

Society for International Folk Dancing

# SIFD News



BULGARIA

July 2017

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

Caroline Thomas designed the delightful front cover picture first used in 1982. Sister Anna of the Priory designed Fiona's line (used as a motif in the June magazine - and repeated this month) which was commissioned by Fiona Howarth for all her class publications and communications. You can see Fiona leading in her Romanian costume, and in the middle in her Israeli one.

I received a letter from Doreen Gordon about happy memories "spread over oh so many years": In the 60s, Russian Court dance, slow and stately; Folkstone Festival in 1964 dancing with a group from Dalmatia and being lifted "high in the air". Polish dance at a school in London, Israeli on the south coast, Georgian in Croydon, she "loved that - like gliding on wheels"; also in Croydon with Rudolf Laban.

She writes "dance should replace all sport in education - nobody leaves without learning the Czardas from 'Coppelia' and the barn dance from 'Seven Brides for Seven brothers'".

**Ed.**



## **SIFD AGM & Membership Renewal**

Enclosed with this issue is your notice of the AGM to be held on 9th September at Cecil Sharp House on 9th September together with a nomination form. Please consider if you would like to join the committee for the forthcoming year or so.

Please may I also remind you that your membership comes up for renewal in August and enclose your membership renewal form. This has been completed for you and if your details have not changed, you need not do anything other than pay the due subscription via your preferred method (always assuming you wish to renew which we hope you do)!

If your details have changed, please let me know so I can update our records.

I believe paperwork for the AGM will go with the August issue or I might even send it separately altogether.

**Dalila Heath**

## DATES FOR YOUR DIARY

- S.I **Sep. 3: SIFD SUNDAY DANCE** at the Primrose Hill Community Centre, Hopkinson's Place, Fitzroy Road, London
- S.I **Sep. 9: SIFD AGM** at Cecil Sharp House
- S.I **Sep. 9: BALKANPLUS** - MC will be Maggie O'Regan
- S.I **Sep. 16-17 BULGARIAN DANCE WORKSHOPS WITH ILIANA BOZHANOVA** Sat. 10.30-4.30pm at Primrose Hill Primary School, Princess Rd. Regents Park, London NW1 8JL 5-10pm at Primrose Hill Community Centre (lower hall) 29 Hopkinson's Place (off Fitzroy Rd), Ldn. NW1 8TN Sun.10.30- 4.30pm at The Place, 17 Duke's Rd. Ldn. WC1H 9PY Prices: Sat. £40 (35) Sun. £25 (20) Weekend package £60 (50) Early bird prices (in brackets) offered until July. Further discounts for Balkanplus season ticket holders. Cheques payable to Balkanplus. Send SAE to Maureen Felton 28 Henslow Road, Ipswich IP4 5EG
- S.I **Sep.23-24 BULGARIAN WORKSHOP WITH ILIANA & TODOR** Iliana Bozhanova & Todor Yankov at St Ninian's Church Hall, Chorlton Manchester, M21 0XJ. cost: Sat.11am-9.30pm - £25 (£23). Sun.10-30-4-30. £20 (£18) Weekend price £40 (£35) Prices in brackets for SIFD members. Full details from Mary O'Mahony 0161 881 0955 or [maryomahony3@yahoo.co.uk](mailto:maryomahony3@yahoo.co.uk)
- Sep. 30: NUTBROOK INTERNATIONAL FOLK DANCE GROUP** Chrisandra Harris will be leading a workshop in dances from Greece & beyond, from her travels in the region. There will be a selection of dances from Greece, Turkey, Armenia and central Asia. The dance will be in our usual venue Grangewood Methodist Church, Wollaton Notts. [gill.morrall@ntlworld.com](mailto:gill.morrall@ntlworld.com)
- S.I **Oct. 14: BALKANPLUS** - MCs will be Susie Kelleher & Anne Maddocks
- S.I **Oct. 20-22: SIFD WEST MIDLANDS BRANCH WEEKEND** with Cathy Meunier, at Willersley Castle Hotel, Cromford, Nr. Matlock, Derbys. For more details and booking email Maggie Kaye ([margaretkaye@blueyonder.co.uk](mailto:margaretkaye@blueyonder.co.uk)) or phone 0797-464-9311

