

ISSN 2368-7134



# *Folk Dancer Online*

The Magazine of World Dance and Culture



---

PUBLISHED BY THE ONTARIO FOLK DANCE ASSOCIATION

VOLUME 53 NUMBER 1

February 2022

# Folk Dancer Online

Editor ..... Dorothy Archer  
Production ..... Bev Sidney  
Advertising ..... Paula Tsatsanis  
**Dance Calendar** .... Terri Taggart  
Distribution ..... Judy Deri

To contact the Editor, or to send calendar items, articles, and other magazine content:  
[folkdanceronline@gmail.com](mailto:folkdanceronline@gmail.com)

Proofreaders  
.....Blima Dreezer  
.....Rachel Gottesman  
.....Adam Kossowski  
.....Shirley Kossowski  
.....Kalina Serlin

Folk Dancer Online (formerly Folk Dancer/the Ontario FolkDancer) is the magazine of the Ontario Folk Dance Association. We publish five issues per year (Feb. 1, Apr. 1, June 1, Oct. 1 and Dec. 1).

All rights reserved. Material may be reproduced with written permission of the editor, provided that magazine and author are acknowledged. Opinions expressed in this magazine are those of the individual author and do not reflect the views of the Folk Dancer Online and its staff or the Ontario Folk Dance Association and its Board of Directors.

**DEADLINE:** All materials must be received, by e-mail or postal mail, six weeks prior to publication.  
**Deadline for the April 1, 2022 issue will be February 15, 2021.**

Visit OFDA's Website  
for local information and links to other  
dance-related sites.

[www.ofda.ca](http://www.ofda.ca)

Web Design: Noemi Adorjan  
friendlyweb@gmail.com  
Web Maintenance: Helen Winkler



**Ontario Folk Dance Association (OFDA)** is a non-profit organization. Established in 1969, incorporated in 1986, the OFDA's aim is to promote folk arts and particularly folk dancing of many cultures.

**President:** Ed Thompson

**Treasurer** Janis Smith  
**Membership** Mirdza Jaunzemis  
**Secretary** Marylyn Peringer

## Executive Members at Large

Riki Adivi ~ Devianée Caussy ~ Judith Cohen  
Roz Katz ~ Adam Kossowski ~ Shirley Kossowski  
Gary McIntosh ~ Mary Triantafillou ~ Bev Sidney  
Paula Tsatsanis ~ Helen Winkler

For **MEMBERSHIP RATES** and **SUBSCRIPTIONS** see <http://ofda.ca/wp/about/membership/>

## ADVERTISING RATES **Member Discount: 25%**

	W	H	Single*	Multiple*	Yearly**
1/4 pg (3.5" x 5")			\$20	\$18	\$ 80
1/2 pg (7.5" x 5")			\$30	\$27	\$120
Full pg (7.5" x 10")			\$45	\$40	\$180

\* per issue

\*\* no changes unless camera-ready

Business Card Format: \$12 once, or \$48\*\* per year

Your Ad on our Website: rates available on request.

For more information,  
contact:  
[folkdanceronline@gmail.com](mailto:folkdanceronline@gmail.com)

**Prices shown are for sized and formatted ads.** Because of the time required to alter, re-set or adapt other formats we ask that any advertising be submitted with finished layout and (at least close to) the size desired. There will be an additional charge for ads that require substantial alteration.

**Cover Image:** *The many faces of Sandy Starkman. See article on p.7.*

# *In This Issue*

*(Click On Bolded Titles To Go Directly To The Page or Article)*

**FOR THE DANCE CALENDAR**

<https://ofda.ca/wp/calendar/>

**FOR DANCE CLASSES/GROUPS INFO**

<https://ofda.ca/wp/dance-groups/>

**FOR MEMBERSHIP INFO**

<https://ofda.ca/wp/about/membership/>

.....

<b>1. Editorial</b>	... 4
<b>2. Notices</b>	... 5
<b>3. National Folk Organization</b> Annual Meeting and Conference	... 6
<b>4. Sandy Starkman Retires</b>	... 7
<b>5. Book Review</b> <i>International Folk Dancing U.S.A.</i>	... 10
<b>6. No Trivial Pursuit:</b> A Blast-from-the-Past Folk Dance Quiz	... 11
<b>7. Folk Dancing in Nova Scotia</b>	... 13
<b>8. What I Did in 2021, or:</b> How I Came to Write an E-book	... 15
<b>9. Folk Dancing in the Arctic Circle</b>	... 22
<b>10. Recipes from the OFDA Cookbooks</b> Sour Cream Coffee Cake	... 24
<b>11. Grapevine</b>	... 25

[RETURN TO OFDA WEBSITE.](#)

## Editorial

by Dorothy Archer

Happy New Year! I hope you observed traditions, made resolutions and have followed them so far. Unfortunately, I couldn't lure a dark-haired man over my threshold to be a "first foot" in the Scottish tradition, so my chances of good fortune are dubious.

*The CAA Magazine* noted some New Year traditions in its Winter 2021 issue. In Spain, people eat 12 grapes at midnight to ensure good luck for 12 months of the coming year; in Switzerland, a scoop of ice cream or whipping cream on the floor anticipates great wealth; in Brazil, people party on the beach until dawn and throw flowers and jewellery into the ocean for the goddess of the sea. The New Year is celebrated at different times of the year throughout the world but all have traditions. This month it is Chinese New Year, the year of the tiger. There will be feasting, family gatherings and red envelopes full of money. In March, Iranians, Kurds and others celebrate the New Year with visiting, bonfires and clumps of green grass.

A tribute to Sandy Starkman, a truly outstanding member of the folk dance community, is featured in this issue.

