



SIFD News



August 2022



Editor: Janet Douglas, Oak Cottage, 92 Rose Green Road, Bognor Regis,
West Sussex PO21 3EQ. Tel: 01243 265010
email: *SIFDNews@hotmail.co.uk*

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



Penny Munden sent in the pictures that appear on the front cover. The top picture shows a dance from Lumes, Kukës and the centre picture shows a dance from Tropoja - both are in the north-east of Albania. The bottom picture shows the Obot Shkoder dance - Shkoder is in the north-west of the country.

There are more dance photos from Penny, of other Albanian regions, lined up for future issues.

On the back page are pictures from Caroline Thomas - the story is on page 6. (Caroline's pic reduced for motif).

Ed.



Note from the Membership Secretary

As we are now getting back to as normal as we can (and hopefully dancing more) subscriptions are again payable by the end of August please. Enclosed with this month's News is your subscription renewal forms prefilled with your details for your convenience. The preferred and safest method of payment is via BACS (details on form) but we are not averse to a cheque if you do not do online banking.

Group membership renewal forms are also enclosed where appropriate. Please will you ensure you advise if you want insurance or not as you will not be covered otherwise.

happy dancing!

Dalila



DATES FOR YOUR DIARY

- S.I **Sep. 9: RAINMAKERS 46th ANNIVERSARY DANCE**, 7.30pm-10.30pm at Wilbury Hall, Bedford Road, Letchworth, Hertfordshire, SG6 4YF. £10.00. MC Jill Bransby with live music from Cloudburst. More info from Mark (01462 454210).
- Sep. 10: GERMAN DANCE MUSIC WORKSHOP** for musicians £35 Elephant & Castle, White Hill, Lewes BN7 2DJ. 10.45 - 16.45 (lunch12.30-13:30) 01273 476757 valmaigoodyear@aol.com
www.lewessaturdayfolkclub.org
- Sep. 24-25: SOUTHDOWNS FESTIVAL** - Bognor Regis
- Oct. 1: NUTBROOK I. F. D. G.- ROMANIA & FRIENDS**, led by Maggie Kaye. 11.00am – 3.30pm Nutbrook dance workshop at Bramcote Memorial Hall Comm. Hall am / Large Hall pm. Nottingham NG9 3HD. £8.00. Everyone welcome, no partners needed. Further information: Gill Morral on 0115 9171381 or gill.morral@ntlworld.com
- S.I **Oct. 8: BALKANPLUS** - in Trefusis, Cecil Sharp House, 2 Regents Park Road, Camden, NW1 7AY t 6.00pm - 9.00pm.
- Oct. 29-30: DANCE AROUND THE WORLD**, Cecil Sharp House, www.datw.org.uk
- S.I **Nov.19: HENRY & BETTY LEE MEMORIAL DANCE** 7.30pm-10.30pm at Ickleford Village Hall, 82 Arlesey Road, Ickleford, Hitchin, Hertfordshire, SG5 3TG. MC Jill Bransby with live music from Cloudburst. Rainmakers would particularly like to invite people who knew Henry and Betty to attend this special dance. Naturally all other dancers would be very welcome. The dance is free. If you are interested in coming, please contact Mark on 01462 454210 or markbalaam2@sky.com
- S.I **Dec.10: BALKANPLUS** - in Trefusis, Cecil Sharp House, 2 Regents Park Road, Camden, NW1 7AY t 6.00pm - 9.00pm.



*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.*

Družba

Hi, you may like to note that after a lay-off of 2 years our band is gigging again with bookings at the Sea Change festival, Totnes, Plymouth Respect festival, Ashburton Arts centre, and Dartington Hall etc.

We also visit London occasionally. Any groups wishing to use us please get in touch! <https://www.klezmer-devon.com>

07810 332 151 01803 862393

This band has its roots in SIFD as that is when I started playing accordion in the 1980's SIFD band:



Around 1979: Wild Horrocks extreme right, I am playing the white accordion, Lesley LeCroisette playing accordion in front of me, extreme left is Phillip, next to him Ernie, forgotten the others, but not the tunes,

Basil Bunelik



back page sketches:

My first involvement with folk-dance was playing for the Folkestone group in November 1959, aged 17. But somehow a seed of interest had been sown years before. As a child I was hooked on playing the piano and drawing, and my Mother kept all my little sketches. At five I must have been shown a picture of a man in Krakoviak costume, and here he is, with his coat off, for he and his partner are picking berries in the garden and taking their chickens for a walk on leads. Three years later I drew a couple dancing in costumes I cannot identify, but there are mountains and a tambourine. Little did I know then that I would later be drawing dozens of traditional costumes in pen and ink for the front cover of SIFD News!

Caroline Thomas, Dunav Balkan Group (Associate Member)



Brian Dowsett in Bognor Regis



happens every time!

We very much appreciated our afternoon of Balkan dances with Brian on what felt like the hottest day of the year. He delivered nine dances to a mixed crew with patience and good humour. Ashkaliisko was the most challenging and Pevano kolo the favourite.

Janet Douglas

Kitka

This year's annual Walk for Peace started with an Interfaith Service in the Naval War Memorial, Great Lines, Gillingham, Kent. It then progressed to the Gurdwara in Bryron Road for a snapshot into Sikhism and refreshments. A short progress to KMWA Mosque in Canterbury Street provided the opportunity to find out more about Islam. The walk then progressed to St Mark's Church, Gillingham for a celebration of the togetherness of peoples and faiths.

