



SKANDIA

NEWSLETTER

Seattle, Washington

The Voice of SKANDIA FOLKDANCE SOCIETY

April 2010

Skandia Board musings

While we were watching our children at a gymnastics class, a young mother said to me, “Did you ever think about community before you became a parent?” I smiled because I often think about community, and I am now even more reflective and appreciative of the tight-knit folk dance community I experienced growing up in the 1970s and ’80s. The Boulder/Denver area in Colorado was teeming with music and dance from all over the world, and although my parents were leaders of the Scandinavian folk dance community, I also participated in the international dance community, joining a performance group at the age of 9. As I traveled around the country with my parents on teaching gigs, I was always impressed with the extended—indeed, nationwide—community of folk dancers and the willingness to open up homes and hearts to people only known directly or indirectly through the folk dance community. I also remember our family hosting scores of dancers and musicians throughout the years for dance events and workshops. Falling asleep to the sounds of happy chatter, music, and dancing feet is a treasured memory from my childhood!

Over the years, membership has declined in folk dance communities throughout the country, and our own Skandia Society is no exception. But I believe there is a way to attract new membership and sustain a strong membership for future generations that hasn’t been fully realized. We need to invest in attracting families and creating a more child-friendly environment in the Skandia community.

As the young mother I spoke with alluded to, parents of young children actively seek community to provide a sense of belonging and support. Young adults find that support through their families, college, and workplace, but once they have families of their own, those communities may not be sufficient. A strong community provides a safe and positive environment, a critical component for parents, and parents desire a community that supports the child in enjoying and appreciating shared activities, such as dancing. Growing up, I had many adopted “aunts” and “uncles” (who are now dear friends), and I always felt safe and welcome at any dance event. It is incredibly empowering for a child to experience an intergenerational environment, and equally empowering for parents to feel supported.

Second, parents of young children often have a renewed sense of identifying and embracing their cultural roots and actively seek out such organizations and activities. It isn’t a

coincidence that my sister-in-law, who hadn’t attended mass regularly since high school, re-joined the church after she had children. Even the most enthusiastic Skandia members may have only a sliver of Scandinavian heritage.

Finally, families of young children are always looking for inexpensive, culturally enriching activities to do with their children. Seattle is filled with dedicated, involved parents who yearn to do more with their children than simply take them to the park or a Gymboree class, and these same parents are also attracted to activities that involve and interest both the child and parent.

Families desire the strong community that Skandia can offer, and we need their participation and enthusiasm because our long-term vitality depends on it. Perhaps a family dance could take place before the third Friday dance and include a potluck and time for parents to socialize. Or perhaps Skandia could coordinate with the existing family dance hosted on Sunday afternoons through the contra community. Or Skandia could coordinate a dance after the pancake breakfast at the Swedish Club.

There are many possibilities, and the Board would love to hear your ideas, both for attracting families and for increasing our membership generally. The Membership Task Force, which currently consists of Brita Butler-Wall, Virginia Stout, and me, would welcome your participation as we develop a comprehensive plan to increase and sustain our organization. As this plan takes shape, we will update the membership and work with you to implement efforts. The Scandinavian music and dance community is truly exceptional and unlike any community I have ever experienced. What a joy to share this community with others and continue the circle of creating treasured memories!

—*Silje Sodal*

(206) 448-8737 or Silje@peteclaar.com

April Skandia events

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

First Friday, 2 Apr., Cedar Valley Grange. Class at 7:30; dance, 8:30–11 p.m.

Third Friday, 16 Apr.: NO DANCE, due to Springdans.

Springdans NW, 16–19 Apr., Seabeck, WA.

Fifth Friday, 30 Apr., NO DANCE. The hall was not available.

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, 2 April

You can brush up on your Telespringar moves (or learn them if you don't yet know them) at 7:30 p.m., when the supremely Norwegian Larry Reinert (and partner) will be teaching Telespringar. Come and learn this fabulous, elegant and passionate dance! The dancing starts at 8:30 with Träske, the terrific trio of Nancy Morrison, Ellen Wijsman, and Bill Boyd. They will play a set of gammaldans and other tunes. Then you can use your Vinterdansen learnings to brush up on your telespringar moves because Bill will play a set on his hardanger fiddle (or as it's sometimes called, the dang-harder fiddle). After that, we are pleased as punch to present two great fiddlers in (I think) their first duo appearance—Leslie Foley and Martha Levenson. Don't miss their great tunes, polskas, and gammaldans too. You will be glad you brought your dancing shoes!