For the first time in a long while, we have a book review. I look forward to more. The book reviewed this time is in the Toronto Public Library but as reference only. Anita Millman has a copy and says she refers to it often. Maybe others are also lucky to own one. If not, Nancy Nies, the reviewer, has indicated where it can be purchased. Nancy went a step further and prepared a quiz. I guarantee you will learn something new from it.

Jane Schlosberg, a member of the Halifax folk dance group writes about the group's experience dealing with the pandemic. She also has added a note about the Wolfville group which seems to be the only other international folk dance group in Nova Scotia.

The musical talent amongst folk dancers is noted in the Grapevine, as is Rita Winkler's latest achievement. Now we have an author. Karen Bennett has written an e-book about an orphaned colt. Don't pass it by, it is a delightful story.

Sandi Heggie and Jeanne Mulholland took folk dancing to the Arctic. A reprint of Sandi's article about Bathurst Inlet and the locals' reaction to the dancing is included here.

The cake in the recipe this issue can be served almost anytime. It will be welcome at lunch or supper, afternoon tea or for a midnight snack. A new feature on the recipe page is the button to enable you to print it.

See you in April. Dorothy

## NATIONAL FOLK ORGANIZATION

[www.tinyurl.com/2022NFO](http://www.tinyurl.com/2022NFO)



**2022 NFO  
Conference**

Evanston, IL  
March 30 - April 3



### SUBMISSION GUIDELINES

- It is preferred, but not obligatory, that articles be submitted electronically as an attachment to an email.
- Illustrations, including photographs, may be sent as attachments to emails. Permission must be given to use them if they are not the author's property. If sourced from the public domain, e.g., Wikimedia Commons, this must be noted.
- Credit for photos and illustrations should be included. Suggested captions are welcome.
- Articles must be submitted six weeks before the date of publication.
- Articles over 2000 words may be shortened or divided over successive issues.
- Articles may be edited at the editor's discretion.

## CONDOLENCES

to folk dancers and their families...



A donation has been made by OFDA to its Bereavement Fund in memory of:

Blanche Winnifred Slater,  
mother of Fred. She died in  
November at the age of 102.

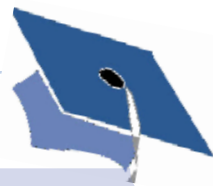
### WEBPAGES WORTH VIEWING

**Chinese New Year begins this year on  
Tuesday Feb. 1**

The lion dance is a traditional Chinese dance form performed on big occasions, such as the Spring Festival (Chinese New Year) for good luck, as it is believed that the lion is an auspicious animal.

[CLICK HERE](#) to see different countries compete at the 2018 Lion Dance Championship.

# 2022



## OTEA SCHOLARSHIP

Each Year, OFDA offers the OTEA Scholarship to support a member who wishes to attend a course or workshop or other enrichment activity related to folk dancing.

Applications can be  
submitted before May 31, 2022.

Details on the OFDA website:  
[2022 OTEA Scholarship Ad](#) and  
[OTEA Scholarship Rules](#).

# *National Folk Organization (NFO) Annual Meeting and Conference, March 30 to April 3, 2022 in Evanston, Illinois*

by Jo Crawford

Let's reconnect to our history, to our leaders and with each other.

The destination of thousands of immigrants, Chicagoland has numerous neighborhood traditions and a very active ethnic arts scene. Did you know that some of the first folk dance classes in the country were held in Chicago? Evanston, in particular, offers several dancing opportunities, as well as renowned restaurants and copious lodging and meeting spaces. Our home base will be the Evanston Holiday Inn. Our other meeting and dance venue, the First Presbyterian Church, is within walking distance.

More information and the online registration form will be available soon at [www.tinyurl.com/2022NFO](http://www.tinyurl.com/2022NFO).

This is our first conference in the Chicago area and we look forward to making lots of new connections. After our Annual General Meeting Thursday morning, we have scheduled a variety of presenters and participatory events through Sunday. These will include folk arts, panel discussions and dance workshops as well as our Awards Banquet Saturday night. Many local folk leaders plan to be there, including Sanna Longden and Paul Collins. Iconic folk dance leaders Dit Olshan and Edie Spear will share their stories with us. We are very excited to introduce **our keynote presenter, Ferne Caulker**, who will share her life story of finding her destiny through the power of African dance. We will also hear, IN PERSON, from both Marcie Van Cleave of the Folk Arts Center of New England and Adony Beniares of the Global Folk Dance Parties about how they made the pivot to online workshops and parties and why virtual programming is here to stay. Thursday night will be a special dance and music for all ages hosted by NFO Pourparler members. Dance parties will round out Friday and Saturday nights.

If you enjoyed last year's virtual NFO Conference, come join us in person!

We may have to change our in-person plans to conform to local and state ordinances if the pandemic worsens. We will require that attendees have all vaccinations and booster shots that are available to them within six months and three weeks before the conference. We will meet or exceed local and state public health ordinances and we expect our attendees to practise personal responsibility. Evanston currently (January 2022) requires masks and proof of vaccinations for indoor meetings. Any gathering of people, especially when they are active together, has the risk of airborne and hand to mouth transmission of viruses – not just the COVID virus. Let's safely share time and space together.

More presenters will be scheduled and announced later.

Keep checking that website! [www.tinyurl.com/2022NFO](http://www.tinyurl.com/2022NFO)

For more information contact me at [nfovicepresident@gmail.com](mailto:nfovicepresident@gmail.com)

# *Sandy Starkman Retires*

by Dorothy Archer  
with Helga Hyde and Naomi Fromstein



Photo: Allen Katz.

