SIFD NEWS



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NOVEMBER 2014

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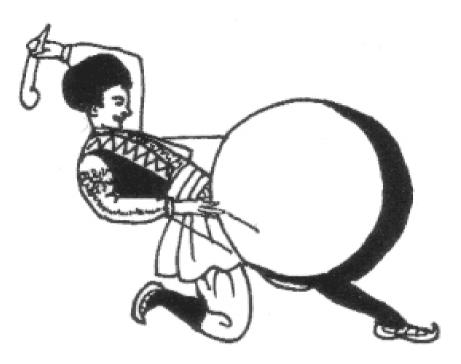
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The cover picture was drawn by Eddis Thomas back in 1970; and we have the Dunav logo as October is their 50th Anniversary Party.

Ed.



SIFD Monthly Dance

SIFD Monthly Dance at Cecil Sharp House

Sunday 9th November 7pm - 10 pm

Philip and Brenda Steventon will be leading the dance on 9th November so expect a lively programme with many familiar dances.

The December dance is on Sunday 7th December and will be led by Jill Bransby.

Anne Maddocks

see page 9 for 2015 dates



DATES FOR YOUR DIARY

- S.I Dec. 7 MAGGIE O'REGAN IN BOGNOR REGIS: a day of dance including Dashme e Rexhës 10.30 4.30 at Barnham Village Hall, nr. Bognor Regis PO22 0AX cost: £14 (£12 SIFD members) tea, coffee etc. included. info: Janet 01243 265010 or www.interfolk.co.uk
- S.I **Dec. 12 BARNET CHRISTMAS PARTY** with Dunav Balkan Group. Details to follow.
- S.I Dec. 13 BALKANPLUS the MC will be Maggie O'Regan
- S.I **Dec. 29 TWIXMAS DANCE PARTY** at Stone Cross Memorial Hall, nr Eastbourne BN24 5EH. 10.30-4.30. £8 (half day £5). Shared lunch, drinks provided. Bring own CDs. Rowena Martin 01323 503991 or rowenahmartin@hotmail.com.
- S.I Jan. 24 OXFORD BALKANSKO ORO PARTY, St. Margaret's Institute, Polstead Road, (Off Woodstock Road), Oxford, OX2 6TN. 7:00 to 10:30. Food & drink provided. Music: CDs & Dunav. Tickets at the door: Adults £10; children under 14 £3.00; children under 4 free. For more information email: sally.humphrey@onetel.net or charlotte@haenlein.co.uk
- S.I **Feb. 4–9 RIVIERADANCE! 2015** Residential Balkan folk dance with Yves Moreau (Bulgarian and Balkan), Cristian Florescu & Sonia Dion (Romanian). Plus: Int. folk dances with France Bourque-Moreau. 5 nights full board, Torquay, English Riviera. £465 (full-days) or £395 (half-days) dance course; £305 for non-dancers. contact Cathy Meunier: cathy_meunier@hotmail.com_send s.a.e to 23, Church Street, Keswick Cumbria CA12 4DX or www.balkanfolkdance.org
- S.I Feb. 7 BALKAN INSTUMENTAL DAY COURSE with Maya Buckley. 10am-5pm & 8:30pm-10:30pm Livermead House Hotel, Torquay. £30 (no charge for hotel residents on the Rivieradance! 2015 holiday). All instruments welcome. Instrumentalists are invited to play for part of the social dance on Saturday evening. Resources for the course will be provided in advance. Pre-booking is essential. For details contact Cathy Meunier (details above)

S.I Feb. 28 ARMENIAN, GREEK & ISRAELI DAY COURSE with Dalila Heath at Nutbrook IFDG. Grangewood Methodist Church, Wollaton, Nottingham, NG8 2SJ. 10.30 am - 4.30 pm. £8, half day £5. For further information: 0115 917 1831, No prebooking needed. gill.morral@ntlworld.com, www.nutbrookfolkdance.co.uk.

Mar. 7–8 ERIK BENDIX see page 17.

S.I Mar. 21 RUSSIAN DANCE WORKSHOP with Maggie O'Regan at St. Ninian's Church Hall, Chorlton, Manchester. From 11.a.m. - 5.p.m followed by a 'Bring and share' supper and a social dance from 6.30 - 9.00 p.m. £12 (£10 for SIFD members) Contact Mary O'Mahony 0161 881 0955 maryomahony3@yahoo.co.uk



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.



