hellenic Centre

A wonderful, very special event this is/was. A veritable feast! So much time, effort and inspiration has been lavished on this unique exhibition displayed for the month of February into March. The preview evening was delightful; excellent welcome speech from George Lemos, whose mother this event is honouring. It was (and still is) a huge pleasure to be able to view all the splendid costumes from different angles, completely without the obstruction of glass cupboards as is usually the case.

The catalogue was magnificent, so well produced, full of information with excellent and varied style of illustrations (still on sale.) and very useful to have the free handouts showing exactly where each exhibit originated from too. There were guided tours by the charming Curator herself (Ioanna Papantonio), which made sure any questions were fully answered, ensuring the most was made of the visit. At the same time as the Exhibition there was a very special display (for sale) of the most wonderful handmade jewellery, unique, hand crafted bags, textile offerings etc. Then there was the series of interesting lectures all enthusiastically attended and enjoyed. The opening one had the lecturer's books on sale as a welcome extra at the end and then with typical Greek generosity and hospitality there was another delightful wine buffet. The variety of talks/lectures was wide and included unique talks at various parts of the Hellenic rooms in the British Museum, including a talk in the private research room, where extra examples of original old style weaving were on close view, especially for our group. This was particularly fascinating, Natassa shared the lecture with Senior Curator Ian Jenkins, and George read a special poem chosen by Natassa. Certainly it seemed that NOTHING had been overlooked, forgotten or missed out, so do hope that lots of you manage to at least get to the Exhibition. The Catalogue will still be on sale should you wish to catch up or see what you missed if something important prevents you enjoying any of it. Don't forget that anyone interested in Greek culture should keep abreast of the ongoing offerings at the Hellenic Centre. Well done lovely Lemos Family. I am sure Koula is/was overjoyed at such a fabulous, amazing, special tribute, rejoicing in sharing all that beauty, knowledge, special gifts in her honour.

Diki Gleeson



Yves Moreau Course in Braithwaite October 2014

Yves Moreau has been in touch with me recently. Unfortunately, he has decided that he has taken on too many things in 2014 and so would prefer not to come to Braithwaite. He says that, at a time of life when he really should be winding down, more and more people from all over the world are inviting him to come and teach them.

He is still looking forward to coming to Torquay in February 2015 for Rivieradance! 2015, together with his wife France, and Romanian folk dance teachers Cristian and Sonia, so you will have a chance to dance with him there. There will more information about this later. It is not available to book at the moment.

Now I am just mulling over what to do with the October 2014 booking. I still have the booking for the hall in Braithwaite. I can either try and cancel it, or I could look for someone to teach in Yves' place. I will let you know if I decide to organise an alternative course.

Cathy Meunier



Appeal for Stewards

This is an urgent appeal for stewards for the Eastbourne Festival. If you have not already contacted me, and are able to offer help, please let me know as soon as possible.

Thank you. Contact Rowena Martin 01323 503991 or rowenahmartin@hotmail.com

Rowena Martin



Pembrokeshire International Folk Dance Group

The Pembrokeshire International Folk Dance Group (PIFD) have decided that, after 27 years of meeting in the evenings we are, as of now, meeting each Tuesday afternoon at 2.00 pm. Driving along narrow country lanes avoiding badgers, foxes and gigantic tractors no longer has the attraction it once had. I think it is called “Ageing”!

At the time of writing Janet Woolbar is on her way to Pembrokeshire for a few days. I hope she has packed her wet suit and flippers.

PIFD meet at Woodstock Village Hall, off the Haverfordwest / Cardigan road at 2.00 pm Best wishes to all.

Sue Clark



Balkanplus

The March Balkanplus will be held on the 8th March at Cecil Sharp House, Camden NW1 7AY, starting at 7.00pm. MCs for the evening will be Oxford Balkansko Oro. Admission £5.

Please make a note that there will NOT be a Balkanplus dance in April 2014 due to a large number of organisers and regulars going on the Easter in Bulgaria tour.

Maureen Felton



Dear Janet,

The letters from Ruth Coton and Irene Keywood in the February News reminded me that I meant to add my praises for the December issue.

I do not know if any individual or group took up my suggestion of sponsoring a particular month of colour. Putting my wallet where my mouth is I enclose a cheque for £50 towards the extra cost of a colour edition.

A particular group may wish to sponsor a month in memory of a well-loved member who is no longer with us.

David Rackham

Rugen

Norway

♩ = 84

4

7

"Wilf Horrocks' Collection"

Rugen (Norwegian figure dance in couples)

Start in ballroom hold, with M with L shoulder toward centre and W with R shoulder toward centre.

M, travelling toward the centre, step L (1) R(2) L (3) R (4) L (1) R (2) L(3) hold (4); W opposite foot work.

M, travelling back toward outside to original position, step R (1) L (2) R (3) L (4) R(1) L(2) R(3) hold (4); W opposite footwork

Rotating a quarter turn counter clockwise, M takes small steps L(1) R(2) L(3) hold (4) while W takes larger steps on opposite foot. Rotating a half turn clockwise, M takes small steps R(1) L(2) R(3) hold (4) while W takes larger steps on opposite foot.

Do 4 step hops turning twice clockwise as a couple progressing counter clockwise around the room, M stepping L (1) lift R(2) R (3) lift L (4) for each turn and W stepping with opposite footwork



also see <http://www.youtube.com/watch?v=We61Y9Q7Gb4> where the dance is described as a “basic dance for kids” it’s a simplified reinlender to a tune that seems familiar

Jeanette Hull



Wilf’s music for **Mistrín Čardás** will be published next month.

Ed.

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mail@SIFD.org - please use this address as the SIFD contact for non members and when a quick response matters - a committee member checks this mailbox every day, while personal emails may not be accessed when the addressee is working or away.



WHAT'S ON IN MARCH

Sat. 1st MARTENITSA: Frank Dowling with Mike & Clyde. 2-5pm at Hurworth Grange, Hurworth Place, Nr. Darlington DL2 2BN. £10

S.I **Sunday 2nd SIFD DANCE** see page 9

S.I **Saturday 8th BALKANPLUS** - see page 13

S.I **Saturday 22nd CORRY VERHEIJEN AT NUTBROOK** 10.30am-9.30 pm. am-European; pm-South Seas; eve: buffet & dance, Heart of England Band. Grangewood Methodist Church, Grangewood Road, Wollaton, Nottingham, NG8 2SJ. £18, (£16 SIFD members) Book for buffet tel 0115 917 1831, gill.morral@ntlworld.com, by 15th March.

S.I **Sunday 23rd A DAY OF GREEK FOLK DANCE** – dances from Eastern Roumelia with Dimitris Triandafyllidis at St Swithun's Church Hall, Grovelands Rd. Purley, Surrey, CR8 4LB (just off the A23)10:30-4:30. £30 incl. tea, coffee. 0208 556 5741 or ron.cherry.allen@gmail.com

S.I **Sunday 23rd AFTERNOON WITH CORRY VERHEIJEN** European folk dances. 2.15-5.00pm at Dorridge Village Hall, Grange Road, Dorridge, Solihull B93 8QA (near M42 Jn 4 / M40 Jn 16 and Dorridge Station) SIFD members £5. More details from Maggie Kaye: margaretkaye@blueyonder.co.uk or 0797 464 9311



All material for the April issue of the SIFD NEWS must be received by the Editor in writing by 17th March.