*Sandy dancing with Dale Hyde at Ontario Folk Dance Camp.*

After more than 55 years of teaching and guiding the folkdance community, Sandy Starkman is retiring. No, she isn't leaving the community, just stepping aside.

Sandy began dancing as a child at Camp Kvutza, a summer camp in Ontario, where her first dance teacher was Teme Kernerman. In her teens she danced at the YMHA with Jack Geddes and so enjoyed the international dancing, she also joined the University Settlement Group where Ernie Krehm taught. When Ernie started up the University Settlement Folk Dancers, a performance group, Sandy was invited to join and was soon teaching during participation time following performances.

When Ivy (Krehm) Wittmeyer offered a teacher training course, Sandy took it out of interest but did not teach. A few years later she took Teme's teacher training course and began to teach with Teme and Dale Hyde at Toronto's North YM-YWHA. Thus began a life of teaching, travelling, organizing camps and workshops, presenting programs on cruise ships and being a source of information and advice for members of the folk dance community. She also trained teachers at the University of Toronto and the Toronto Board of Education.

She is an exceptionally good teacher, able to break down dances expertly. English and Scottish country dance sets always "worked" with Sandy. Somehow she could get people to understand the configurations and not panic when they were parted from their partner, even temporarily. Her wonderful sense of humour invited even non-dancers to join in.



*Sandy in Wales (third from left).*

Stefania Szlek Miller says in “[Folk Dancing Then and Now](#),” Sandy is “an expert in keeping the greatest number of people on the dance floor at all times.”

Her teaching took her to other parts of Canada, to the United States, New Zealand, Australia, Portugal, Spain, Hungary and many other countries. She was a regular at the Kentucky Dance Institute’s Family Folk Dance Camp where classes were given for children, youths and adults. She also taught at San Antonio Folk Dance Festival each year – another family-oriented camp. In 2008, the Festival honoured her with a National dance Award for lifetime achievement.



*1992 down the Mexican Riviera (Los Angeles to Puerto Vallarta), one of many Dance on the Water cruises with Sandy as teacher.*

Sandy was not only a teacher, she skillfully planned and organized programs and parties. She arranged a party for her 50th birthday, complete with dinner, music and folk dancing and invited the folk dance community to help her celebrate. She was President of OFDA from 1975-1978; she taught at Maine Dance Camp, and was on the executive of Mainewoods Dance Camp for 15 years, including five years as President. She headed the Ontario Folk Dance Camp at Waterloo as its Chairperson for an impressive 37 years.

She taught international folk dancing on cruise ships to Alaska, China, the Caribbean, the Amazon River, Mexico, France, Hungary and many other regions. Many folk dancers from Canada and the U.S. enthusiastically booked onto the cruises.

Sandy, we look forward to seeing you at future folk dance events but we will miss your excellent teaching and your organizing of activities. And how will we know “SECONDS ARE AVAILABLE!”?



Photo: Allen Katz.

*MC at Ontario Folk Dance Camp.*

## **MAINEWOODS DANCE CAMP 2022**

### **Fryeburg, Maine**



[www.mainewoodsdancecamp.org](http://www.mainewoodsdancecamp.org)

#### **Session One, Aug 14-20**

**Aaron Alpert, Israeli**  
**Ercüment Kılıç, Turkish and more**  
**Steve Kotansky, Balkan**  
**Musicians: Pixton-Poirier Band**  
**Plus Scottish Country Dance**  
**with Patricia Williams**

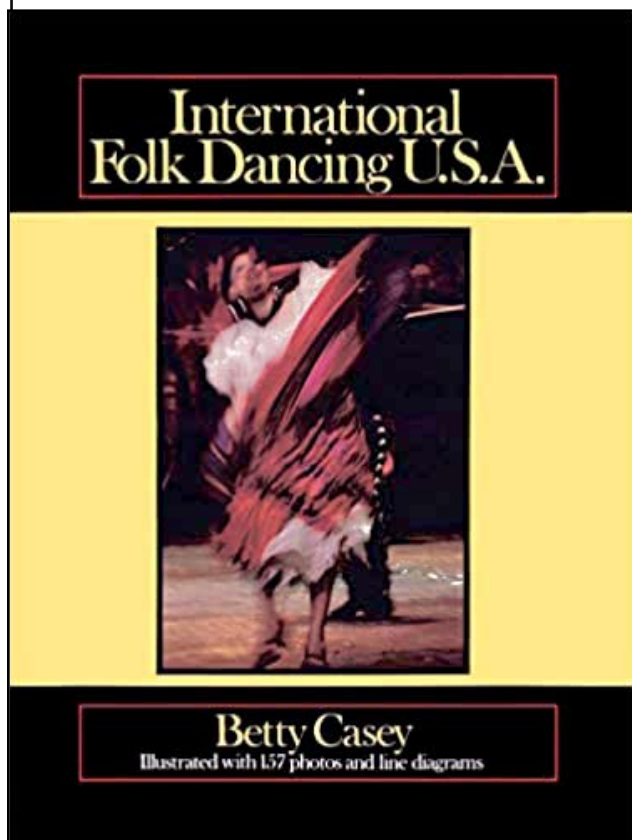
#### **Session Two, Aug 21-27**

**Roberto Bagnoli, International**  
**Monique Legaré, Hungarian**  
**Miroslav Bata Marcetic, Serbian**  
**Musicians: Balkan Fields Band**  
**Plus Oldies with Mainewoods staff**

# *International Folk Dancing U.S.A.*

by Betty Casey

Reviewed by Nancy Nies



How much do you know about the early days of international folk dance in North America? Though Paul, my husband, did not bring many books with him when he moved to California in 1984, he did bring one titled *International Folk Dancing U.S.A.*, written and edited by Betty Casey. Published in 1981, it languished on our bookshelf for years until, one evening not long ago, I decided to have a look at it. Just leafing through it, I realized how much I didn't know.