Dance with the World Leaflets

Our three SIFD leaflets for 2014-2015 are now updated and ready for distribution. The two Dance With the World leaflets (one for London only, the other for the rest of the UK) list all the SIFD's associated and affiliated groups and classes, and are very useful for handing out at demonstrations and displays, to anyone interested in joining a group or class, or wanting more information about the Society.

The "Join Us!" leaflet encourages new membership. It outlines the benefits of joining the Society, both for an individual or an affiliated group.

We really do need new members more than ever to keep the Society alive, so please consider at which events you could distribute some of these, along with the colourful SIFD advertising card.

If you would like some leaflets and/or cards, please contact me or Jeanette Hull (mail@sifd.org).

Alison Scrimshaw 5 South Rise,

Carshalton, SM5 4PD 020 8395 1400 alison.scrimshaw@gmail.com

Caucasian Dance Workshops at Cecil Sharp House on 15th/16th November

The waiting is nearly over. Tineke and Maurits van Geel bring their much praised programme of Caucasian dances to the UK this month. The Caucasus includes the area between the Black Sea and the Caspian Sea where we find an amazing number of nations and cultures. The selected dances are nearly all performed in lines or circles and originate from such regions and countries as Ossetia, Dagestan, Cherkessia, Ajaria and Georgia. The dances will range from the lyrical and graceful to the powerful and masculine.

Those in reach of Oxford and Barnet will be offered a taster (see What's On) but the main event in the south is at Cecil Sharp House. At the time of writing, there are tickets available. For full details visit www.balkanplus.org.uk and remember that Balkanplus is maintaining the early bird price for SIFD members. Balkanplus wishes to thank Dalila for her massive assistance in offering to host Tineke and Maurits and drive them to all their workshops.

At least some of the dances taught on Saturday will be reprised in the evening party which celebrates Dunav Balkan Group's fifty years on the scene (See below). Another reason, if you needed one, to make the journey to leafy Regents Park Road.

Brian Dowsett



Dunav Balkan Group's 50th Birthday Celebration on 15th November

Of all the Balkanplus parties I have organised, this has been by far the most satisfying to plan - a true labour of love. With the help of Caroline and others in the group, I have re-established contact with several former members and friends of Dunav some of whom are coming from abroad specifically to attend the celebration.

The evening will be a showcase of the talents we have engaged with and nurtured over the fifty years. Dunav has never claimed to be just a dance band and so expect a sprinkling of songs and instrumental pieces which should help you get your breath back.

Dunav has good reason to be proud of its position in the world of Balkan music and dance. The group has its roots in the international dance scene and, over the years, has always bonded well with the major Balkan dance groups. On top of that, Dunav has benefited from a healthy input of knowledge from its ever evolving line-up of musicians as much as from its travels in the Balkans. All this should be evident at the party. No advance booking is necessary but the Balkanplus weekend deal is worth considering. For more information, visit www.balkanplus.org.uk or contact me on bvdowsett@aol.com or telephone 01992 582717.

Brian Dowsett



Margaret Head

It is with great sadness that we have to announce that Maggie Head has died, aged 95. Maggie ran classes in Folk Dancing and Keep Fit at both Fareham College and St. Vincent in Gosport for very many years and was nominated for an FE Teaching award in her 80's. The current International Folk Dance Club was started by Maggie in St. Vincent School, Gosport, in the mid 1970s and moved to the mission Church of St Francis in Clayhall, Gosport in 2007. Soon after, Maggie retired but found an excellent replacement teacher in Janet Douglas.

Maggie continued to participate in Folk and Square dancing right up to her death from a heart attack. She also retained her interest in all things environmental and could be seen enjoying a brisk walk along Stokes Bay all through this summer. Her lovely smile and general enjoyment of life will be sorely missed by all who knew her.

Tessa Bloodworth

Creative Hertfordshire Flame Award

I have been nominated for a Creative Hertfordshire Flame award in the 'Most innovative creative organisation/business' category, 2014.

I have been teaching Egyptian belly dance for 8 years now in different locations in East Hertfordshire and Essex and in January this year I finally realised my dream of opening an Egyptian Belly Dance Show Case Club called 'Club Mizmar' (a Mizmar is a woodwind instrument used in Egyptian music). Initially the club will operate every 3 months with our next one on December 16th, I am expecting this to be very popular as tables are already booking up for this Christmas event.



