



SKANDIA

# NEWSLETTER

Seattle, Washington

The Voice of SKANDIA FOLKDANCE SOCIETY

July 2009

## Board musings

Two years ago, you may have seen a tall, bearded man and a short, dumpy woman awkwardly hopping around the dance floor at Cedar Valley Grange, crashing into other couples, staring at people's feet, stopping in the middle of a dance to argue. Shoulders hunched, puffing and panting, scowling in grim determination—annoyed with every wrong turn. How did Skandia save this marriage?

Dave and I have been married for 36 years—we honeymooned in Sweden, celebrating midsummer at Siljansnäs. Two years ago, realizing we would soon be empty nesters, I talked him into a Skandia dance—something we hadn't done for decades. We were shocked—we were out of shape and didn't seem to know any of the dances. Where was the Seattle Polka, that old Skandia stand-by of the 1970's? But Linda and Art were friendly, and the music was terrific, so we came back. After some excruciating attempts, though, Dave refused to budge from the house unless we took lessons.

So, thanks to the patient, smart, funny, and supportive Skandia Basics teachers—Don and Kathi, Larry and Karlyn, Tom and Ingrid, Frank and Elaine—we gradually learned (and relearned) to dance. The very first dance taught was Rørospols—like skiing a double black diamond. We gritted our teeth and vowed we'd meet the challenge.

After that, anything seemed do-able. We learned snoa, schottische, waltz, set dances, and hambo. Sometimes all we could do was laugh with our classmates. Larry told me to stop trying to lead. We got smooth-soled shoes. Elaine M. stubbornly insisted we dance as a unit. Pat gently agreed. In mixers, we discovered we weren't the only ones making mistakes, and forgave each other more. Dave's shoulders relaxed; I focused on being silent.

We brought friends to class. The goofy Humppa Promenad was the first we could relax enough to enjoy. We learned about half the Friday night dances and got to know people. Finally, we learned to move with the music and with each other. Sometimes unweighting felt like carving a turn—we got in sync.

### NO First Friday Dance on 3 July

The First Friday Dance in July (3 July) has been cancelled in favor of 4th of July celebrations.

We have years of learning ahead. Watching Jerry and Judy, Milt and Bev, Tom and Elaine dazzles us. But now, when the Bopps strike up a Rørospols, we grin. I no longer see the walls of the Grange—I see birch trees and lily-of-the-valley and Swedish twilight. We're both turning 60 this year...but twirling on the Skandia dance floor, it's always summer, I'm always 22, and I'm in love.

—Brita Butler-Wall

## Skandia dances under the summer skies

Those long light-filled summer evenings in Scandinavia are often filled with music and dance. Skandia celebrates summer much the same way, starting with Midsommarfest and continuing with a summer dance class. Kathi Ploeger and Don Meyers lead this five-week series with a focus on partnering skills, while dancers learn or refine some of the basic Scandinavian couple dances. Bring your friends and family. No dance experience or partner required. Smooth-soled shoes are recommended. Minimum of eight participants.

When: 7:30–9 p.m., Wednesdays, 15 July–12 August

Where: Room 2, Blue Bldg, Phinney Neighborhood Center

Fee: \$25 for Skandia members, \$35 for non-members.  
Price includes dance party on Wednesday, 19 August.

**Note:** Skandia members who have attended a year of Basics classes may attend Basics class on a single-session fee basis. Members are requested to contact teachers beforehand, so that teachers can plan accordingly. Contacts for summer series are Kathi Ploeger and Don Meyers, (206) 789-2678 or [kpdm@svikt.com](mailto:kpdm@svikt.com).

—Kathi Ploeger

### July Skandia events

**Basics class, Wednesdays, 15 July through 12 August.**  
**NO First Friday Dance, 3 July.** Enjoy the holiday weekend.

**Third Friday, 17 July** at Cedar Valley Grange. Class at 7:30; dance, 8:30–11 p.m.

**Fifth Friday, 31 July** at Epiphany Chapel. Class at 8 p.m.; dance, 9–11 p.m.

See p 5 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.*

### NO First Friday Dance, 3 July

The First Friday Dance in July (3 July) has been cancelled in favor of 4th of July celebrations.