- S.I **Oct. 28-29: DANCE AROUND THE WORLD** Cecil Sharp House non-stop performances and workshops.
- S.I **Feb.7-12: RIVIERADANCE! 2018** Residential Balkan & Israeli folk dance holiday with Steve Kotansky (dances from the southern Balkans) & Vincent Parodi (Israeli folk dances). Plus: singing with Heli, music-making with Maya, drumming with Dave, walking and sight-seeing. 5 nights full board in comfortable ensuite hotel accommodation, award winning chef, Torquay, English Riviera. Dance course options. Prices from £405 (dancers); £305 (non-dancers). For details & booking form email [cathy\\_meunier@hotmail.com](mailto:cathy_meunier@hotmail.com) website: [www.balkanfolkdance.org](http://www.balkanfolkdance.org) or send s.a.e to 23,Church Street, Keswick Cumbria CA12 4DX



*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.*



When I joined the committee about 7 years ago I was working part time and could give a lot of time and thought to the SIFD. The amount of paid work I have has increased and is highly seasonal, so that I will not have enough free time to give to year-round SIFD work for the next two or three years.

I could find more spare time and save money by giving up dancing and overseas trips to dance courses - but that is out of the question! With regret, I must stand down from the committee, although I hope to continue to help with some of the projects at times when my work is less busy, if the new committee want me to.

I am full of admiration for those committee members who have worked steadily for the Society for far longer than I have but also hope that there are members who value what the society does and could do and are willing to spare some time and thought to make things happen – a mix of new minds and long experience can make a very good committee!

**Jeanette Hull**

## **So Very Ventzi!**

It was two years ago or so when we got word that Ventzi Sotirov would return to the U.K., and more specifically to us, for a workshop on Bulgarian Dances from the region of Pirin.

He was to be hosted by Stephie Clark, who has known Ventzi for a long time from dancing days in Chicago, Illinois, and who initiated the invitation to Ventzi to come. Excitement grew as time grew near, as, after all, having experienced visits from Ventzi in the past, we knew what we were going to get!

And we were not disappointed.

We are Balkansko Oro and we meet every Thursday, 8.15 to 10.15 P.M., at St. Margaret's Institute, Polstead Road, Oxford.

Ventzi arrived a few days before the start of the weekend workshop and Stephie kindly brought him along to our usual dance evening.

We loved showing him how many “Ventzi” dances that he taught us over the years that we have included regularly in our usual evenings.

So the experience built from there. A relaxing evening, followed by a rigorous, challenging, and delightful weekend learning new dances in the unique Ventzi style.

Needless to say, we grew to love the new dances he taught us. The dances were: Todokino, Nevenkino, Sari Moma, Pirinskata, Pirvata Ljubov, Melem Horo, Amanet, and Dzingurica.

Ventzi then came and revised with us the following Thursday. Many of us followed him to Balkan Plus in London where he was guest for a workshop there and a fun evening party. It was there we finally said goodbye to him, but only ‘ciao’ and not ‘addio’, as we already miss his lively and loving presence amongst us. We are left, though, with the wonderful dances to repeat and try to perfect, scrutinising the DVD and reminiscing over our intensely ‘Ventzi’ experience. We are already musing over when he might come back to us.

In the meantime, we will keep dancing Ventzi style, and we are so grateful for the many moments we got to watch this spectacular dancer!

**Karen Solomon, Oxford**

## Supporting safer dance practice

For those of you working in dance, here's a new online course that's appropriate for folk dance!

People Dancing Jobs E-News: 25 May 2017

Supporting safer dance practice

A new international e-learning programme set to be launched tomorrow (Friday 26 May) will help put safer dance at the top of the agenda.

Preparing for Safer Dance Practice has been developed through a partnership between People Dancing and Safe in Dance International (SiDI). Relevant to all dance contexts, it will help ensure dance practitioners provide an effective, injury-free experience for all those who dance, regardless of age or experience.

This online course will give any dance leader the knowledge they need to successfully integrate and manage health and safety principles.

For more detail and to purchase the e-learning programme online, see <http://www.communitydance.org.uk/developing-practice/preparing-for-safer-dance-practice>

Please, if you do take it, it would be good to get your feedback on how you found it - thanks.

**Kerry Fletcher**



## Balkan Folk Music & Dance at Sidmouth Folkweek! 2017

If you are planning to go to Sidmouth folkweek this summer, you might like to look out for our Balkan folk dance workshops with live music.

And for instrumentalists Maya Buckley is leading a couple of Balkan Instrumental workshops. The workshops and final social dance are from Tuesday 8th to Friday 11th August. If you are able to join us, we'd love to see you there.