Club Mizmar is held in one of the best Indian Restaurants in Bishops Stortford. The idea of the club is for Egyptian Dance teachers and their students (plus their guests) to come along and enjoy a fantastic night out with like minded people while also having the chance to perform, it is not just for professionals, it is for all those who partake in Egyptian dance no matter what level, and their teacher.

Club Mizmar is a great success and such a wonderful evening, bringing trade to the Indian restaurant on a night of the week that would normally be quiet.

The award ceremony will take place at the University of Hertfordshire Campus in Hatfield on 4th October, Fingers Crossed!

Debbie Baker aka Samirah



Cecil Sharp House SIFD Dances and Workshops 2015

For those who like to plan ahead and already have diaries for 2015, here are the dates of the SIFD dances and workshops to be held at Cecil Sharp House.

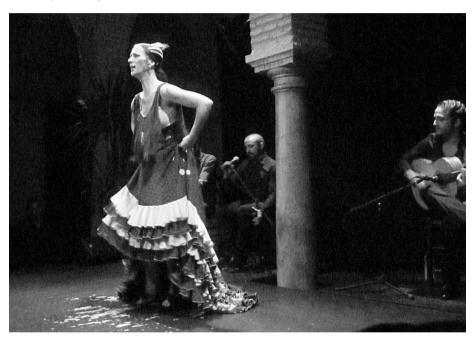
	Dance	Workshop
Sunday 11th January	7pm - 10pm	
Sunday 1st February	7pm - 10pm	2pm - 6 pm
Sunday 8th March	7pm - 10pm	
Sunday 12th April	7pm - 10pm	
No dance or workshop in May		
Sunday 14th June	7pm - 10pm	2pm - 6pm
No dance or workshop in July		
No dance or workshop in August		
Sunday 13th September 7pm - 10pm		
Sunday 11th October	7pm - 10pm	2pm - 6pm
Sunday 8th November	7pm - 10pm	
Sunday 13th December 7pm - 10pm		

Anne Maddocks



International Folk Dance in Seville

Andalucia is of course the home of Flamenco, and while in Seville we saw both professional and amateur dancers. I appreciated their skill all the more because of my own limited experience of trying to get my feet to grips with this type of dance; back in 2004 some of us tried getting to grips with Sevillanas at the Swansea Summer School, and at Eastbourne a few years ago we also had flamenco classes.



We watched a powerful and emotive performance at the Flamenco Museum - it was truly dramatic with breathtaking dancing and singing. The two dancers each performed a solo dance (*see above*), the man moved so fast that all the photos of him are just a blur of arms, legs and hair but he is pictured dancing a with his partner (*opposite page - top right*).

The Museum housed historic costumes and memorabilia of famous flamenco artists. There was a gallery of portraits and images of flamenco. There were also a series of touch-screen tutorials on the meaning of different stances and movements.



There were plenty of dancers, guitarists and singers to be seen around the streets of Seville - a pleasant surprise for us as October is not the time of year to expect it (Spring being the time of the feria when all of Seville puts on a show).

Some of the women we saw danced in traditional frocks, others in modern styles which managed to combine elements of flamenco with fashion.

The energetic lady (right) was wearing more or less normal every day clothes but still giving a scintillating and mesmerising performance. The shops, even those well away from the centre were full of traditional flamenco dresses, and the fabric shops stocked dozens and dozens of different types of 'dotty' fabrics.

Our visit to Seville happily coincided with a tourism fair promoting all the different regions of Spain - much of that was based on food but musicians and dancers were in evidence too. A Galician bagpiper who was playing there is pictured overleaf - her skirt is bottle green, the apron and waistcoat are black.





All of this has left me with an appetite for Spanish dance, I do hope it comes back into fashion within our Society.

But the biggest surprise for John and I in Seville were the Bolivians! There is a large Bolivian community in Seville, and we were lucky enough to see them celebrating a festival. First, second and third generation Bolivians brought Seville to a stand-still as they danced their way through the streets.

The women, in vibrant colours, swung (very loud) rattles as they danced. The men were just as colourful but much more menacing and so was their dancing. (pictures below and opposite).

This girl told me she was wearing traditional clothes from Bolivia - but I think half a yard got lost in translation! Bolivian women always wear a skirt (trousers are frowned on) and their hair is plaited. The men wore sinister looking gold or silver masks, although many of them were carrying theirs - obviously too hot to dance in.

