



SKANDIA

# NEWSLETTER

Seattle, Washington

The Voice of SKANDIA FOLKDANCE SOCIETY

August 2010

## Board musings

What kind of dancer am I?

More importantly, what kind of member am I?

When Friday nights roll around, it's great to grab the dance shoes and head out the door to the Cedar Valley Grange for some great music, dance, and fun.

For the first couple of years, I was so focused on learning dance steps that it didn't occur to me that others had been working so I could have a good time. Hmm. Instead of the few doing a lot, it would be healthy for Skandia as an organization if the many did a little!

Skandia has come up with some great ideas for getting more people in the door at Skandia events, classes, and dance parties. Silje Sodal has taken the lead in organizing Family Dances this fall, with the help of Rachel Downes and others eager to make our club "family friendly." Martha Levenson, Bob Hamilton, and the Music committee have been working to make sure that our musicians are a welcome and important part of the organization. Elaine Everitt worked with Kathy Bruni to get flyers out at this year's Midsummer Fest so the public could find out about our other great events.

We need more members, and you can help. How about bringing a friend, neighbor, or work colleague to the next dance party? The music is irresistible—they'll want to take our Fall Basics classes!

We also want to encourage people to stay in Skandia. Virginia Stout and Elaine Murakami have been phoning lapsed members to say, "Welcome back!" We're working with the dance and music committees so that the classes and dance parties complement each other, and are easier for newcomers to enjoy. When you see someone new at the dance, make a point of introducing yourself—newcomers appreciate that so much!

Kelly Britz and Elaine Murakami have come up with ideas to reach members and potential members more effectively using social media. This summer, the Membership Task Force is reviewing the Web site to see if we can add value. We welcome your ideas.

You and I can both make a difference and help us keep Skandia going in so many ways—help with planning,

making refreshments, greeting newcomers, making phone-calls, distributing flyers, and pitching in at events...and we also need people willing to serve on next year's board! For me, volunteering has meant making good friends and feeling a part of the group.

I've discovered that some things I'm good at, others I'm not. But a folkdance society is only as good as its members are active. If you haven't done so yet, get involved!

—Brita Butler-Wall, V.P.  
Membership Task Force



## Fall classes—Plan ahead

Skandia's *Basics of Scandinavian Dance* class will start again on Wednesday, 15 September. The first 5-week session will end on 13 October, and the next 5-week session will begin the following week on 20 October and continue through 17 November.

These classes are intended to help the new dancer get started and the somewhat more experienced dancer to get better. This is much easier if you plan to take the entire five-week series.

Bring your friends along and make a party out of each class.

Classes are held at the Phinney Neighborhood Association on Phinney Ridge. If you have questions, call Don Meyers at (206) 789-2678.

### August Skandia events

**First Friday, 6 August**, Cedar Valley Grange. Class at 7:30; dance, 8:30–11 p.m.

**Third Friday, 20 August**, Cedar Valley Grange. Class at 7:30; dance, 8:30–11 p.m.

**NW Spelmansstämman, 21 August**, at the home of Jim and Margaret Noyes.

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, 6 August

The First Friday dance in August features the intergalactic sounds of Hale Bill and the Bopps. The Jubileum Schottis will be taught by Don Meyers and Kathi Ploeger, with the dance class starting at 7:30 p.m. Come out to the Grange for a great summer night of music and dance!

—Martha Levenson

### Third Friday Dance, 20 August

See article on NW Spelmansstämma, below.

—Emma Anderson

## NW Spelmansstämma

Join fellow musicians and dancers and our special guest Bruce Sagan for an amazing weekend of music and dance! The NW Spelmansstämma is Friday evening, 20 August, and Saturday, 21 August. Start off with the regular Third Friday Dance at the Cedar Valley Grange at 7:30 p.m., featuring workshops on waltz for both musicians and dancers. Larry Reinert will teach waltz variations upstairs at 7:30 p.m., while musicians gather at 7:30 p.m. in the basement for a music workshop led by the fabulous Bruce Sagan. Music for open dancing will start at 8:30 p.m., as usual. Featured bands are S sammenspil from Vancouver, B.C. and SUS, and there is an Allspel to play the new tunes taught by Bruce!

