



SKANDIA

NEWSLETTER

Seattle, Washington

The Voice of SKANDIA FOLKDANCE SOCIETY

March 2010

Skandia Board musings

My aunt danced her way through Radcliffe (the female college at Harvard then). She took careful notes in class, she said, and never studied. She went out dancing, ballroom dancing, every night. She was the first married woman permitted to graduate from Radcliffe.

My dancing blood comes from Aunt Dorothy. No one else in my family has shown any interest in that direction. Her brother, my father, a true party fellow, was happy to dance, if the occasion arose. The two-step was good enough for every tune.

After going to a couple of dances in 8th grade, I was eager to take ballroom dancing lessons my freshman year of high school. It was serious business. I got a long formal dress for special evenings. Like the Saturday night we had a blizzard and my friend and I had to get out into the snow banks to push the car so her dad could get away from the curb. My white satin skirt had permanent yellow blotches decorating the hem.

The night I met my late husband, Bill Sieverling, 36 years ago last evening, he asked me to dance. We were part of a singles weekend at Seabeck Conference Center, where Skandia holds Springdances in April. Dancing was a special pleasure for both of us. He showed me the schottis in my living room before going to a Mountaineers dance at Seattle Center early in our courtship. We danced regularly until his death six years ago.

In 2004, I was taking Grace Andrews to Seabeck for a Unitarian church weekend. Bill had lived next to Grace and Art for a number of years before he and I met. Widowhood was fresh in both our minds. I lamented the loss of my dance partner. How would I fill that gap in my new life? Grace, a long-time member and board member of Skandia, had the answer. Come to Skandia, she said. They have beginning dance classes and the men are very willing to dance with unattached older women. Come to Midsommarfest the fourth Sunday in June at St. Edwards Park. You'll get a nice introduction to Skandia.

That's how I came to Midsommarfest 2004. The day was fine—at least, it didn't rain. The floral wreaths were festive, the families with young children fun to watch, and the pole-raising just the sort of custom I enjoyed. I bought a wreath for my head and danced a few waltzes and schottises. I found a flyer listing a summer beginners' class.

A year later I had grieved enough and wanted to dance again. Art Hare and Pat Pi taught the summer Basics Class. Calm and encouraging, they welcomed older and slower

learners. Kaare Erga and Otto Hodnaland, two Norwegians who had danced with Skandia for decades, showed up midway through each class. They partnered us despite our hesitation and awkwardness. They assured and cajoled us around the room. When the next set of classes started, I joined Skandia and went on the board in 2008.

So why am I part of Skandia? I have no Scandinavian blood in my veins. My family are German Jews who came to the U.S. between 1840 and 1870. I enjoy walking, hiking, and skiing, though I'm not really "athletic." But dancing does special things to me. It's more than movement. It's music, too, though I can hardly carry a tune or remember what music goes with what dance steps. It's dancing in couples and lines, as well.

Together movement, music, and community dancing awaken special chemicals in the brain (endorphins). They create a state of energy, joy, peace, and contentment. I want to dance the day and night away. I feel renewed.

You can, too. Come join us. See what a fine experience you can have. Share your enthusiasm. Be part of a great organization and community of people passionate about dancing and welcoming newcomers.

—Virginia F. Stout

Springdances Northwest

Don't miss out on this exciting weekend of Scandinavian dance and music, 16–19 April! As this newsletter goes to press, there are still a few openings for men. See details and the application on the Skandia Web site. To check on openings, contact Kathi Ploeger or Don Meyers: (206) 789-2678 or springdances2010@svikt.com.

—Kathi Ploeger

March Skandia events

Basics Class: 17 Feb.–17 Mar. and 31 Mar.–28 Apr.
Phinney Ctr., 7:30–9 p.m.

Beyond Basics Class: 18 Feb.–18 Mar. and 1 Apr.–29 Apr.
Phinney Ctr., 7:30–9 p.m.

First Friday, 5 Mar., Cedar Valley Grange. Class at 7:30; dance, 8:30–11 p.m.

Swedish Workshop, 13 Mar., Cedar Valley Grange, 10 a.m. to 4:45 p.m.