We also came across a band from Peru playing their distinctive pipe music. All in all Seville proved to be a city of International Folk dance.



Janet Douglas



Summer School 2015

I know you have all been patiently waiting for this moment so here it is – Applications for Summer School 2015 are finally open! The Summer School will be held in Swansea from August 8th-15th.

We have three incredible teachers, a wonderful venue and a lovely excursion planned, so all we need now is for you all to come along!

The application form with all the details on pricing and accommodation has been sent to you alongside the News so please fill it in fully and return it to SIFD Summer School, 29 Henry's Avenue, Woodford Green, Essex, IG8 9RB by 30th April 2015.

I would also like to take this time to remind you that we still need organisers for future Summer Schools if you want these amazing events to continue – I can't do it by myself! We need a treasurer, someone to take bookings, someone to do publicity and other general bits of organisational help. If you think you might be able to help with any of these things, and want to get involved in running one of the best dance events in the UK, please email me directly at naomiryder@hotmail.co.uk

Naomi Ryder

Some Ritual Dances of Mann

(Mona Douglas - 'The Folklorist')

Continued from last month......

I have referred to the fact, well-known in folklore generally, that a former serious ritual observance may survive as a children's game, and we have an example of this in Manx folklore in the well-known song and dance, 'Helg yn Dreean', or Hunt the Wren. To go into the complete history and ramifications of this custom would take far too much space here, but I would recommend anyone who would like to follow it up to read the scholarly chapter on it in 'A Second Manx Scrap Dook' by W. Gill, published by Arrowsmiths and available at most bookshops and public libraries. Here, I will just quote his initial summary of the custom, and add that he relates the Manx ritual, in the course of his essay, to similar observances in many countries. To quote Gill, then:

"On a certain day of the year a wren was caught and killed. It was carried round by a singing procession of men or boys, in a decorated

receptacle, from house to house, its feathers, in exchange for food or coins, being distributed to be worn as protective charms or luckbringing amulets, or to be kept in houses and fishing-boats for the same purpose. The body of the bird was afterwards buried to the singing of 'dirges', formerly in the churchyard with subsequent circular dances, but latterly on the seashore or in any convenient piece of waste ground". In the days when it was truly a ritual observance, the Wren was buried in all solemnity, by torchlight at night, to the accompaniment of singing, dancing, and keening. The song and dance were both performed by men or boys, but one of these was dressed as a woman, and another, who actually buried the wren, either had his face blackened or wore a mask. The keening was done by the womenfolk of the neighbourhood, who had to remain outside the churchyard wall, and keep their heads covered. In its passage down the years, most of this ritual, and all of the solemnity, has been lost, but the song and the dance still survive, and the dance is now regarded by children as a game, in which form I noted it. Girls as well as boys now take part, and the 'Man-woman', a figure familiar in folklore, has become an extra girl who tries at the end of each round of the dance to grab another girl's partner, the one left

partnerless at the end of the dance having to 'dance with the Bush' - carrying off the decorated pole and cage, and spinning round and round with it. The 'Bush', is still honoured in each round of the dancing but with a suggestion of mockery in this final carrying by the girl left over.

Another dance which savours of ritual is that known variously as the Frog Dance, the Knife Dance, and the Fishermen's Walk, in which short knives are carried in the belts of the (men) dancers, flung down in a row so that they are embedded by the point in the ground, danced around, and finally lifted in a flourish above the dancers' heads. This dance was traditionally performed at the Boat Supper, when a crew of men acted also an impromptu play depicting the putting to sea of a fishing-boat, the shooting and hauling of the nets, the coming of a storm, a man overboard, and his rescue. This play, or one of them was recorded in 1855 by the late Dr. Clague of Castletown, and is printed in his 'Cooinnaghtyn Ghailckagh' (Manx Reminiscences) published 1911 by M.J. Blackwell of Castleton - a book which is a perfect mine of folklore.