On Saturday, workshops are at the lovely home of Jim and Margaret Noyes. Workshops start at 1 p.m. and include nyckelharpa, fiddle, accordion, singing, and dancing. Please refer to the time schedule printed below. Dance workshops this year begin at 2:30 p.m.; the first workshop is on Bondpolska från Viksta, taught by Jerry Walsh and Judy Patterson. A second dance workshop has been added, providing an opportunity for review of the Finnskogs Pols (featured at Springdans this year) with teaching by Don Meyer and Kathi Ploeger.

Plan to stay for a potluck supper and open dancing with live music in the evening. Requested entry donation is \$15, which helps defray the cost of having a guest artist.

*Please note: Our guest has some food sensitivities to be aware of. When planning a dish to share, please consider non-spicy, dairy-free dishes with limited onions and garlic. We also ask that you bring a card with which to label your dish and list its ingredients, so that all of our fellow musicians and dancers can safely participate in the potluck.*

Are you willing to volunteer? Help is needed in the kitchen before the potluck, before workshops start for set-up, and afterwards for clean-up. If you'd like to volunteer, or if you

have questions about the Spelmansstämma, please contact Emma Anderson at emma.l.w.anderson@gmail.com. The complete schedule for Saturday and directions follow.

1–2:15	<i>Fast Nyckelharpa</i> with Bruce Sagan <i>Fast Fiddles</i> with Irene Myers <i>Slow Fiddles</i> with Martha Levenson <i>Singing</i> (teacher TBA)
2:15–2:30	Coffee Pause
2:30–3:45	<i>Dance, Bondpolska från Viksta</i> with Jerry Walsh and Judy Patterson <i>Fiddle Workshop</i> with Bruce Sagan <i>Accordions and More!</i> taught by Einar Tapio
3:45–4	Coffee Pause
4–5:15	<i>Fiddles, Springdans Review</i> with Vicki Watt Warshaw <i>Dancers, Springdans Review</i> with Don Meyers and Kathi Ploeger <i>Slow Nyckelharpa</i> with Bruce Sagan
5:45	Potluck supper, with open dancing to follow around 7 p.m.

### Directions:

Jim and Margaret's place is located at 6618 196th St. SE in Clearview (Woodinville/Snohomish/Maltby area). Their phone number is (425) 482-9848.

From I-405:

Get off on Highway 522 going EAST toward Woodinville/Monroe. Take the 3rd exit (Hwy. 9) going north. Pass Maltby Rd. and turn left on 188th SE. Go left on 67th, then right on 196th. It is the first driveway on the left.

Coming south on I-5:

Get onto Hwy. 9 headed south. Pass Snohomish and Clearview. Turn right on 188th SE, turn left on 67th, and then turn right on 196th. The house is the first driveway on the left.

—Emma Anderson

## Welcome to new members:

Alice Bartley

Salina Bell

## Email address for newsletter submissions

The email address for newsletter submissions changed in April; please update your address books with the new newsletter address (skandia.editor@gmail.com). Please remove the old address (editor@csedl.org) from your address book.

## The Scandi Sessions

The Scandi Sessions, music sessions for all, are coming, so mark your calendar now! Our first Session focuses on the hambo—rhythm, styling, tempo and more! Remember that participation is free to Skandia members, so bring a snack to share and your instrument, and let's hambo!

Time: 3–5 p.m. (or later)

Location: Luther Memorial Lutheran Church  
13047 Greenwood Avenue North, Seattle.

Donation: Free to Skandia members and church members  
Suggested donation for nonmembers: \$5

Skandia teachers pick the tunes, and the Skandia Allspel CD provides a jumping-off point for the jam part of the session.

The schedule follows.

—Martha Levenson

Date	Category	Allspel CD focus
September 25	Hambo	I
October 23	Schottis	II
November 27	Waltz	III
January 22	Gånglåt/Polka	I
February 26	Pols	II
March 26	Mixers	III
April 16	Sixteenth-note Polska	I
May 21	Eighth-note Polska	II
June 18	Midsommar Allspel	III

## Norsk Folkedans Stemne

Norsk Folkedans Stemne 2010 welcomes Norske Dansere 13–15 August at Camp Brotherhood. Karin Brennesvik, master Norwegian dancer and instructor, leads Norske Dansere to stemne this summer. Karin first taught at Norsk Folkedans Stemne in 1984 and was most recently here in 2004. She brings a number of dancers from the group Småjondølene, which Karin founded and directed. All are Norwegian champions. Arnhild, Karin's daughter, is now an accomplished instructor in her own right. Karin and Arnhild are teaching Numedal springar and gangar and Telemark dances.