Those taking part included local councillors, including the Mayor of Medway, and local faith leaders.

The entertainment was provided by the Music Man Band, Turkish children presenting a whirling dervish dance (on film), a Tai Chi demonstration, and, of course, our own Kitka Bulgarian Dancers.

Kitka will be performing next at the Broadstairs Folk Festival on 6th and 7th August, busking around the town at appointed venues.

For information on the Broadstairs Folk Festival contact jo@broadstairsfolkweek.org.uk.

For more information on Kitka which meets in Rochester, Kent, contact susanjhaydock@aol.com

Susan Haydock



Here are further extracts from

‘The Dictionary of the Dance’ by W.G.Raffe

Lift

In Dance Lift is featured as a feat in ballet (usually too often) an action that requires as much technique as mere strength. Male students are set to practise, in some schools, with sand-bags, or canvas gunny-bags. These should weigh less than the ninety pounds of a dancer, being a dead-weight; harder to shift and lift. The "dance lift" demands close co-operation. The moment of "breath intake" is important, since the slack or "dead weight" body remains heavier. In addition, the girl has to make a slight spring (which should not be so vigorous as to be noticeable), which takes her a few inches upwards. The dance lift is not similar to those used in wrestling or judo, where the basis is contest rather than agreement. The male part of the effort is closely connected with the rhythm of breathing (and consequent state of energy), so that the upward movement must be correctly timed, in relation to the full lungs it is also advisable for the male partner to know where he is taking the girl and why.

(I had to include the above piece because years ago at an Eastbourne workshop I was dancing La Volta..... I have this awful memory of my poor partner desperately trying to heave me up just at the moment I was pushing down ready for takeoff! and um... I'm more than ninety pounds.)

Ed.)

Lekouri (Georgia, USSR)

A dance for men and women, usually performed after the Lezghinka*, in which the man has shown his prowess. During the Lekouri, partners never come face to face, as the dance pattern is continually changed with swift turns by the girl, followed at once by an equally quick turn by her partner. The girl dances, with downcast eyes. The quality of the dance is smooth and lyrical, in contrast to the vigour of the solo Lezghinka which precedes it. Lekouri is said to represent the cautious following of a treacherous zig-zag mountain path.

* see overleaf

Lezginka

Republic of Daghestan
Caucasian

9 Dm A7 Dm A7 Dm
18 Gm Dm A Dm Gm Dm A Dm Gm Dm
25 A Dm Gm Dm A7 Dm Gm Dm A Dm Gm Dm A7 Dm
32 Gm Dm A Dm Gm Dm A7 Dm A7 Dm

“Wilf Horrocks’ Collection”

Lezghinka (Caucasia and Georgia, USSR)

A male solo dance originating among the Lezghis of Daghestan in the Caucasus, and adopted by the Georgians. A wild, vigorous dance, it is said to imitate the attack of an eagle on its victim. Circling on tip-toe, with small, swift steps, round a dagger on the ground, the dancer suddenly kneels, seizes the dagger in his teeth and rises again.

He wears the Cossak dress of long, belted coat, with soft heel-less boots and fur hat. Because of their mountain homes and the necessity of balancing on narrow paths and ledges, the Cossak can rise easily on to his toes, and the dance shows rapid footwork with little movement of the body. It is sometimes given, without the dagger, as a courting dance.

With swaggering gait, the man dances with swift, neat steps, this tip-toe progression contrasting dramatically with the vigorous, wilder steps. The Lezghinko is often followed by the Lekouri* (a more lyrical pair dance), in which case the first dance takes the form of "showing-off" by the man, before he and the girl dance together.

* *see previous page*

Next month - **Makedonska Devojce** - we all know it - but are there any interesting facts or anecdotes about it? **Ed.**



SIFD Committee

- Acting Chairman** Richard Mellish 15 Lancaster Road, Harrow, HA2 7NN
Richard@Mellish.uk 0208 863 7807
- Treasurer:** Judith Payling Rosebank, 56 Quickley Lane,
Chorleywood, Rickmansworth, Herts. WD3 5AF.
judithcpayling@yahoo.co.uk
- Secretary:** Dalila Heath 102 High Street, Landbeach, Cambs
CB25 9FT *dalila.heath1@btopenworld.com*

Other Committee Members:

Caspar Cronk 8 Langbourne Avenue, London, N6 6AL
0208 340 4683 *caspar.cronk@blueyonder.co.uk*

Holly Payling 07784 117599 *hollycp@hotmail.co.uk*

Brenda Steventon 92 Hamilton Avenue, Surbiton, Surrey KT6 7PT
020 8397 9649 *brenda.steventon@btinternet.com*

John Stewart 129 Glebe Road, Thringstone Coalville, Leics. LE67
8NU *j2ohn@yahoo.com*



C.I.O. number **1189141**



WHAT'S ON IN AUGUST

Sat.6th - Sun.7th BROADSTAIRS FOLK FESTIVAL Kitka
busking around the town jo@broadstairsfolkweek.org.uk.

Sun.7th-Thurs.11th MACHOL EUROPA Israeli Dance Institute
Schmulik Govari, Rafi Ziv, Ilai Szpiezak, Dado Kraus, Moshe Telem.
University of Surrey. 07980 451912 idi.org.uk/macholeuropa



*All material for the September issue of the SIFD NEWS must be received
by the Editor in writing by the 18th August.*