Third Friday, 16 April

Due to Springdansen Northwest this weekend, the Third Friday Dance has been **CANCELLED!**

Fifth Friday, 30 April

The venue was not available, so there is **NO DANCE.**

—Bob Hamilton

Midsommarfest is coming!

It's early March, and Midsommarfest preparations are well under way. Vendor coordinator Brian Nelson has sent an



Midsommarfest 2009.
Photo by Kathy Bruni.

invitation packet to all of those vendors who have participated in the recent past. Pat Pi is preparing to send out invitations to performers (dance groups and musicians), and we're lining up volunteers for all of those important tasks that contribute to a successful event.

The first significant volunteer effort is to move the stage materials to the park the first Saturday in June. This involves mov-

ing the posts, beams, and support structure from our place (Everitt's) and the plywood from Jim & Jane Peterson's. It takes two trips using a 17' U-Haul truck. With 10–12 volunteers, it can be completed by 1:30 p.m. In the past, some folks have even signed up to help for just one load/unload. The key is having 10–12 on hand for each load/unload to get the job done. It would be ideal to find a volunteer willing

to serve as coordinator for this moving activity. Could that be you?

Looking ahead, another essential moving project happens the weekend of the festival. Midsommarfest materials need to be moved to the park early (by 9 a.m.) Saturday morning, June 26th, and out of the park Sunday evening following the event. For this move, 6–8 volunteers and 2–3 trucks and/or trailers can make the project go quickly.

We continue to make every effort to streamline and minimize the workload as well as match volunteers with the tasks they prefer. In the interest of further reducing time commitments, we're also trying something new this year to reduce face-to-face meeting by taking advantage of the Internet. Volunteers are always welcome to join the Midsommarfest Planning Team; just let us know of your interest.

For any of these volunteer opportunities, please talk to Elaine Everitt at an event, email volunteer@skandia-folkdance.org, or call (425) 482-1121.

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 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

—Frank Brown

Beyond Basics class

After much discussion and deliberation, the Skandia Board has decided to indefinitely suspend the Beyond Basics classes. Therefore, the next session of Beyond Basics, slated to begin on 1 April, has been cancelled. We regret any inconvenience this may cause you.

Don't forget that the new session of Basics classes begins 31 March. It's sure to be a crowd-pleaser.

—Karlyn Tomta

Welcome to new member:

Mary Ann Rupe

And returning member:

Dwayne Berg

Glad Midsommar Guru

Dear Glad Midsommar Guru,

We're still relatively new to Skandia, having been to some classes. We have heard a little about Midsommarfest, but for a variety of reasons haven't been able to attend. It's hard for us to imagine what all is involved. What's it like?

Multiple Skandia Freshmen

Dear *MSF* (Gotta love that acronym!),

Wow! I can only begin to describe Skandia's Midsommarfest in the short space available here. The publicized event is from 11 a.m. until 6 p.m. on the last Sunday in June—this year, it's 27 June. Skandia presents a traditional Swedish Midsommar celebration, complete with raising a 45-foot majstång (greened Midsommar pole) at Saint Edward State Park in Kenmore on the north end of Lake Washington.

Because this will be your first time, my suggestion is to arrive early and stay all day so you can take it all in: watching Nordic dance group performances, listening to talented musicians bring Nordic tunes to life, shopping for traditional items and crafts, seeing a wide variety of authentic costumes and learning more about them at a special costume presentation, eating tasty Nordic treats, dancing to live music, and, of course, taking in the whole pole-raising ceremony—maybe even helping to raise the pole. Plus, if you have kids, grand-kids or perhaps other important children in your life, bring them! There are special activities just for them, including dance lessons, a story teller, crafts, making their own Midsommarfest buttons, and best of all, they get to participate in raising a kid-sized Midsommar pole and learn more about the traditions and song dances.