Third Friday and St. Urho's Dance, 19 Mar., Cedar Valley Grange. Class at 7:30; dance, 8:30–11 p.m.

See p5 for **driving directions** to regular events.

Dances:

Unless otherwise noted, all dances take place at Cedar Valley Grange, 20526 - 52nd Ave. W, Lynnwood, WA. Skandia members, \$7; nonmembers, \$10. Class, 7:30–8:30; dance 8:30–11 p.m.

First Friday Dance, 5 March

March into March! Do we have a great line-up of musicians for you! The harmonious SUS singers swing you around the floor. The new Lamb Trio spreads its wings (see article, p2). And from Sweden, via Oregon, comes fiddler/accordionist Olof Söderbäck, backed by Peter Michaelsen. (See p2 for an article on Olof.) Dance instruction starts at 7:30 p.m., with Jerry Walsh and Judy Patterson teaching Järvsö polska. Live music kicks off at 8:30. Put spring in your step: come dance!

—Peter Michaelsen

Third Friday/St. Urho's Day, 19 March

See the article on p3 for complete information about this dance.

Lamb Trio plays for Skandia

The Lamb Trio will play for Skandia's March First Friday dance. Who is that?

Well, last fall clarinetist Frank Brown convinced David Lamb to work on a few tunes with him. They talked Linelle Milatchkov into joining them. The resulting trio specializes in dance tunes—by David Lamb!

Long-time Skandia members will remember David as an excellent dance teacher, and as a versatile fiddler who not only made some of the best transcriptions available of Swedish folk tunes, but also composed many of his own tunes in the Swedish style. (Long-time Skandia members will also fondly remember Linelle!) David lived in Sweden in the 70's and attended the year-long folk music class given by Jonny Soling in Orsa. His tunes have been published and recorded. David has been involved in countless musical projects over the years, ranging from numerous productions of his own classical compositions to collaboration on a book of tunes from the playing of Swedish fiddle great Pål Olle. He led Skandia's Lille Spelmanslag during the 70's and 80's and has played or taught at many, many Skandia events. He's the only one in the Pacific Northwest who plays Swedish-style bagpipes. With characteristic modesty, David says about the March debut, "Dancers will come at their own risk," but we expect it'll be a blast.

—Peter Michaelsen

Olof Söderbäck at Skandia's First Friday Dance in March

Nils-Olof Söderbäck spent summers in the early 1970s visiting Dalarna and learning directly from fiddle legends like Røjås Jonas, Lagggar Anders, Pål Olle, and Pers Hans. He studied ethnomusicology in Sweden, and traveled

extensively—among other places, to northern India, where he spent several years studying raga music. He moved to the U.S. in the 1980s, and had a landscaping business in California, and then near Ashland, Oregon, where he lives now.



Olof says, "I started to play the old tunes again about ten years ago, with a renewed love and enthusiasm that connects me with the roots of a culture that grew out of hardship and the interaction with nature."

He's drawn to the older folk sound: as he says, "this isn't university music!" Olof plays both accordion, and a custom-built violin with five top strings and many understrings. (You have to see it to believe

it!) He has made several recordings. For Skandia's March dance, he'll be teaming up with local fiddler Peter Michaelsen.

—Peter Michaelsen

Gammalvänster från Oviken

Skandia's 13 March workshop

If you are comfortable with turning dances such as polska, hambo, and pols, then this class is for you. This team-taught session will introduce great couple turning dances from Jämtland in Sweden. The workshop is on Saturday, 13 March, from 10 a.m. to 4:45 p.m. at the Cedar Valley Grange, 20526 52nd W, Lynnwood, WA. There will be a lunch break at 12:30 p.m.; please bring a brown-bag lunch, as there are few lunch opportunities close by.

Preregister by 5 March to save on the registration fee! Fee is \$25 before 5 March; \$30 thereafter. See your February newsletter or the Skandia Web site for the workshop application, or contact Elaine Mathies, (206) 542-5403, or elaine.l.mathies@gmail.com, for further information.