The 363-page hardback volume, printed in a relatively small font, is chock full of useful folk dance information, contributed by more than 60 experts. It contains articles on such topics as history, instructors, music, costumes, culture, clubs, camps, performing groups, organizations and more, not to mention instructions for 180 dances from 30 countries, and 157 photos and diagrams. There is something

for everyone with an interest in folk dance, including folk dance teachers, leaders, students, researchers, and dancers both amateur and professional. For the purposes of her book, Casey defines folk dancers as "a conglomerate of people of no particular ethnic background who share a love for the dances of many nations."

A quick search of Amazon's folk dance offerings indicates that the 100 bestsellers on the subject today have a more specific focus – the dances of a particular country, for example. I didn't find anything as comprehensive as *International Folk Dancing U.S.A.* In her foreword, Miriam Gray writes: "This may be the folk dance book to end all folk dance books." And she may be right. Though the book is now 40 years old, much of the information it contains does not go out of date, and it's also a great resource on the history and heyday of folk dancing on the North American continent. If you don't already have a copy and would like one, it's available in paperback through the North Texas University Press or Amazon.

# *No Trivial Pursuit: A Blast-from-the-Past Folk Dance Quiz*

by Nancy Nies

I've come up with a little Jeopardy-like quiz based on just a few of the many interesting facts I've gleaned from *International Folk Dancing U.S.A.* reviewed by me in this issue. See how you do. (Answers on page 21.) Don't worry about not knowing the answers. My hope is that the experience will help us to recognize and appreciate those who came before us and all they did for international folk dancing in North America.



*Elizabeth Burchenal.*

1. The name of this dance means “walking” in Serbian.
2. In 1909 this folk dance pioneer, who researched dances in the U.S. and abroad, published the first in a series of 15 books which contributed greatly to the teaching of folk dancing in schools.
3. California's first folk dance camp took place in 1948 on a university campus in this city.
4. This famed performing group, known for its extensive collections of ethnic costumes and musical instruments, was formed at UCLA in 1964.
5. This energetic leader and promoter of recreational folk dancing established the first dance camps and recreation leadership workshops in the U.S. and in 1967 established in Wisconsin a folk arts centre she named Folklore Village Farm.
6. A dance from this country became the national dance of Israel.
7. This prominent dancer/instructor/choreographer/researcher/linguist was long associated with the Duquesne University Tamburitzans.
8. This Massachusetts camp, founded by Helen Storrow in the 1930s, is a summer gathering place for dancers, singers, musicians and nature lovers.



*Dancing on a kibbutz.*



*Cretan Dancers.*

9. This lively dance takes its name from the words for “five” and “dizzy” in the Cretan dialect.
10. In 1968, a thousand students auditioned for this renowned university performing group’s hundred openings.
11. This famous name in the folk dance world, who began travelling to Bulgaria to research dances in the 1960s, started folk dancing as a Canadian Boy Scout.

12. In the late 18th century, the Verbunk dances of this country were effective in recruiting young men to join the military for life.
13. The movements of this dance are depicted in murals in the ruins of Pompei.
14. In 1944 Vytautas “Vyts” Beliajus founded this popular folklore magazine, whose name means “hope” in his native language.
15. Starting in the 1940s, this early leader made a major contribution to folk dancing in the U.S. and Canada, introducing 28 international dances and establishing the Festival Workshop and the popular Mendocino Folklore Camp.
16. This acclaimed university folk ensemble, whose goals were to preserve Eastern European culture and provide scholarships to deserving students, got its start in 1937.
17. The form and styling of Highland and Scottish country dancing derive from the court dances of this country.
18. He got “hooked” on folk dancing in the late 1950s while stationed in San Diego, and later studied with top teachers, performed with professional groups, and taught at camps, workshops, colleges and universities in nearly a hundred cities in the U.S. and Canada.



*Highland Dancing.*

19. This native of Lithuania began teaching in Chicago in 1930, played an integral role in creating a national folk dance movement and made many important contributions to folk dancing in North America over the course of a decades-long career, eventually becoming known as “Mr. Folk Dance U.S.A.”
20. This Canadian publication included dance descriptions and what #19 called “goodies,” such as background material, songs and recipes.

# *Folk Dancing in Nova Scotia*

by Jane Schlosberg

We here in Nova Scotia (Folkdancers Association of Nova Scotia) have done our best to continue to provide opportunities to do (mostly) Balkan and Middle-Eastern folk dancing through this miserable pandemic. In Halifax, we danced outside on the docks beside the Alderney Ferry Terminal weekly through both summers and into the fall of 2021. Dancers could dance in the line with scarves between each person. In the summer of 2021, they had to prove that they had had their vaccinations. Some dancers chose to dance behind the line.

Last winter we danced on Zoom, and in the fall of 2021, we started dancing in our old venue at All Nations Christian Reformed Church, with masks. We continued to stipulate that dancers must prove they are double-vaxxed.

We lost a few of our dancers who are anti-vaxxers and a few who just aren't willing to dance with masks. However, we surprised ourselves. Most of us are actually able to do it! Our wonderful leaders, Jason and Jennifer Grek Martin, have modified the program to include more slow dances which don't tax our oxygen supply as much. Getting new dancers has been a problem since COVID, however.

Wolfville International Folk Dancing group has continued dancing weekly with much the same constraints as the Halifax group. They don't dance in the summer.