Note that I referred to the "publicized event" earlier, implying that there's more. To get the full Midsommarfest experience, you'll want to volunteer on Saturday (or before) to help with set-up activities, or perhaps with the take-down and clean-up on Sunday evening. In addition to getting the work done, it's a time of visiting and getting to know other Skandia members—conversations that time doesn't often permit when the focus is on dancing or playing music. The bonus for volunteers is a special dance Saturday evening as a reward for their contribution to the event.

To volunteer, write to volunteer@skandia-folkdance.org or call Elaine Everitt at (206) 915-9606 and let her know when you're available and what kinds of things you like to do; for example, work with greens, set up canopies, help move supplies, make phone calls, put up signs, distribute posters and fliers, etc.

Dear Guru,

A few years ago, Skandia stopped charging admission for Midsommarfest and made it free. How's that working? Will it be free again this year?

Wondering

Dear *Wondering*,

Yes, it will be free—with donations graciously accepted—again this year. Attendance increased significantly because

people with only a fraction of Nordic ancestry or perhaps just a curiosity as to what Midsommarfest was all about decided to come. From a workload standpoint, we eliminated the labor and materials hauling required to put up a fence around the festival perimeter as well as the whole admission process.

Thanks to members offering a \$5, \$10, or \$20 for a Midsommarfest button—rather than the \$2 minimum donation; generous larger donations from some individual members; vendors; and other Nordic organizations; plus careful attention to keeping costs down, Midsommarfest has been in the black for two of the three years.

Projected expenses for this year are \$7,500, with the biggest costs being related to essential facilities (for example, use of the park, Sanikans, garbage, permits, sound, electricity) followed by publicity and printing costs. This is only slightly higher than the actual expenses for 2009. Conservative revenue estimates from a combination of button sales, flower crowns, and vendor fees/donations, are expected to bring in about \$2,100. That leaves about \$5,400 to be raised through a combination of donations from individuals, organizations, businesses, and festival attendees—a do-able number because Skandia Folkdance Society is a qualified 501(c)(3) nonprofit.

If you would like to make a contribution, cashiers at any Skandia event would be delighted to accept your check, or you can mail it to Skandia Folkdance Society, PO Box 17123, Seattle, WA 98127-0823. If you have suggestions for other potential sources of funding, please contact Elaine Everitt at (206) 915-9606 or skandiamidsommar@gmail.com.

Got a question for the Guru? Send it to guru@skandia-folkdance.org by April 8th and watch for a response in the next newsletter.



Kathi's corner



Polska från Orsa (E. Dalarna, Sweden)

Judy Patterson and Jerry Walsh taught this dance during the second Winter Beyond Basics series.

- Försteg: M: (1) R toe flip, (2) L, (3) R
W: (1) mark with R heel, while L comes to floor,
(2) take weight on L, (3) R
- Polska: M: (1) R toe flip, (2) L, (3) R
W: (1) L sole to heel, turn on L heel, (2) L sole,
(3) R sole thru heel
- Character: Smooth rocking motion

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

April 2010						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 (CVG, Lynnwood) Skandia 1st Friday dance; 7:30 (class); dance, 8:30–11 p.m.	3 (Bainbridge) Bain- bridge Island dance, 7 p.m.
4 (Seattle) Pancake Breakfast, SCC, 8 a.m.–1:30 p.m. (Port Angeles) Dance, 7–9 p.m.	5 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers NW, 7–9 p.m.	6	7 (Seattle) Skandia Basics, 7:30–9 p.m. (Bellingham) Dance, 7–9:30 p.m. (Burnaby) Dance, 7:30–10 p.m.	8	9	10 (Bellingham) Nordic Dancers NW Scandinavian Dance, 2–5 p.m.
11 (Port Angeles) Dance, 7–9 p.m.	12 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers NW, 7–9 p.m.	13	14(Seattle) Skandia Basics. 7:30–9 p.m. (Bellingham) Dance, 7–9:30 p.m. (Burnaby) Dance, 7:30–10 p.m.	15	16 Springdans NW NO SKANDIA DANCE	17 Springdans NW
18 Springdans NW (Port Angeles) Dance, 7–9 p.m.	19 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers NW, 7–9 p.m.	20	21 (Seattle) Skandia Basics, 7:30–9 p.m. (Bellingham) Dance, 7–9:30 p.m. (Burnaby) Dance, 7:30–10 p.m.	22	23	24
25 (Port Angeles) Dance, 7–9 p.m.	26 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers NW, 7–9 p.m.	27	28 (Seattle) Skandia Basics, 7:30–9 p.m. (Bellingham) Dance, 7–9:30 p.m. (Burnaby) Dance, 7:30–10 p.m.	29	30 NO SKANDIA DANCE	