### Third Friday Dance, 17 July

The Third Friday in July brings one of our favorite bands from Portland—Fladdermus, featuring Michael Cowan, Darren Knittle, Denis Wilkinson, and Marilee Cowan. They will play mostly Swedish gammaldans music on nyckelharpa, cello, guitar, violin, and string bass, and will augment their repertoire with a small button box, various percussion instruments, and vocals.

There will also be several well-known mixers for your dancing pleasure.

Kathi Ploeger and Don Meyers will teach Hälsingland schottis variations from 7:30 to 8:30.

—Frank Brown

### Fifth Friday Fun, 31 July

Join us on 31 July from 8 to 11 p.m. at Epiphany Chapel for Skandia's Fifth Friday Dance. This month, we're offering a new enticement: the dance will start with an hour of dance instruction. From 8 to 9 p.m., Kathi Ploeger and Don Meyers will introduce the graceful gammalvånster polska from Jämtland—with live music! The rest of the evening features Bart Brashers and friends, Bill and Gina Boyd—including a set by Bill on hardanger fiddle—and Warshaw & Michaelsen playing your Swedish bygdedans favorites. It sounds like a great evening!

Peter Michaelsen

## NW Spelmanstämman

NW Spelmanstämman is coming! Mark your calendar for a fine weekend of music and dance on Friday, 21 August and Saturday, 22 August. The weekend kicks off with the regular Third Friday Dance, with a southern Swedish twist! Join us at the Cedar Valley Grange at 7:30 p.m. for both dance and music workshops featuring slängpolskor. Dance class will be upstairs, featuring the fabulous pair of Milt and Bev Anderson. Musicians will gather at 7:30 p.m. in the basement of the Grange for a slängpolskor music workshop led by Peter Michaelsen. Music for open dancing will start at 8:30 p.m., as usual, and bands will be a mix from around the area featured in short sets, with an Allspel in the middle of the evening to practice those slängpolskor.

Want to learn Bøda Polska? Whether musician or dancer, your opportunity has arrived! Bøda Polska workshops are

featured on Saturday for both musicians and dancers. In addition, there will be music workshops on Orsa Polska, Springleik, a kids'/slower fiddles workshop, and workshops for recorder and nyckelharpa. If that's not enough, there is a potluck supper and open dancing with live music in the evening. Remember: there is no registration fee, but contributions to help defray expenses are welcomed.

Saturday's events are all happening at the fabulous home of Jim and Margaret Noyes—there's a new dance floor that's easy on the knees and absolutely gorgeous—located at 6618 – 196th St. SE in Clearview (Woodinville/Snohomish/Maltby area). Directions will appear in the August newsletter and will be posted on the Skandia Web site. Are you willing to volunteer? Help is needed in the kitchen before the potluck, before workshops start for set up, and we need a clean-up crew. If you'd like to volunteer, or if you have questions about the Spelmanstämman, please contact Martha Levenson at scanfiddles@gmail.com.

The complete schedule for Saturday follows.

#### 1–2:15 p.m.

Block 1: *Springleik*, taught by Peter Michaelsen. All musicians welcome

*Recorder*, instructor to be announced

#### 2:15–2:30 p.m.

Coffee pause

#### 2:30–3:45 p.m.

Block 2: *Singing*, taught by Bart Brashers.

*Orsa Polska*, all musicians welcome, taught by Carol Olson.

*Fiddling for Kids of All Ages*, all musicians welcome, taught by Martha Levenson

#### 3:45–4 p.m.

Coffee Pause

#### 4–5:15 p.m.

Block 3: *Bøda Polska* for all musicians, taught by Irene Myers

*Bøda Polska* (dance), taught by Jerry Walsh and Judy Patterson

*Nyckelharpa*, taught by Anna Abraham

5:45p.m. Potluck supper; open dancing to follow

—Martha Levenson

## Early newsletter deadline in August

All items for the *September* issue of the newsletter must arrive by 8 August. Earlier submissions are always welcome. Thanks for your cooperation.