Visit the Halifax group on Facebook at <https://www.facebook.com/FAofNS>. The Wolfville group also has a Facebook page.



*Halifax group dancing on the waterfront pre-COVID.*

# XXL TOUR to GEORGIA, ARMENIA and (OPTIONAL) IRAN

Following the successful XXL Tour to three countries in 2018, Tineke & Maurits are planning a wonderful new XXL tour in June 2022. Don't miss it! Registration is open. Info on our website: [www.tinekevangeel.nl](http://www.tinekevangeel.nl)



## WHAT ABOUT OUR JUNE XXL TOUR 2022?

These are difficult times for everyone and what will be possible in June 2022?

The current situation at our destinations Georgia, Armenia and (optional extension/ separate trip) Iran is that travel is possible in all countries. At the moment there is no quarantine on arrival, vaccination is mandatory.

The uncertainties demand a lot of energy and flexibility from us, as organizers, but also from you as potential travellers. We hope you will join us on this fantastic tour.

Payment for the trip in January 2022 with full refund guarantee in case of cancellation.

**ARMENIA & GEORGIA** – June 1st - June 24  
€ 2450 / approx. \$ 2900

**IRAN** – June 24 - July 5th  
€ 1900/ approx. \$ 2250

**FULL TOUR : (incl. flight Yerevan-Teheran) € 4450 / approx. \$ 5300**

# *What I Did in 2021, or: How I Came to Write an E-book*

by Karen Bennett

The year 2021 was the first full year of my retirement, which came many years earlier than I'd planned (blame the pandemic), and I'd never done much post-retirement thinking in terms of, "What do I do with all this free time?", let alone, "What do I do when I can neither work part-time nor travel/congregate with people in person?" So, until I came up with the idea of writing an e-book, 2021 went by without my feeling I'd accomplished very much, aside from contributing a few articles to various folk dance magazines, updating the index for this magazine, acting as tech support for the virtual Ontario Folk Dance Camp, and writing dance descriptions for Lucia Cordeiro. OK, I also got myself triple-vaccinated for COVID-19 and renewed my health card and driver's licence, but they're not *interesting*; they're *duties*. Aside from the Zoom tech support, I'd been doing those kinds of things for decades. (My very first vaccinations, diphtheria/pertussis/tetanus/polio combinations, were also provided three times in one year: 1955.) After a while, I lost interest in attending so many Zoom folk dance classes/camps (screen time is *really* hard on the eyes, too), especially after the Omicron virus variation arrived and made it clear that the resumption of in-person dancing would be delayed *again*. (I can't dance in a mask; I can't seem to get enough air. It's an anxiety thing.)

What I'd never been able to manage in my entire life was to get a short story published for, you know, *money*. So I am pleased to announce that I published a story in 2021 ... but decided to donate the profits to somebody else!

I subscribe to a number of channels on YouTube. (Bear with me; this will lead to the e-book topic.) One of them is called Ocean Conservation Namibia (OCN), which follows the feats of a bunch of guys (and, lately, the wife of one of the guys) who run at full speed on beaches in Namibia to catch Cape Fur Seals in order to free them from various entanglements in stuff that humans have dropped in the South Atlantic Ocean. Over the years, this team has rescued thousands of seals (and the occasional jackal, tortoise, shark [uh, small ones: [https://www.youtube.com/watch?v=lq\\_SrmZEBkU](https://www.youtube.com/watch?v=lq_SrmZEBkU)], whale and oil-covered cormorant). In 2021, I found it very satisfying to watch people rushing about in the open air, getting a full cardio workout, doing what I call "the seal-dodge dance" ([https://www.youtube.com/watch?v=6E9pxlZ\\_alk](https://www.youtube.com/watch?v=6E9pxlZ_alk), at 1:13) and the "seal dance-back" (<https://www.youtube.com/watch?v=2ruGm9yhKp8>, at 3:34) as they headed for and then worked on their entangled targets.



At the Pelican Point beach in Namibia, an Ocean Conservation Namibia staff member launches the “leap” move in the “seal-dodge dance” in September 2021. He’s on his way to catch two entangled seals by hand, as carrying a big net would have slowed him down. Once he catches a seal, he’s likely to say, with a French accent, “It’s OK, puppy,” in a very calming voice. OCN staff are not only very speedy, limber and fearless but speak a plethora of languages among them, including English, French, German and Afrikaans.

work she does on the farm is her *hobby*! Two videos in particular got me addicted to these horses: five-day-old foal Mathilde zooming around the indoor arena, her mother tirelessly trotting (or galloping) after her and making some interesting moves in the process (<https://www.youtube.com/watch?v=IANidZqWwCQ>); and two-year old filly Hester doing a backwards gallop (<https://www.youtube.com/watch?v=OjUESljlZIs&t=634s>, at 9:40). I was so pleased that Hester later passed inspection to become a “Star” mare and so would stay at the farm; it’s hard to see horses to whom I’ve become attached be sold.

Speaking of which ... in 2020, the farm owner decided to sell Yvonne’s favourite horse, a 14-year-old mare called Uniek (pronounced oo-NEEK). I pitched in on the GoFundMe to help Yvonne buy Uniek. But tragedy struck in May 2021: Uniek’s foal was stillborn. A friend of Yvonne’s knew of

At the Cape Cross beach, the OCN team has to deal with large, slippery boulders as well as sharp seal teeth. At the end of each video, a freed seal (or six, or 16) double-times it back to the ocean and to health.