—Kathi Ploeger

Basics Class

Learning to dance as a couple is more than memorizing the steps. We will use basic dances, snoa and schottis, to practice turning as a couple and to establish a common balance. The goal is to use the basics to learn the hambo and to have fun dancing. Please invite dancers from other disciplines to join us on Wednesday nights to learn these wonderful Scandinavian dances. No partner required. Smooth-soled shoes recommended.

When: Wednesdays, 31 March–28 April (5 classes) 7:30–9 p.m.

Where: Room 2, upper bldg, Phinney Neighborhood Ctr

Cost: Members, \$25/series; nonmembers, \$35/series

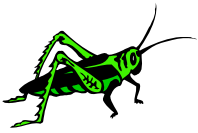
Minimum class size: 8

Teachers: Frank Brown and Elaine Murakami

See you there!

—Frank Brown

They're Back!



Yep, it is that time a year again when the vineyards of Finland are besieged with creepy, crawly, crunchy, noisy disgusting green jumping critters known to the world as voracious, vociferous grasshoppers that have become addicted to Finnish grapes. Throughout the years, there have been many studies attempting to understand why this phenomenon occurs.

One explanation is that in order for the Finnish winegrowers to compete with the better-known vineyards in France, Italy, and California, the Finns would have to be creative. So, they decided to inject their grapes with vodka to increase the wine's potency. Of course, it did not take long for the grasshoppers to develop an addiction to this new-found happiness. Tipsy grasshoppers become a bit mellower; however, the drawback with intoxicated grasshoppers is that their appetite seems to take a quantum leap and, as a result, more vineyards in Finland were decimated.



Without the fine premium wines from Finland, wine lovers throughout the world were most unhappy. None of the wines from Europe, the United States, or throughout the world could compare to the extraordinary flavors of wine from Finland. Wine sales fell. People stopped going to restaurants. The glass industry was rapidly failing, as no one was buying wine glasses. Even though sales of Prozac and other anti-depression drugs soared, the world's economy was spiraling downward.

There was a dire need for help. Our hero, St. Urho, came to the rescue. Urho in Finnish translates as brave or courageous, and St. Urho lived up to his name! He rushed into the masses of the hungry, chirping insects with only a rake and without any concern for his welfare, he shouted: "Heinasirkka, Heinasirkka, Memetaalta Hiiteen!"

For those few people who do not speak Finnish, the magic words mean: "Grasshopper, grasshopper, get the blankety-blank out of Finland!"

So once again, the world was able to enjoy fine wines from Finland. Peace and prosperity reigned throughout the world, due to the bravery of St. Urho. Skandia and Katrilli will honor this great man at their annual St. Urho party/dance on Friday, March 19, at the Cedar Valley Grange. The evening will begin with Katrilli teaching some fun and lively dances that will get your pulse moving and put a smile on your face. Dance instruction is from 7:30 to 8:30 p.m.

Folk Voice will provide their very danceable music starting at 8:30 p.m. Be prepared for some swing, tango, music from south of Finland, and Scandinavian tunes to keep your feet busy throughout the evening. There will be plenty of mixers to make sure that everyone dances as much as their feet will allow. Of course, there will be the ever-so-lovely and subtle Grasshopper Humppa Mixer. Come with or without a partner. Bring your children and introduce them to the fun of dancing.

Last year's St. Urho and Urhoiina will take their final saintly walk and share with us how their lives have been

affected throughout the year due to this honor. A mini-pronunciation workshop of the chant will be held; then the fierce competition begins in earnest for the new St. Urho and Urhoiina. All are welcome to compete for this honor. It takes great drama and energy to scare masses of grasshoppers. Practicing at home will increase your chances of fame and glory.

After the new saintly couple is crowned, Finnish goodies and drinks will be served. The second set will begin with door prizes that you hope not to win. Please wear St. Urho colors—purple for the grapes and green for the stems of the grapes (or green to remind yourself of the dead grasshoppers!).

Admission is \$7 for Skandia members and \$10 for non-members. No charge for those under 18. For further information on saintly and non-saintly problems, call JoAnne Rudo at (206) 329-1443.