**Cathy Meunier**



## SIFD Monthly Dance

2nd July and every 1st Sunday in 2017 **except August.**

7pm to 9.45pm, at the Primrose Hill Community Centre,  
Hopkinson's Place, Fitzroy Road, London  
further information on the website, or contact Jeanette (07722 655 481)

**Jeanette Hull**



### Manchester

Re-reading my contribution on Manchester in the last issue, I was struck by an incongruity: while the dance description counts 26 bars, the music is only 22 bars long. I went back to re-check with the original and discovered that the dance is 30 bars long. It would appear that the final 4 bars had been lost somewhere in transmission.

The notation fails to show that the last 8 bars should be repeated, thus adding to full length of 30 bar music.

Just in case there are people who would like to dance the Czech version of Manchester, here is the corrected description of the last 8 bars:

#### Version A for children

23 – 26 Man turns his new partner in right elbow hold 1 ½ times, using double-hop step

27 – 30 With the same new partner left elbow turn 1 ½ times, finish facing each other, man with his back into the circle, and prepare to start again from the beginning

#### Version B for adults

The polka at the end is danced for full 8 bars (bars 23 – 30), not 4 bars as indicated.

Then it all fits together perfectly!

**Dal Sudwell**





## Balkanplus

The July Balkanplus will be held on the 8th July at Cecil Sharp House, Camden NW1 7AY, starting at 7.00pm.

We will be running a dance request evening. Please submit any requests to MCs Ron & Jean Wilks for inclusion in the evening.

Admission £6.

Please note that Balkanplus will **not be meeting in August.**

Maureen Felton



### Čačak Serbian

pronunciation: chah-chahk; from the town of Čačak - means 'dried mud'.

- bar 1 R. foot to R. side. L foot across in front of R.
  - bars 2 & 3 Repeat bar 1
  - bar 4 R. foot to R. side. Hop on R, holding L. foot low in front of R.
  - bar 5 Step L. beside R. Hop on L, holding R. in front.
  - bar 6 Step R. beside L. Hop on R, holding L. in front.
  - bar 7 Step L. to L. side. Step R. behind L. foot.
  - bar 8 Step L. to L. side. Hop on L, holding R. in front.
  - bar 9 Step R. foot in place. Hop on R, holding L. foot low in front
  - bar 10 Step L. to L. side. Step R. behind L. foot.
  - bar 11 Step L. to L. side. Hop on L, holding R. in front.
- Repeat from beginning.



# Čačak Kolo

Allegro

Serbia

7  
13  
19  
25  
37  
37

"Wilf Horrocks' Collection"



In Serbia, in the 60's I was told that the steps for **Cacak** (as with many other Serbian dances) could be so small that you could dance them "inside your own opanke". (opanke - Serbian shoe)

**Jill Loveday**. Oxford Balkansko Oro



Frances Horrocks introduced me to **Cacak**; she referred to it as the dance of 'diminishing returns'. Paja Milic taught a slightly more manic version, and we learnt a Macedonian version from Vlade Janevski in Ohrid.

Next month's offering - **Batrineasca** from Romania - will be known to some of you and you can share your experience with us.

**Ed.**

## **SIFD Committee**

Registered Charity Number 284509

Contact the SIFD at *mail@sifd.org*

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## WHAT'S ON IN JULY

- S.I **Saturday 1st DOINA** at the Victoria Embankment Gardens at 3- 5pm.  
(with a Hungarian children's group)
- S.I **Sunday 2nd SIFD SUNDAY DANCE** see page 8
- Mon. 3rd - Sun. 9th LLANGOLLEN INT. EISTEDDFOD**
- S.I **Saturday 8th BALKANPLUS** - see page 9
- S.I **Friday 14th BARNET SUMMER PARTY** with Dunav Balkan Group and a star cast of Barnet regulars to lead favourite dances from a bumper year. 8pm at Church House, 2 Wood Street, Barnet, Herts. EN5 4BW. £6 Further information: Brian Dowsett 01992 582717 [bvdowsett@aol.com](mailto:bvdowsett@aol.com)
- S.I **Saturday 8th SUMMER PARTY AT CALVER VILLAGE HALL** 14.30 to 19.30 with dancing to your favourite music and a bring & share tea. £5 admission. Further details from Greg on 07810 181273 or Janet King on 0791 9126284 or [gregboyd99@aol.com](mailto:gregboyd99@aol.com) or [j.king194@btinternet.com](mailto:j.king194@btinternet.com)



*All material for the August issue of the SIFD NEWS must be received by the Editor IN WRITING by 18<sup>th</sup> July.*