It’s the *other* channel I regularly watch, “Friesian Horses,” that led me to write an e-book. I love this breed of horses the best of any in the world, having seen my first one in the 1985 movie *Ladyhawke*. In early 2019, the YouTube algorithm threw up a “Friesian Horses” video as a suggestion. The videos (released several times a week) were filmed on a horse-breeding farm in Friesland, in the north of the Netherlands, and the channel, run by a woman named Yvonne Horjus, has been running for many years. Yvonne makes enough money from the channel that the



A Friesian stallion like the one ridden in the 1985 movie *Ladyhawke*. The “knees-up” gait is natural to the breed.

another, live foal—not a black Friesian but a chestnut-coloured Dutch Warmblood—whose mother had died of colic shortly after giving birth. It was the video where Uniek *instantly* fell for and adopted the foal (something that’s rare) that brought thousands of new viewers to the channel: <https://www.youtube.com/watch?v=ktlYrZn7Y9k>, but I’d advise skipping to 4:18, when the foal arrives, as the first four minutes are upsetting. I watched every new video as it came out, and noted viewer comments such as, “This story should be a book! I’d read it to my grandchildren/kindergarten class!” *A children’s book, huh?* I said to myself. *I can do that.*

In the summer, I started taking screenshots from videos and writing text in a Word file to accompany them. I decided to write the story as creative non-fiction, with the conceit that the foal—named Rising Star—was the narrator. Being very young, he saw everything through new eyes and as being solely about him. (Why was the foal given an English name? It’s in the book!) I kept coming up with jokes (some while trying to go to sleep) because I wanted the story to be funny for adults as well as heart-warming for everybody. I sent the first draft (of seven) off to Yvonne, and she liked it. We discussed getting it published the traditional way—as a paper book, but with English in one half and Dutch in the other (a flipbook). This proved unworkable in a short time frame, so I proposed a single-language e-book, with me doing all the writing and graphic design work, that Yvonne could upload and sell as merchandise on a platform called Spring (formerly Teespring). I wanted to get the book out before the end of 2021—before Christmas, if possible.

I called the story *I Am Rising Star* (“The Story of Rising Star” striking me as too boring a title). It covered the first four months of the foal’s life, from late May to the end of September—by which time, in human terms, he was a teenager. Then Yvonne told me that she’d bought him, so I had a satisfying ending for the story, which I decided would be no longer than 12 pages. Now I had to fine-tune the text, which included adding the phonetic pronunciation of any Frisian names so that native English-speakers reading the story aloud (or silently in their heads, as I always do when reading) could say them correctly. Frisian, which is the closest living relative to English, says words the way they were said when English was Old English, 1,000+ years ago; for example, the letter “j” is pronounced like a “y,” and an “e” at the end of a word is never silent.

Fine-tuning the text also involved some minor re-writing at Yvonne’s



*Location of Friesland in the Netherlands.*

Photo: Created by Wikipedia user TUBS and shared under an Attribution-ShareAlike 3.0 Unported licence.

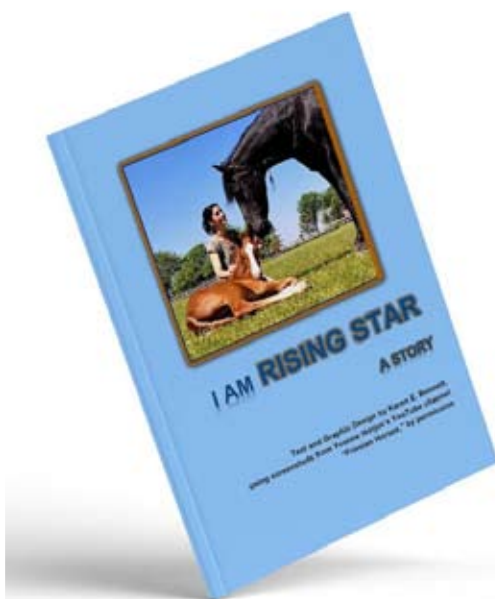
request. What she speaks as a first language (Dutch being second) is what linguists call West Frisian (the other two versions of Frisian are almost extinct), a fact I'd learned from a 1986 TV mini-series and companion book called *The Story of English*. But to Frieslanders (who number about 400,000), what they speak is just Frisian. So I replaced all the "West Frisian" references.

I also had to re-take the screenshots to render them as high-quality as possible. I did this by (a) changing the video playback to highest-definition, slowed down to 25 percent, and (b) stopping the video, taking a screenshot, and dumping it into Windows Paint, where I cropped it and saved it in high-quality .png format. Then I made adjustments (brightness, saturation, colour balance and more cropping) in Photoshop, and bumped up the resolution to 200 pixels/inch.

I did a lot of research about the "proper" size for photos for e-books, and in the end decided to ignore it as small, low-rez photos would be the result. Other research included what-the-heck page size I should be using for the original Word document that would be later saved as a pdf (answer: 8 ½ by 11). On my own hook, I decided to take out page breaks that could stop text from reflowing if readers changed the font size. I'd read that download time could be an issue, so I copied two sizes of pdfs—one a large file almost 2 MB in size, and the second a compressed file of a half-million KB—into my Dropbox account, sent their links to Yvonne, and crossed my fingers that, when readers downloaded the e-book, the story would resemble what I'd designed. And then I made the decision to donate the profits to Yvonne to help her carry on her dream hobby (which is also one of my dream hobbies, but one I'll never realize). She set the price at an amount in Euros that would work out to less than \$10.

On December 20, 2021, the book was launched as one aimed at readers aged 8+ and was announced in a post in the "Community" section of the channel ([https://www.youtube.com/post/UgkxRQrnBT3gVW\\_1\\_g88qiQmo1jUtSewj1Yf](https://www.youtube.com/post/UgkxRQrnBT3gVW_1_g88qiQmo1jUtSewj1Yf)).