—Kathy Bruni



## Kathi's corner Hammerdalsschottis fran Kilafors



*This will be one of the schottis from Hälsingland taught by Kathi Ploeger and Don Meyers at the 17 July dance.*

### Schottis:

- Hold – Inside person R hand on partner's back  
Outside person L hand on partner's shoulder
- Step – 2 schottis steps beginning on outside foot

### Scooter:

- Hold – Person facing LOD both hands on partner's side at waist  
Person back to LOD both hands on partner's shoulders
- Step – Person facing LOD: L on odd counts, R on even  
Person back to LOD: R on odd counts, L on even

Execution: 2 measures schottis followed by 2 measures scooting. Change sides and hold each time through sequence.

*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

## Participants wanted for Seafair Torchlight Parade

The Nordic Heritage Museum has been asked to organize a unit for the Seafair Torchlight Parade representing the Nordic presence in the Pacific Northwest. Of course, that *must* involve Nordic music and dance!

So, NHM is looking for musicians, dancers, singers, and/or costumed people who would be available to walk in the parade.

The details for Seafair Torchlight Parade:

- Date & time: Saturday, 25 July 2009; check-in time is 7 p.m.
- Parade route: 2.5 miles beginning at Seattle Center, coursing down 4th Avenue and ending at Qwest Field
- Participants must be 12 years of age or older.
- Participants in traditional Nordic costumes are especially encouraged.
- Music groups' standard attire (such as dark skirts/pants, white shirts, colorful vests) are acceptable as well—or, if you're a musician, something that's neat and looks roughly ethnic is okay!

- Attendance: 150,000 sidewalk viewers, with an additional estimated 300,000 watching on KIRO
- Participants joining the NHM contingent may carry your group's identifying banners or flags to get a little publicity out of the event.
- While there are no "pause & perform" points on the route, there is ample opportunity to perform forward-moving dances along the route, or you may simply walk along.

If you can participate, as an individual or with a group, please contact Mary Mohler at [marym@nordicmuseum.org](mailto:marym@nordicmuseum.org), or [vincejolivet@msn.com](mailto:vincejolivet@msn.com), or by phone at the Museum: (206) 789-5707, ext 13 (please leave a message).

Alternatively, please contact Janet Rauscher at [janetr@nordicmuseum.org](mailto:janetr@nordicmuseum.org), or (206) 789-5707 ext 35.

—Mary Mohler

## Viking Days at the Nordic Heritage Museum

The Nordic Heritage Museum's annual Viking Days festival celebrates its 26th anniversary on 11 and 12 July. This eventful weekend offers Scandinavian entertainment, food, arts & crafts merchants, and real Vikings only seen in Ballard! Our Taste of Scandinavia will represent each of the five Nordic countries, featuring delectable edibles such as Swedish meatballs, Norwegian lefse, Danish æbleskiver, and a variety of Finnish and Icelandic goodies. Also enjoy our traditional Swedish pancake breakfast and famous salmon barbeque dinner. Ages 21+ can visit our Valhalla Beer Garden for exclusive music and performances!

The Ravenstead Vikings will be on hand all weekend, clad in authentic costumes. They will show Viking Days visitors all aspects of Viking life in their small encampment. Viking arts and crafts such as weaving, spinning, woodcarving and cooking will be demonstrated. The Vikings will also lead discussions about many aspects of Viking life and will stage performances of Viking battles.

Traditional folk music and dancing will be performed both days on multiple stages, including Nordic dance music from TinnFelén, as well as Corky Dragland performing accordion acrobatics. Also performing will be Sammamish Sublimation, and many more!

Nordic crafts will be for sale at an array of merchant booths on site. Kids can take part in hands-on crafts, try on Viking costumes, and participate in other activities.

The Swedish pancake breakfast takes place from 9 a.m. to 12 p.m. on Saturday and Sunday: \$10 (\$8 for members) and \$6 for children.

The salmon dinner will be served Saturday from 5 to 7 p.m. \$15 (\$12 for members) and \$10 for children.

For general questions and information, call (206) 789-5707, or visit [www.nordicmuseum.org](http://www.nordicmuseum.org).