Tom Lovli and his son, Vetle, are teaching laus (halling). Tom is a champion dancer of the Norwegian halling, an athletic dance that requires exceptional skill and strength with grace. He won the Norwegian national championship in halling dance twice and has performed for the king and queen of Norway. Special instruction will take place for those in the young and limber crowd during the weekend. The halling allows the performer to show off his flexibility, dance ability, and athletic ability with gymnastic steps done

to the rhythmic music of the halling. In a final moments there is the hallingkast, where the man kicks off, with his foot, a hat dangling at the end of pole held at least six to eight feet from the floor.

With them will be traditional fiddler Øystein Haugen, from Tessungdalen, Tinn community, in Telemark near Numedal. He is the formann/president for Tinn Spelemannslag.

In addition, there will be classes on runddansar/gammeldans (round dances/old-time dances) and rekkedans (line dances) by local instructors Larry Reinert and Mel Klassen.

Norsk Folkedans Stemne 2010 is part of *Fram, forward into the future*, celebrating 100 years of District 2 Sons of Norway!

Several years ago, Camp Brotherhood started building a permanent sprung floor for dancing with many donations from participants of Norsk Folkedans Stemne. We continue to support this labor of love with additional donations as they are received. This year the walls are up!

Learning and sharing Norwegian dancing and music with folk dancing groups of all ages from Norway, Canada, and the United States is the primary purpose of Norsk Folkedans Stemne. The event is unique in the United States for performing Norwegian folk dancing groups. Families and individuals who are interested in Norwegian folk dancing are encouraged to attend, too. Everyone comes to learn new dances, music, songs, and to review some familiar dances and steps. All weekend, dance and music sessions take place. We also take some time to relax with friends by the pool or over a cup of coffee. Each evening there is social dancing featuring our Norwegian guests and local musicians.

—Christine Anderson



### Kathi's corner



#### Jubileumsschottis Värmland, Sweden

*Sven Olsson from Värmland dedicated this lively schottis to Svenska Ungdomsringen on its 70th anniversary. Don Meyers and Kathi Ploeger teach this delightful dance on Friday, 6 August.*

Standard step sequence used throughout dance:

- Measures 1 and 2: two schottis steps
- Measures 3 and 4: turning using hopsa step
- Variants occur during measures 1 and 2; i.e., using schottis step.

Figure 1: Standard schottis. Turn. Repeat.

Figure 2: M dances under his L arm, W's R arm. Turn. Repeat.

Figure 3: W dances under M's L arm and around his back. Turn. Repeat.

Figure 4A: Two schottis steps. Turn.

Figure 4B: Turn away (W turns to R, M to L) from partner on first schottis step. Clap on (1) of 2nd schottis step. Turn.

*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

August 2010						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6 (CVG, Lynnwood) Skandia 1st Friday dance; 7:30 (class); dance, 8:30–11 p.m.	7
8 (Port Angeles) Dance, 7–9 p.m.	9 (Poulsbo) Work- shop, potluck, dance; starts at 3:30 p.m.	10	11	12	13 Norsk Folkedans Stemne	14 Norsk Folkedans Stemne
15 Norsk Folkedans Stemne  (Port Angeles) Dance, 7–9 p.m.	16	17	18	19	20 (CVG, Lynnwood) Skandia 1st Friday dance; 7:30 (class); dance, 8:30–11 p.m.	21 (Clearview, WA) NW Spelmanstämman at the Noyes home. Starts at 1 p.m.
22 (Port Angeles) Dance, 7–9 p.m.	23	24	25	26	27	28
29 (Port Angeles) Dance, 7–9 p.m.	30	31				

## August 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@olympen.com.

**8/2–6 (Seattle) Dane Camp**, Harmony Hall in the Meridian Office Building in Seattle. Each day of camp, we will celebrate a different special day or holiday of Denmark. Danish foods are served at lunch, with the children helping to prepare their own smørrebrød one day and the traditional aebleskiver on Friday. Camp begins at 9 a.m. every day and ends at 3 p.m. Children learn about the traditions, culture, and language of Denmark while playing games, reading stories, and making crafts. Cost is \$135 for Northwest Danish Association members or member dependents and \$160 for nonmembers. Info: [www.northwestdanishfoundation.org](http://www.northwestdanishfoundation.org).