April 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. Info: 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.

4/3

(Bainbridge) The April Bainbridge Scandinavian dance, Island Center Hall, 8395 Fletcher Bay Road on Bainbridge Island, with Nordleik (Jane Landstra, David Denz, & Ken Embrey with fiddles, cittern, guitar, vocals, wooden flute) providing the music. The optional potluck supper begins at 6 p.m.; the dance starts at 7 p.m.; and the cost is still only \$7 (\$3 for teenagers). In addition, Norwegian dance expert Larry Reinert will teach Springleik fra Vågå and possibly another dance beginning at

- 4 p.m. Workshop only, \$2 (\$1 for teens). Both the workshop and the dance, \$8 (\$3.50 for teens). More info: Fred or Linda at (206) 780-8036.
- 4/4 (Seattle) Swedish Pancake Breakfast.** Music by The Norsemen, Nordic Reflections, and NW Pelimannit. Swedish pancakes, lingonberries, ham, and all the fixin's. 8 a.m.–1:30 p.m. \$8; \$6 SCC members; children 5–12, \$4. Swedish Cultural Center, 1920 Dexter Ave. N. Info: (206) 283-1090 or www.swedishculturalcenter.org.
- 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.
- 4/10 (Portland) Springleik fr. Vågå Workshop & Dance Party,** 1–5 p.m. Taught by Roo Lester of Chicago. Peter Michaelsen of Seattle provides music for both the workshop and the dance. Pre-register; space is limited! Workshop & dance, \$30; workshop only, \$25; dance only, \$10. Friendship Masonic Center, 5626 N.E. Alameda St. (corner of 57th & N.E. Sandy Blvd.), Portland, OR. Info: (503) 230-0999 or allen_paulson@yahoo.com.
- 4/16–19 (Seabeck, WA) Springdans NW 2010.**
- 4/24 (Tacoma) Tacoma Mountaineers Folk Dance.** Nordic Exposure will play. Suggested donation, \$10. 8 p.m. Normanna Hall, 1106 S. 15th St. Parking on the street or the gravel lot across the street. **Directions:** From I-5, take exit 133 to City Center, take the 15th St. exit, go west (up the hill) on 15th until you come to the hall at the corner of 15th and Martin Luther King St. (**Note:** Directions have changed, due to highway construction on Hwy 16.)
- 4/24 (Tacoma) Norwegian Heritage Festival,** 11 a.m.–3 p.m. University Center, main floor, Pacific Lutheran University, 122nd S. Park Ave. Free.
- 4/25 (Mount Vernon) VASA Lodge Scandinavian Dance,** 2–5 p.m., with live music by Folk Voice Band. \$7 (\$2 for VASA members). **Directions:** From I-5, take Kincaid Rd exit (#226), go west to S. First St., turn left (at Bank of America). VASA is at 1805 Cleveland. (S. First becomes Cleveland.) Info: Sandi (360) 676-1577 or Willy (360) 293-9210.

Future events

- 5/8 (Bellingham) Nordic Dancers NW. Second Saturday Scandinavian Dance,** 2–5 p.m., Norway Hall, 1419 N Forest St. Music by Takk for Dansen & Dansaspel. \$8 donation; 18 & under and Wergeland Lodge members free; students 19-24, \$4. Info: www.nordicdancersnw.org or Bob/Carol Olson, (360) 734-2516.
- 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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www.skandia-folkdance.org

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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 **May** issue must arrive by **10 April**. 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

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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.
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- 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: _____
Email address: _____

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.