July 2009						
SUN	MON	TUE	WED	THU	FRI	SAT
			1 <b>(Bellingham)</b> Dance, 6:45–9:15	2	3 NO SKANDIA DANCE	4
5 <b>(Port Angeles)</b> Dance, 7–9 p.m.	6 <b>(Poulsbo)</b> Dance, Sons of Norway, 7 p.m.	7	8 <b>(Bellingham)</b> Dance, 6:45–9:15	9	10	11
12 <b>(Port Angeles)</b> Dance, 7–9 p.m.	13 <b>(Poulsbo)</b> Dance, Sons of Norway, 7 p.m.	14	15 <b>(Seattle)</b> Skandia Basics. 7:30–9 p.m. <b>(Bellingham)</b> Dance, 6:45–9:15	16	17 <b>(CVG, Lynnwood)</b> Skandia 3rd Friday dance; 7:30 (class); dance, 8:30–11 p.m.	18
19 <b>(Port Angeles)</b> Dance, 7–9 p.m.	20 <b>(Poulsbo)</b> Dance, Sons of Norway, 7 p.m.	21	22 <b>(Seattle)</b> Skandia Basics. 7:30–9 p.m. <b>(Bellingham)</b> Dance, 6:45–9:15	23	24	25
26 <b>(Port Angeles)</b> Dance, 7–9 p.m.	27 <b>(Poulsbo)</b> Dance, Sons of Norway, 7 p.m.	28	29 <b>(Seattle)</b> Skandia Basics. 7:30–9 p.m.	30	31 <b>(Epiphany Chapel, Seattle)</b> Skandia 5th Friday dance; 8–9 (class); dance, 9–11 p.m.	

## July 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 email Paul at penga@olypen.com.

### Mondays (Poulsbo) Nordic dancing with instruction,

7 p.m., Sons of Norway, 18891 Front St. Partners not required. \$2. Info: Fred at (206) 780-8036 or Stan at (360) 779-2450.

**Wednesdays (Bellingham) Scandinavian dancing, Sons of Norway.** Norway Hall, 1419 N. Forest St. Easy dances, 6:45–7:55 p.m. Couple turning dances, 8:05–9:15 p.m. \$2 donation. All welcome; partners not required. Smooth-soled shoes recommended. Bob & Carol Olson instructing. Info: tayolson@earthlink.net.

**7/11–12 Nordic Heritage Museum's annual Viking Days** festival celebrates its 26th anniversary. 10 a.m.–5

p.m. both days. Info: (206) 789-5707 or [www.nordicmuseum.org](http://www.nordicmuseum.org).

**7/12**

**(Blaine, WA) Annual Border Festival, Peace Arch Park.** Events start at 9:30 a.m. Potluck picnic at noon. Attire is casual or 1910 fashions and/or hats from the time of our founding. Bring a kite, food to share, utensils, plates, tablecloths. Get prepared for a tug of war! Info: Elaine Grasdock at [emkvam@juno.com](mailto:emkvam@juno.com) or (360) 734-7753.

**7/15–19 (Spain) 23rd World Congress on Dance Research and 18th General Assembly of the CID, Malaga, Spain.** Info: Tel. (30) 210 324 4395 & 210 324 6188; [www.cid-unesco.org](http://www.cid-unesco.org); [president@cid-unesco.org](mailto:president@cid-unesco.org)

**7/16–19 (Wisconsin) Annual Workshop of the The Hardanger Fiddle Association of America,** Folklore Village, Dodgeville, Wisconsin. Teachers: Hardanger fiddle—Hauk Buen, Kenneth de Gala,

Andrea Een, Rachel Nesvig; dance—Olav Sem; Seljefløyte—Toby Weinberg. Info: [www.hfaa.org/workshops/2009/index.html](http://www.hfaa.org/workshops/2009/index.html).