**8/9**

### (Poulsbo) Afternoon dance workshop, performance, potluck supper, and evening dance.

Poulsbo Sons of Norway, 18891 Front Street NE, Poulsbo, Washington. Workshop, 3:30–5:30; potluck at 5:30; dance at 7 p.m. \$5 for adults; free for school-aged children. With Karen Brennesvik. Also includes traditional fiddler Oystein Haugen, who comes from the community of Tinn in Telemark. The afternoon and evening will also include instruction in the halling by prize-winning dancer Tom Lovli and his son, Vetle. Info: (360) 779-5209.

**8/10**

### (Seattle) Wild Salmon dinner and Norwegian folk dancing performance with Norske Dansere.

Dinner at 6 p.m.; performance and dance at 7:30 p.m. \$20 for adults, \$10 for children 12, and under until August 7. After August 7, tickets are \$25 for adults; \$15 for children 12 and under. Leif Erikson Hall, 2245 NW 57th, Seattle WA 98107.

**8/12–15 (Junction City, OR) 50th Annual Scandinavian Festival.** Info: [www.scandinavianfestival.com/](http://www.scandinavianfestival.com/).

**8/13–15 (Camp Brotherhood) Norsk Folkedans Stemne** with Folkemusikkprosjektet i Setesdal, Camp Brotherhood, near Mt. Vernon, WA. Contacts: Larry Reinert, [reinertl@mindspring.com](mailto:reinertl@mindspring.com) or (206) 937-5211; Christine Anderson, [cmadance@earthlink.net](mailto:cmadance@earthlink.net). Web page: [www.seattlestemne.org/](http://www.seattlestemne.org/) includes the registration form.

**8/21 (Snohomish) Seattle Skandia Stämman 2010** at the Noyes' home, 6618 196th St SE, Snohomish, WA 98296.



## Future events

**9/10 (Seattle) Swedish Folkdance Music Jam Session.** Organizer Deb Kosche; email for info. Leader, Kris Johansson. All traditional acoustic instruments invited. We play sometimes by ear, sometimes from a score, sometimes from Bill Matthiesen's book "The Waltz Book II." Location: Three Crowns Restaurant in the Swedish Cultural Center. 6:30–8:30 p.m., approximately.

**9/18 Family Days Dance Workshops** with Northwest Folklife at EMP, featuring Scandinavian dances. 1–3 p.m. in the Sky Church at EMP, 325 5th Ave. North, Seattle (Seattle Center). Free to EMP|SFM members or with paid admission. Information: [siljes@skandia-folkdance.org](mailto:siljes@skandia-folkdance.org).

**9/25 Scandi Sessions**—regular, once-a-month musician jam sessions, 3–5 p.m. (or later) at Luther Memorial Lutheran Church, 13047 Greenwood Avenue North, Seattle. This first session focuses on hambo music. You'll want to purchase the Skandia Allspel CDs from the Web site (or at the first session) so that you will be prepared to join in the fun. Free to Skandia members and church members; suggested donation for nonmembers is \$5. Info: [aiki-kid@oneworldaikido.com](mailto:aiki-kid@oneworldaikido.com).

**10/1 Skandia Family Dance**, Cedar Valley Grange, 20526 52nd Ave. West, Lynnwood, WA. 6 p.m., pizza & salad dinner; 7 p.m., dance. \$10; Skandia members, \$7; kids free. Info: [siljes@skandia-folkdance.org](mailto:siljes@skandia-folkdance.org)

**10/16 (Bothell) Skandia Ball**, 7–11 p.m., Northshore Senior Center, Bothell, WA.

**4/23–25, 2011 Springdans NW.** Save the dates!

### Skandia Newsletter

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**[www.skandia-folkdance.org](http://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, Kris Johanson.

Send items for the *Other events* column to: [skandia.editor@gmail.com](mailto:skandia.editor@gmail.com), or mail (typed only) to **Kathy D. Bruni, Skandia Newsletter, 14805 NE 177<sup>th</sup> St., Woodinville, WA 98072-6223**. Items for the **August** issue must arrive by **10 July**. 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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Please check the ZIP code on your address label. If it has changed, please email [membership@svikt.com](mailto:membership@svikt.com) or call Don or Kathi at (206) 789-2678. This will help Skandia comply with postal regulations.

## 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](http://Skandia-folkdance.org).**

Number, Street, Unit: \_\_\_\_\_  
City, State, Zip: \_\_\_\_\_  
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.