—JoAnne Rudo

Welcome back to:

Ken and Barbara Langland



Kathi's corner



Gammalvänster, or Polska med Bakmes från Oviken

The 13 March Jämtland workshop will focus on this elegant dance from the village of Oviken. See your February newsletter or the Skandia Web site for further information.

Försteg: Stepping on 1 and 3, begin with outer foot.

Polska CW:

M: (1) L, (2) R heel first, behind L, (3) Pivot on L ball and R heel, (3&) Pivot on R ball.

L: (1) R between M's feet, (2) L around M, (3) Pivot on L, swinging R back from knee.

Transition:

M: L, R, L facing forward

L: R, L, R facing backward

Bakmes CCW, two measures per revolution:

M: (1) R, (2) L, (3) R, (3&) Pivot CCW on R ball, (4) L behind R, (5) hold, (6) Pivot CCW on both heels.

W: One measure behind M, start with (1) L behind R.

Character: Hold is very close, with inner right thighs in constant contact during polska. Polska is continuous movement. There are also three other variants on the transition step and a resting step, not described here.

Excerpted from the publication Kathi's Cues, © 1998. Please note that these cues are intended to be a reminder to those who have learned the dance, not a complete description of the dance.

—Kathi Ploeger

March 2010						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers NW, 7-9 p.m.	2	3 (Seattle) Skandia Basics. 7:30-9 p.m. (Bellingham) Dance, 7-9:30 p.m. (Burnaby) Dance, 7:30-10 p.m.	4 (Seattle) Skandia Beyond Basics. 7:30-9 p.m.	5 (CVG, Lynnwood) Skandia 1st Friday dance; 7:30 (class); dance, 8:30-11 p.m.	6 (Bainbridge) Bain- bridge Island dance, 7 p.m.
7 (Seattle) Pancake Breakfast, SCC, 8 a.m.-1:30 p.m. (Port Angeles) Dance, 7-9 p.m.	8 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers NW, 7-9 p.m.	9	10 (Seattle) Skandia Basics. 7:30-9 p.m. (Bellingham) Dance, 7-9:30 p.m. (Burnaby) Dance, 7:30-10 p.m.	11 (Seattle) Skandia Beyond Basics. 7:30-9 p.m.	12	13 (CVG, Lynnwood) Swedish Workshop, 10 a.m. to 4:45 p.m. (Bellingham) Nordic Dancers NW Scan- dinavian Dance, 2- 5 p.m.
14 (Port Angeles) Dance, 7-9 p.m.	15 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers NW, 7-9 p.m.	16	17 (Seattle) Skandia Basics. 7:30-9 p.m. (Bellingham) Dance, 7-9:30 p.m. (Burnaby) Dance, 7:30-10 p.m.	18 (Seattle) Skandia Beyond Basics. 7:30-9 p.m.	19 (CVG, Lynnwood) Skandia Vinterdans; 8 -11 p.m.	20
21 (Port Angeles) Dance, 7-9 p.m.	22 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers NW, 7-9 p.m.	23	24	25	26	27
28 (Port Angeles) Dance, 7-9 p.m.	29	30	31 (Seattle) Skandia Basics. 7:30-9 p.m. (Bellingham) Dance, 7-9:30 p.m. (Burnaby) Dance, 7:30-10 p.m.			

March events

Sundays (Port Angeles) Regular Sunday dance.

Scandinavian and ballroom dancing Sundays, 7-9 p.m. Scandia Hall at 131 W 5th St., Port Angeles, WA. Donations taken at the door. Info: Sandy or Paul, (360) 457-7035 or penga@olypen.com.

Mondays (Burlington) Nordic Dancers NW. Scandinavian dancing. Burlington Lutheran Church, 134 E Victoria Ave, Burlington. 7-9 p.m. \$2 donation. Web site: www.nordicdancersnw.org. Contact: Bob/Carol Olson, (360) 734-2516.