The feedback was almost instantaneous, helped by the fact that the book was a quick read. A Dutchwoman who's also a channel moderator commented, "I couldn't wait. Bought it in a second and read it while tears roll[ed] down my face. The story of Rising Star is told beautifully and with humor. Must be [i.e., it is] great for children (and big children) to read." Someone else said, "Beautiful book; can't wait to read it to my granddaughter." Another Dutch person gave it a mini-review: "Well, I ordered and just finished reading the book. The young reader will immediately bond with the story line. (Just as all of us did.) Rising Star also explains how being different is OK and that makes us special. The book includes geography, other languages/words and



wonderful pictures to engage the young reader's intellectual curiosity." Two petulant trolls made asinine and illiterate comments, but otherwise the feedback was overwhelmingly positive. Phew.

As my book is the only one residing under the "Digital" heading on Yvonne's merchandise page, I'm thinking it is looking lonely. But that's a discussion with Yvonne (ee-VON-eh) for another day.

Hmm. I wonder if I should pitch a children's e-book to Ocean Conservation Namibia. They sell merchandise, do lots of educational outreach, and organize beach clean-ups with local aid.

"Hey! Stop blathering and give us the link for the book!" I (hope to) hear you say. It's <https://friesian-horses.creator-spring.com/listing/i-am-rising-star-e-book?product=1227>.

## Friesland and Friesian Horses but Frisian Language?

"Friesland" is the Dutch spelling for the province. In West Frisian, it's "Fryslân." The area was historically known as Frisia (named after a tribe the Romans called the Frisii, who lived in what is now Germany as well as the Netherlands). The town closest to the horse farm where Yvonne Horjus works has the Dutch name of Sneek (pronounced "snake") but the West Frisian name of Snits. An excerpt from the Wikipedia page (<https://en.wikipedia.org/>): "In 1996 the Provincial Council of Friesland resolved that the official name of the province should follow the West Frisian spelling rather than the Dutch spelling, resulting in 'Friesland' being replaced by 'Fryslân.' In 2004 the Dutch government confirmed this resolution, putting in place a three-year scheme to oversee the name change." As most English-speakers aren't aware of this (how many of us have assimilated the fact that the Czech Republic changed its name to Czechia?), the term "Friesland" was retained for this article, with apologies to the Frisians.

# Jim Gold International Folk Tours: 2022-23



Travel  
broadens  
one!

Our trips are for folk dancers, non-dancers,  
and anyone with a love of travel and culture.

[www.jimgold.com](http://www.jimgold.com)



## 2022

### **ALBANIA and KOSOVO:** May 2-11 ext. 11-13, 2022

Led by Lee Otterholt. Tirana, Durrës, Gjirokaster Folk Festival!  
Kruja, Saranda, Berat, Shkodra.

### **PERU, BOLIVIA, CHILE:** May 21-June 2, 2022

Led by Martha Tavera. Cuzco, Sacred Valley, Machu Picchu,  
Quechua Village, Lake Titicaca, Uyuni, La Paz, Atacama Desert

### **NORWAY, DENMARK, SWEDEN:** June 14-28, 2022

Led by Lee Otterholt. Oslo, Gothenburg, Helsingborg, Copenhagen

### **POLAND:** June 8-21, 2022. Led by Richard Schmidt.

Warszawa, Olsztyn, Malbork, Gdańsk, Gdynia, Sopot, Toruń, Kraków

### **BULGARIA:** August 1-14, 2022 **Koprivshtitsa Folk Festival Tour!**

Led by Jim Gold, Lee Otterholt, Lee Friedman  
Sofia, Plovdiv, Bansko, Veliko Tarnovo

### **GREECE and the GREEK ISLANDS:** October 8-21, 2022

Led by Jim Gold and Lee Otterholt.: Athens, Nauplia, Sparta, Olympia,  
Delphi, Meteora, Mycenae, and Epidaurus, **Greek Island Cruise** to  
Mykonos, Crete, Rhodes, Patmos, Kusadasi (Turkey)

### **ROMANIA:** Oct 24-Nov 6, 2022 **Klezmer and Folk Dance Tour**

Led by Jim Gold with Nancy Hoffman and Lee Friedman:  
Bucharest, Brasov, Sibiu

## 2023

### **ISRAEL:** March 12-23, 2023

Led by Jim Gold, Joe Freedman, and Lee Friedman  
Jerusalem, Masada, Tel Aviv, Galilee, Haifa, Tiberias, Safed,  
and Golan Heights

### **GERMANY, AUSTRIA, LICHTENSTEIN, SWITZERLAND**

#### **June 14-27, 2023. Folk Dance and Yodeling Tour**

Led by Jim Gold, Lee Otterholt, and Lee Friedman:  
Munich, Salzburg, Innsbruck, Swiss Alps, Lucerne, Zurich

### **IRELAND:** August 5-17, 2023: Led by Jim Gold and Lee Friedman

Galway, Connemara, Aran islands, Doolin, Killarney, Kerry, Cork, Blarney, Dublin

### **SPAIN:** September 14-27, 2023: Led by Lee Otterholt:

Malaga, Cadiz, Seville, Cordoba, Jaen, Granada

**TOUR REGISTRATION:** Can't wait to go! Reserve my place! Choose your tour. \$200 per  
person deposit. Or register and send deposits on line at: [www.jimgold.com/folk-tours](http://www.jimgold.com/folk-tours)

Tour(s) desired \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

Phone(\_\_\_\_) \_\_\_\_\_ Email \_\_\_\_\_

Jim Gold International, Inc. 497 Cumberland Avenue, Teaneck, NJ 07666 U.S.A.  
(201) 836-0362 [www.jimgold.com](http://www.jimgold.com) Email: [jimgold@jimgold.com](mailto:jimgold@jimgold.com)



# Jim Gold International Folk Tours: 2022-23

As the new year began with COVID uncertainty, some of you may be asking: What about Jim Gold's International Folkdance tours?