Yet another ritual dance noted in description and steps but not so far revived in demonstration is to my mind older than anything else I have collected, with the possible exception of the Dirk Dance; this is the one known as 'The Salmon Leap'. I have heard it associated traditionally with Finn mac Cooill and the Salmon of Wisdom, a most unusual direct link with Pagan Celtic religion; and it is also connected in several references with the Ards Stone Circle in Maughold, a primitive temple popularly believed to be Druidical. It involves characters known as the King, the Queen and the Skir (Fool?) and a circle of masked male dancers called the Priests, who carry wands of rowan and/or elder wood with which they strike the Skir as he lies on his back within the circle, after which he has to leap upright and out over the linked wands (this is the Salmon Leap which gives its name to the dance) and perform a special dance with the King and Queen. The names of these characters are also sometimes, given to the stones of the Circle.

Of the last dance I shall mention very little survives; but that little is interesting; partly because it employs a 'stamping' step not found in any of our other dances and is performed to a curious modal air, and partly because I think it links a very ancient Celtic ritual with a custom which continued overleaf >

still survives quite strongly, at any rate in the country districts of the island - that is, the custom of going to the nearest seashore on Good Friday to gather 'flitters', or limpets, and often to cook and eat them at a picnic meal on the beach.

Mrs. Callow of Maughold, my first informant about this dance and custom, said that when she was a child the whole business used to be quite a ceremony. A fire was made of flotsam and jetsam (mychurachan was the Manx Gaelic word she used) gathered on the beach, and cakes were made and baked on it or barley meal. They had to be made without the use of iron or steel, so neither a knife nor a griddle could be used, and they were mixed and moulded by hand and baked in the hot ashes. The flitters were also baked there in their shells, and then, everyone ate of them and the cakes, and drank milk which had been brought with the party. After the meal, all the food and drink remaining was cast into the tide with the words, "Gow shoh as banne shin (Take this and bless us). The fires were then put out, and everyone danced over the ashes in a chain of couples, which had to wind to and fro in the shape of an S.

Mrs. Teare of Ballaugh also remembered the cooking and eating of flitters and cakes on the shore, and a dance in the shape of an S, but not the food being "thrown into the sea afterwards", or invocation. A more detailed description of the dance, with a demonstration of the two steps used, from Mrs. Ratcliffe in Maughold. The side-step is one found in several Manx dances, but the other 'stamping' step, presumably used to stamp out any remaining live embers in the fires, is peculiar to this one.



A note about the wren...

In England it is supposed that anyone who kills a Wren, or harries the nest will suffer some injury or misfortune within the year, and believed to be bad luck to even touch the nest. It was said that if any farm workers touched a wren's nest the cows would give Blood milk. In France it is thought that if anyone kills a Wren or harries its nest, his house will be struck by lightning or his cattle will be maimed. In spite of all of this, the Wren was hunted in Ireland on Christmas day with great ceremony and his body paraded in great pomp on the end of a pole. **Ed.**

Balkan Folk Dance Course with Erik Bendix in Sheffield

Saturday 7th & Sunday 8th March 2015



Erik Bendix began folk dancing at the age of 10, and has been teaching in Europe and the U.S. since 1972. He has a very wide repertoire from many countries. In Sheffield he will be teaching dances from Greece, Macedonia, Albania and Bulgaria. His sources include well known teachers Pece Atanasovski, Mile Kolarov, Ivan Donkov and Steve Kotansky. Erik has taught at several of the major folk dance camps in the USA as well as in Europe.

He is also a certified teacher of both the Alexander Technique and of Body-Mind Centering. Erik lives with his wife Meredith in Asheville, North Carolina. It is a very long time since we last had an opportunity to dance with him, so don't miss this one!

Saturday 7th March 11:00 – 17:00

Ecclesall Parish Hall, Ringinglow Road, Sheffield S11 7PP

Sunday 8th March 10:30 – 16:30

Crookes Social Club, Mulehouse Road, Sheffield S10 1TD

Both venues have free on-street parking, and buses from the City Centre We will also have a Pie & Pea supper and social dance on Saturday if there is sufficient interest.

Cost: Saturday & Sunday day courses £35

Saturday day course £25 Sunday day course £15

For full details and a booking form contact Cathy Meunier email cathy_meunier@hotmail.com tel 017687 73117 or send s.a.e to 23, Church Street, Keswick Cumbria CA12 4DX. Website: balkanfolkdance.org. We can provide a list of accommodation in the area if you would like this.

Cathy Meunier

Lirppu Larppu

Lirppu Larppu is a couple dance from Kimito, near Turku, in southwest Finland. The dance was introduced (*to California*. *Ed.*) by Susanna Daley from Helsinki, Finland in 1976.