Mondays (Poulsbo) Scandinavian dance instruction at the Sons of Norway hall, 18891 Front Street, Poulsbo, starting at 7 p.m. All are welcome; partners not required. Requested donation: \$2 (\$3 on third Monday live-music party nights). Information: Fred at (206) 780-8036 or Stan at (360) 779-2460.

Wednesdays (Bellingham) Nordic Dancers NW. Scandinavian dancing, Sons of Norway Hall, 1419 N. Forest St, Bellingham. Easy dances, 7-8:10 p.m.; couple

turning dances, 8:20-9:30 p.m. \$2 donation. Web site: www.nordicdancersnw.org. Contact: Bob/Carol Olson, (360) 734-2516.

Wednesdays (Burnaby, B.C.) Weekly teaching and request dancing to recorded music at the Scandinavian Community Centre, 6540 Thomas St., Burnaby. 7:30-10 p.m., \$5. Second Wednesdays are Live Music Nights at Victoria Drive Community Hall, 2026 E 43rd Ave., Vancouver, just east of Victoria Dr. Updates: www.vcn.bc.ca/scandi. Info: Wendy Cutler, (604) 685-7405 or wcutler@telus.net.

3/6 (Bainbridge) The March Scandinavian dance will take place at Island Center Hall, 8395 Fletcher Bay Road on Bainbridge Island with Nordic Exposure providing the music. Optional potluck supper begins at 6 p.m.; the dance starts at 7 p.m.; \$7 (half price for teenagers). For information, contact Fred or Linda at (206) 780-8036.

3/13 (Lynnwood) Skandia's Swedish Dance Workshop, 10 a.m.-4:45 p.m., Cedar Valley Grange. Discounted registration until 5 March.

- 3/13 (Lynnwood) NFDI Fundraiser for NW Folklife**, featuring Folk Voice Band, Allspice, and Orchestar RTW, plus La Famille Leger. 7–11 p.m., Cedar Valley Grange. \$10 suggested donation.
- 3/13 (Bothell) Annual Heritage Day**, Bothell Sons of Norway, 23905 Bothell–Everett Hwy, Bothell, WA, 10 a.m. to 3 p.m. Free. Music, craft demos, food samples; lunch available for purchase. Info: (206) 633-4113 or www.bothellsonsofnorway.org.
- 3/13 (Bellingham) Nordic Dancers NW Second Saturday Scandinavian Dance**, 2–5 p.m., Norway Hall, 1419 N Forest St, Bellingham. Live music by Seattle's Skandia Kapell. \$8 donation; 18 & under and Wergeland Lodge members free. Info: Bob/Carol Olson, (360) 734-2516 or www.nordicdancersnw.org.
- 3/20 (Vancouver, B.C.) Spring Equinox Ball**, 5:30 p.m. to midnight, Kinsmen's Recreation Centre, 5410-10th Ave., Tsawwassen, BC. Catered dinner; dancing to music by Sammenspil and Gammel Dansk, and featuring guest musicians Mad Fiddlu from Seattle. Cost \$42 (dance only, \$20). Phone Stig at (604) 536-6429 for information and billeting. Pre-registration for dinner required by 17 March. Registration form at www.vcn.bc.ca/scandi/upcom.html.
- 3/26 Scandinavian Old-time Dance**, 8 p.m. Swedish Cultural Center, 1920 Dexter North, Seattle, \$10. Live music by the Skanda Spelmanslag. The fun lasts until about 10:30. Info: pat@folk dancing.com.
- 3/27 (Tacoma) Sally Jacky's 15th Annual March Madness potluck and folk dance**. Potluck at 6 p.m., then dancing with music by Folk Voice Band. Suggested donation is \$4; please contribute to the Family Renewal Shelter. Normanna Hall, 1106 S. 15th St., Tacoma. **Directions:** From I-5 take exit 132. Follow Hwy. 16 to the Sprague St. exit. Drive north on Sprague to 15th St. and turn right (east). Travel on 15th until you reach the hall at 15th and Martin Luther King St. Parking is on the street or in the gravel lot across from Normanna Hall. Info: Sally at (253) 588-8902.
- 3/27 Tastes of Norway/Norwegian Cultural and Heritage Day**, 10 a.m.–4 p.m. Leif Erikson Hall, 2245 N.W. 57th St., Seattle, WA. Info: (206) 783-1274, leiferiksonlodge@qwestoffice.net, or www.leiferiksonlodge.com.