Here are some answers from Jim.

The unknown travel factor is: How the world will react to the virus?

Since no one really knows, I'm (we're) working on two levels.

1. Wait and see how the world turns.
2. All our folk tour trips in 2022 are a go.



## *Answers to Quiz on p.11*

- |   |   |
|---|---|
| 1. Šetnja   | 11. Yves Moreau   |
| 2. Elizabeth Burchenal  | 12. Hungary   |
| 3. Stockton   | 13. Tarantella  |
| 4. Aman Folk Ensemble   | 14. Viltis  |
| 5. Jane Farwell   | 15. Madelynne Greene  |
| 6. Romania  | 16. Duquesne University Tamburitzans (now known simply as the Tamburitzans) |
| 7. Dick Crum  | 17. France  |
| 8. Pinewoods  | 18. Dick Oakes  |
| 9. Pentozáli  | 19. Vytautas ("Vyts") Beliajus  |
| 10. Brigham Young University (BYU) International Folk Dancers | 20. <i>Ontario Folk Dancer</i> (as our publication was then called)         |

# *Folk Dancing in the Arctic Circle*

by Sandra Heggie

*Reprinted from Folk Dancer, February 2006.*



*Aerial view of Bathurst Inlet Lodge.*

In late June of 2001 Jeanne Mulholland and I set off to Bathurst Inlet Lodge on the shores of Bathurst Inlet in Nunavut. Twin Otters flew us, in about two hours, from Yellowknife to the Inuit settlement. About thirty Inuit spend the summer months in the settlement working in partnership with the Lodge owners to provide an educational program for the guests. The Inuit have participated in the evolving success of the Lodge since 1967 and became co-owners with the Warners in 1981. This is the

oldest Lodge under aboriginal partnership. During the winter months, about fifteen Inuit live at the settlement. Others go to school or to work in other parts of the region.

The landscape of the Barren Lands is rugged and treeless. Yet flowers are bountiful, so tiny and intricate. They last for only a matter of a few weeks. Birders find many species to observe. Herds of caribou wander the tundra in search of food. There are no roads



*Some of the thirty summer residents who provide educational programs for the non-Inuit guests at Bathurst Inlet Lodge.*

*Photos, this article: Sandra Heggie.*

to connect one community to another. Visiting is done by plane, boat or foot. Winter travel is made easier by means of the “ice roads” and snowmobiles. Tourism and mining provide the economy in this isolated community.



*Arctic Char, a local staple, drying in the sun.*

During the six weeks that the Lodge is operating, ecologists, naturalists and those interested in the Arctic Barren Lands come to Bathurst Inlet. Day activities take the guests on exploration of the area, by plane, by foot or by the Blue Loo, a flat-bottomed boat with the necessary facilities. Evening events are scheduled to inform the guests about the land and its people. The Inuit carry out evening programs which display their art, clothing, cooking and antiquities.

One evening is set aside for the guests to introduce games, music or information that may be of interest to the Inuit as well as other guests.

In this particular year, Jeanne and I decided to introduce some international folk dances. With the help of David Yee, we decided on dances that had simple steps but rhythms that would capture the attention of everyone, young and old. The dances we selected were a hora danced to the music Curenta (Italy), Robin Ddiog (Wales), Milanovo Kolo (Serbia) and Varva (Hungary). Jeanne and I were unsure how receptive the audience would be to our selections. But the Inuit are skilled observers and as some of the teenagers and guests caught on, the older Inuit joined in. The youth, the elders and, finally, all members of the families participated in the dances. They wanted faster and more intricate dances. The toddlers were fascinated by the music and could be seen weaving in and out of the circle swaying to the rhythms and attempting to follow the steps. They were particularly intrigued by Robin Ddiog.

This was a wonderful evening where music and dance provided an opportunity to bring together people from varying cultures. I can imagine Robin Ddiog being performed on cold, dark winter evenings with much enjoyment and good memories.



*Inuit Culture Corner; modelling traditional winter wear.*

## *From the Folk Dance Cookbooks*

### *Sour Cream Coffee Cake*

Submitted by Karen Kingstone to  
*Ontario Folk Dancer Cookbook vol. I*



½ cup butter  
1 ½ cups sugar  
2 eggs  
cup dairy sour cream  
1 tsp. vanilla

1 ½ cups flour  
1 tsp. baking powder  
1 tsp. baking soda

Topping: ½ cup brown sugar  
2 tbsp. soft butter  
1 tsp. cinnamon

Cream butter and sugar, beat in eggs. Beat in sour cream and vanilla.

Sift together flour, baking powder and baking soda and combine with wet mixture. Spread into greased 9 x 9 inch cake pan.

Top with mixture of brown sugar, butter and cinnamon. Bake at 350 degrees F. for 30-35 minutes.

Photo: Dorothy Archer.



**PRINT** *this page.*



Terri Taggart and her husband, John Rose, have moved to Dundas. She writes “Dundas is a lovely town, part of the amalgamated Hamilton. I have done a bit of dancing with Hamilton IFDC and a number of weeks with Anita Millman’s outdoor dances at a local Dundas park. By the end we were wearing hats, gloves, scarves and winter coats.”

