



# Let's Talk Folk Dance



Membership network email update and musings on local folk, historical, traditional and community dance *Read more at...Folkdance.nz/members*

**Hi Everyone,** I hope that your lockdown has liberated your inner dancer in your home bubble.

As a dance leader it's been interesting thinking about how I will run classes in Level 2 once the maximum number of participants is allowed over 10. I have gathered together some dances which don't require interpersonal contact into a 'Look No Hands!' course. The dances can be done while dancers are socially distant from each other.

Research into COVID19 transmission has highlighted that any activity that requires additional respiratory effort carries a risk - singing in choirs / talking over loud music in bars and restaurants / and huffing and puffing during exercise such as folk dancing - so the choice of dances needs to take individual fitness levels into account.

**Perhaps you're taking the opportunity to see other parts of NZ...so for your travel diary coming up on the folk dance radar :-**

- Mid-Winter Medieval Feast with the Auckland Early Dance Group Saturday 27 June **Auckland**  
- still on the calendar awaiting confirmation

- Auckland Ruritanian Winter Warm Up and Day workshop Saturday 8th August **Auckland**

- Saturday 15th August: Machol Pacifica (Israeli dance) one-day workshop (10am to 9.30pm) in **Waikanae, Kapiti Coast**.

- Jane Austen Winter Assembly Saturday 29 August **Hamilton**

*Planned events with the Van Geels are pending decisions on NZ border controls....*

- International Dance Workshop – 25-27 September -**Christchurch** TBC

- FDNZ Dance Workshop 2 – 4 October **Hamilton**

- FDNZ 25th Anniversary Dance Party 3 October **Hamilton**

- Masquerade Victorian Ball - Thames Steampunk Festival Saturday 7 November

**Thames**

- North Island Regional Israeli Dance Day in **Tauranga** has been rescheduled contact Maria Berben : 0221652114

## MEMBERS ARE THINKING ABOUT..... Elaine, our

archivist has been thinking about the **Value of Dance** As noted in the NFO News, Sept 2018, page 15, Point To Ponder. <https://ideas.ted.com/why-dance-is-just-as-important-as-math-in-school/> Check out this link for an interesting article, dated 21 March 2018 about a recent book by Sir Ken Robinson & Lou Aronica, in which it was concluded from studies that students participating in an hour of physical activity per day resulted in having a **positive influence on memory, concentration and classroom behaviour**, and hence might even improve grades. **Dance was used to improve students' abilities to cooperate and collaborate.** Hence their argument for equity in educating the whole child and why dance is just as important as math in school.

**Folk Dance Resources** - In the same resource Elaine has found the following information on page 8, <http://folkdancemusic.net/> Tunes listed alphabetically and by country for over 500 downloadable mp3 files originally on 78s but now out of copyright. Email them to send the mp3 file. <https://archive.org/details/InternationalFolkDances>  
*[That's handy! thanks Elaine]*

## DANCING...IN LOCKDOWN....Rae Storey forwarded an

**email** from Eileen Whitwell letting people know about a Virtual Dance Party being run by Sarah and Ron Falkoff in St Louis USA on Saturday, April 11, 8:30 p.m. to 10 p.m. The invitation was to "keep the party going and dancing together as a community" with no teaching - just a party enjoying each other's company and dancing together!.

A Zoom link was provided to join the party and a facebook page reference for more information. There was also a link to request a dance request. So I thought that sounds like fun and at the NZ time equivalent (April 12th early Sunday afternoon) I cleared the lounge and zoomed in.

I had a very interesting dance afternoon dancing with up to 75 people across the United States in my living room - plus Eileen in Russell NZ! At least I wasn't aware of any other kiwis on line.

The dance party was run very well with Sarah leading the dance list and Ron being the tech support and DJ. I knew some of the dances on the playlist but not the majority - although I recognised many of the names. The name of the dance was displayed on the bottom of the screen and there appeared to be an arrangement whereby a person who knew a dance well or had requested it was the leader - and it was easy to follow along.

I really enjoyed the music on the dance playlist and the variety of dances - all were dances easily done solo in your lounge - primarily Balkan and Israeli with some Armenian. Dances included Moi Dragane; Hora Spoitelor; Pravo; Ravno; Silisktrenka Tropanka; Beli'ilot; Ajde Jano; Urva Fanka; Ali Pasa; Floricica; Syrtos; Narino; Gori More; Hora de la Soroca; Horehoronsky Czardas; Corlu Aroman; Saskia; Racenitsa; Sweet Girl; amongst many.*[Ed: I wonder how other FDNZ members danced in lockdown?]*

**Update from your committee:** We have been getting on with our list of actions from the last AGM. COVID19 border closures have added uncertainty about overseas guest tutors planned for later in the year. The committee make-up has been reviewed so as to recognise the roles that specific members offer. This has led to confirmed advisory roles and new committee vacancies. The date of the 2020 AGM will be announced soon - a virtual meeting is planned for July.