Future events

- 4/10 (Bellingham) Nordic Dancers NW Second Saturday Scandinavian Dance**, 2–5 p.m., Norway Hall, 1419 N Forest St, Bellingham. Live music by Vancouver's Gammel Dansk. \$8 donation; 18 & under and Wergeland Lodge members free. Info: Bob/Carol Olson, (360) 734-2516, or www.nordicdancersnw.org.
- 4/16–19 (Seabeck, WA) Springdans NW 2010**.
- 8/13–15 Norsk Folkedans Stemme** with Folkemusikkprosjektet i Setesdal, Camp Brotherhood, WA.
- 10/16 (Bothell) Skandia Ball**, 7–11 p.m., Northshore Senior Center, Bothell, WA.

Skandia Newsletter

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Skandia Folkdance Society Board of Trustees: President, Karen Michaelsen; Vice President, Brita Butler-Wall; Treasurer, Paul Everitt; Secretary, Silje Sodal; Trustees, Bev Anderson, Bob Olson, Larry Reinert, Virginia Stout, Karlyn Tomta.

Send items for the *Other events* column to: editor@cseidl.org, or mail (typed only) to **Kathy D. Bruni, Skandia Newsletter, 14805 NE 177th St., Woodinville, WA 98072-6223**. Items for the **April** issue must arrive by **10 March**. Please include date, time, cost, location, contact phone number, and email address. Priority is given to local Scandinavian dance and music events.

Directions to regular Skandia events

Phinney Neighborhood Center, 6532 Phinney Ave N, Seattle:

from I-5 northbound or southbound, take exit 172 (N 85th St/Aurora Ave); drive west on N 85th about a mile; turn south onto Greenwood and go south 1 mile; turn left at 67th (where Greenwood doglegs east and becomes Phinney); go half a block downhill to the lower parking lot. Room 2 is in the main building, next to the upper parking lot.

Cedar Valley Grange, 20526 52nd Ave W, Lynnwood: from I-5 north- or southbound, take exit 179; turn east on 220th St. Go half a mile to the stop sign at 52nd St.; turn left and go a short mile to the hall (on your left). **Dances on first and third Fridays of every month.**

Newsletter advertising policy

1. Skandia will not accept paid advertisements for the newsletter.
2. Announcements of activities and events congruent with Skandia's educational and cultural foci will be accepted on a space-available basis, unless they conflict with scheduled Skandia events. Exceptions can be made for the inclusion in the monthly calendar listing.
3. Classified advertisements from Skandia Folkdance Society members for non-commercial purposes will be accepted for free on a space-available basis. An example of "non-commercial" would be a member trying to sell a pair of dance shoes that no longer fits.
4. Any exceptions to these policies have to be approved by the Board of Trustees.

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SKANDIA FOLKDANCE SOCIETY

Membership registration and change form

Today's date: _____

Name: _____ Signature: _____

- To report a membership problem, check here and describe problem on back of this form or on separate page.
- New member(s) (first time only).
- Renew membership(s) (including expired or inactive memberships).
 - There have been NO CHANGES in my ADDRESS or PHONE NUMBER since my last renewal.
 - Shown below are CHANGES that have occurred in my ADDRESS or PHONE NUMBER since my last renewal.
- I do NOT want a newsletter mailed to me. **Check this box if you view the newsletter at Skandia-folkdance.org.**

Number, Street, Unit: _____
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Phone: Area code, Home, Work: _____
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Mail, with your check or money order for \$25 per person (\$15 for high school or college students, ages 13–25) made out to SKANDIA FOLKDANCE SOCIETY, to:

Skandia Membership Committee
Post Office Box 17123
Seattle, WA 98127-0823

- Please mail me my membership card in the ENCLOSED SELF-ADDRESSED, STAMPED ENVELOPE.
- I will request my card from a cashier at a Skandia class or event.