Formation: Couples in a double circle, partners facing. M have back to centre, hands down at sides.

Steps and Styling:

step-lift (2/4): Step lightly L on L (c1); lift L heel as you cross R leg in front of L with R knee bent (c2). Knees are crossed but calf and foot hang straight down.

polska (3/4): step fwd on L (c1); close R to L (c&); step fwd on L (c2); leap fwd on R kicking L heel up behind (c3); step repeats exactly. Step is also done beginning R.

cross-back position; footwork is same for M and W throughout dance.

1 A step-lift

1 - 4 Beg L. Dance 4 step-lifts in place

B Karkelo

- 5 6 moving towards 2 parner's L, side-step fwd L (c 1/2). bending knee and lifting R behind (ct.1); step backward on R (c2).
- 7 8 change places moving clockwise round partner and staying face-to-face. Step fwd L, R, L close R to L taking weight. (M is now on outside of circle).
- 9 16 repeat action of 1 7 on measure 16 assume cross-back hold, R hips adjacent

2 polska

- 1 6 dance 6 polska steps beginning L turning c/w as a couple approx. 2½ times to finish with M is on outside of circle.
- 7 8 release hands and step L, R, L turning ¼ R to face partner (measure 7). Clap own hands (c1); assume cross-back hold L hips adjacent (c2/3)
- 9 15 repeat action of 1 7 But turn cc/w and begin polska with R foot. on measure 15 step R, L, R turning ¼ L in own place to face partner (M is now on inside of circle).
- 16 Clap own hands (c1); hold (c2/3)

Repeat entire dance







Dear friends,

Thank you for the October SIFD News. Page 13 mentioned **Lirppu Larppu**. You probably have these instructions, but I am attaching a copy in case you do not. (*see previous page*) We have other descriptions of this dance, as well, if you wish to have them. Best wishes,

Ron Houston, PhD, Trustee Society of Folk Dance Historians



Eis Walzer sounds Christmassy - so it will be in the December issue - if you have experienced it please share your knowledge with us. The only clue I can give is that it is from Austria, and, er, is probably waltzed on ice.

Ed.



WHAT'S ON IN NOVEMBER

- Friday 7th RAINMAKERS ANNIVERSARY DANCE 8 11pm at
- S.I St.Michael's Parish Hall, Broadway, Letchworth, SG6 3PQ. £8.00 on the day. MC Jill Bransby with live music from Cloudburst. More info from Roger (01438 812766) or Mark (01462 454210).
- S.I Sunday 9th SIFD DANCE see page 3
- S.I Thursday 13th CAUCASIAN DANCE WORKSHOP IN OXFORD with Tineke and Maurits van Geel. 8.15 10.15pm at St Margaret's Institute, Polstead Road, off Woodstock Road, Oxford OX2 6TN £5 www.oxfordbalkandance.org.uk
- S.I Friday 14th CAUCASIAN DANCE WORKSHOP IN BARNET with Tineke and Maurits. 8pm at Church House, Wood Street, Barnet, Herts. EN5 4BW £5 (£4 concessions) More information from Brian on 01992 582717 or bvdowsett@aol.com
- S.I Saturday 15th DUNAV'S 50th BIRTHDAY CELEBRATION at Balkanplus. 7 10.30pm at Cecil Sharp House, 2 Regents Park Road, London NW1 7AY £10. See page 6
 - Saturday 15th PETA WEBB, KEN HALL & SIMON HINDLEY Traditional American, Irish & English songs, 8.15pm. Cellar Upstairs, Exmouth Arms, Starcross St. NW1 2HR 020 7281 7700
- S.I Sat. 15th Sun. 16th BALKANPLUS CAUCASIAN DANCE
 Workshops with Tineke and Maurits van Geel 10.30am 4.30pm at
 Cecil Sharp House www.balkanplus.org.uk See page 6
 - Sat. 22nd Sun. 23rd CAUCASIAN DANCE WORKSHOP: Lambley Village Hall, Catfoot Lane, Nottinghamshire NG4 4QF. Tineke & Maurits van Geel £45 Send a cheque payable to 'Kilikia Dances for Armenia' to Chrisandra, 16 Moore Road, Mapperley, Nottingham. NG3 6EF. Tel. 0115 9554962 or chrisandra@tesco.net



All material for the December issue of the SIFD NEWS must be received by the Editor IN WRITING by 17th November.