## Future events

- 8/7 (Ridgefield, WA) Leikarringen BUL Kongsberg performs at Clark County Fair, 2 p.m.** Info: [www.clarkcofair.com](http://www.clarkcofair.com).
- 8/8 (Portland, OR) Leikarringen BUL Kongsberg performs at Grieg Lodge 2-015, Sons of Norway, 111 NE 11th Ave, Portland OR 97232.** Includes workshops, dinner, performance, and dance! Info: (503) 236-3401 or (503) 231-5199
- 8/10 (Poulsbo, WA) Leikarringen BUL Kongsberg performs at Poulsbo Lodge 2-044, Sons of Norway, 18891 Front St. NE, Poulsbo, WA.** Includes workshops, dinner, performance, and dance. Info: (360) 7790-5209 or (360) 779-2460.
- 8/11 (Seattle) Wild Salmon dinner and Norwegian folk dancing performance with Leikarringen BUL Kongsberg.** Dinner, 6 p.m.; performance and dance, 7:30 p.m. \$20; \$10 for children 12 and under until August 9. Starting August 10, tickets are \$25 for adults, \$15 for children 12 and under. Leif Erikson Hall, 2245 NW 57th, Seattle, WA.
- 8/14–16 (Mt. Vernon, WA) Norsk Folkedans Stemne,** Camp Brotherhood, near Mt. Vernon, WA. Info: Larry Reinert at (206) 937-5211 or [reinertl@mindspring.com](mailto:reinertl@mindspring.com), or Christine Anderson at [cmadance@earthlink.net](mailto:cmadance@earthlink.net).
- 10/9–11 (Puyallup, WA) Scandinavian Heritage Festival,** 11 a.m.–7 p.m. Pavilion Hall, Puyallup Fair & Event Center, (Puyallup Fairgrounds). Friday 11–3, *free*; Friday 3–7, \$8; Saturday \$8; Sunday \$4; children 12 and under, free. Free parking in Gold and Blue lots. Overnight RV parking for a fee in the RV parking lot. Entrance: Gold or Blue gate of fairgrounds at 9th and Meridian. Info: [desireeomdal@hotmail.com](mailto:desireeomdal@hotmail.com) or (425) 881-1544, or [www.oktoberfestnw.com](http://www.oktoberfestnw.com). (Click on Activities.)
- 4/16–19 Springdans NW 2010.**

### For Sale:

Östlind & Almquist upright pump organ, made in Sweden. Light antique brown in color. Played by well-known Swedish group, Forsmark Tre, in the 70's. It has 4+ octaves and 6 stops. It is portable in that it can be transported in a large SUV with two people to load it. We need to downsize! Info: (206) 232-1912, [mullensd@clearwire.net](mailto:mullensd@clearwire.net), or [trella@clearwire.net](mailto:trella@clearwire.net). More info and picture emailed by request. Asking \$200.

**Found:** A black Eddie Bauer backpack. If you lost it, contact Pat Pi at (206) 367-6488.

### Skandia Newsletter

Published by Skandia Folkdance Society

**P.O. Box 17123**

**Seattle, WA 98127-0823**

**(206) 784-7470**

[www.skandia-folkdance.org](http://www.skandia-folkdance.org)

**Editor:** Kathy D. Bruni; **Subscriptions:** Don Meyers & Kathi Ploeger; **Distribution:** Toni Randall, Yolanda Gordon, Hank Pettit

#### Address newsletter items to:

Kathy D. Bruni, Editor

14805 NE 177<sup>th</sup> St

Woodinville, WA 98072-6223

(425) 485-1638

Email: [editor@csedl.org](mailto:editor@csedl.org)

#### Address member information and requests to:

Skandia Membership Committee

P.O. Box 17123

Seattle, WA 98127-0823

Email: [membership@svikt.com](mailto:membership@svikt.com)

**Skandia Folkdance Society Board of Trustees:** President, Jim Peterson; Vice President, Brita Butler-Wall; Treasurer, Karen Michaelsen; Secretary, Pat Pi; trustees Judy Patterson, Kathi Ploeger, Virginia Stout, Karlyn Tomta.

Send items for the *Other events* column to: [editor@csedl.org](mailto:editor@csedl.org), 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/or 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.

Newsletter publication  
**SKANDIA FOLKDANCE SOCIETY**  
Post Office Box 17123  
Seattle, WA 98127-0823

Non-profit Org  
US Postage  
PAID  
Seattle WA  
Permit #3013

Address Service Requested

### Check your ZIP!

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.