



SKANDIA

NEWSLETTER

Seattle, Washington

The Voice of SKANDIA FOLKDANCE SOCIETY

November 2009

Ponderings from the Board

Fall—a curious, yet amazing, time of year. The warm days of summer have gone, replaced by the mild days and rapidly cooling nights of fall. Fall seems to be a time of change. Fall is also the time we get back into the normal routine of our lives after a summer of vacationing and travel.

Fall is always a busy time in Skandia. Dance classes have started, Ball preparations are in full swing, planning for Jullekstuga is well on its way, and we are getting ready for elections in December.

As I reflect on the activities of the past year, I am constantly amazed at the group of dedicated volunteers we have here at Skandia. Their hard work and commitment is a tribute to them as individuals and to the organization that Gordon Tracie and Skandia's founding members developed. As I look forward to our list of upcoming activities, I am also reminded of the many volunteer opportunities exist in Skandia.

Are you ready to help and wonder what you can do? Well...

- Volunteers are needed to help set up and clean up before and after each Friday dance. Pat and Ernie Pi have been our devoted volunteers in this effort for many, many years. They'd love some help.
- We also need volunteers to cashier at Friday night dances and special events.
- Decorating and clean up help is needed for Jullekstuga.
- Volunteers for set up and clean up will be needed for Vinterdansen.
- Want to get into the heart of Skandia? Consider running for the Board of Directors.

These are just some of the many volunteer opportunities available throughout the year in Skandia.

So, you're interested in volunteering but you don't know who to contact. To volunteer for a Friday dance, contact Pat Pi. If you want to cashier, please contact Karen Michaelsen. If you are interested in volunteering for Jullekstuga or Vinterdansen, contact one of the members of the Events Committee: Tom Berglund, Elaine Mathies, Judy Patterson, Karlyn Tomta, or Anna Abraham. If you want to run for the Skandia Board, contact Karen Michaelsen.

Have you heard of an upcoming event and want to volunteer, but aren't sure who to contact? Contact a member of the

Board and ask. Board members are aware of upcoming events and should be able to direct you to the person(s) organizing the event.

Many hands make light work, and new volunteers are always welcome. Come join us and have some fun.

—Karlyn Tomta

Board nominations close on 10 November

Skandia's Board of Trustees invites nominations for vacant positions for 2010. We need to fill five positions with members willing to serve a 2-year term. The Board helps ensure that Skandia preserves traditional dance and music of the Nordic lands, conducts educational programs and activities, and maintains its legal non-profit status.

We have a preliminary slate of candidates, but can accept additional nominees until 10 November (in time for the December newsletter deadline). Look for nomination forms at Skandia classes and events, or give your signed nomination in writing to a member of Skandia's election committee—Karen Michaelsen, Don Meyers, or Jerry Walsh. Remember, if you're nominating someone else, please get their permission first. Nominees must be members of Skandia in good standing and nominated by two current members before their name can be added to the slate.

If you have questions about the Board's work or expectations of its members, please contact me at kmicha@gmail.com.

—Karen Michaelsen
for the Election Committee

November Skandia events

Basics class, Wednesdays, 21 October–18 November.

Beyond Basics, Thursdays, 22 October–19 November.

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

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

Mixer Dance, 25 November, Phinney Neighborhood Ctr., 7:30–9 p.m.

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

Dances:

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

First Friday Dance, 6 November MC Not Square & Måd Fiddle

Save the date: 6 November will be a night you won't want to miss! Larry Reinhert and Pat Pi will lead the dance instruction on Finnskogs Pols to kick off the evening. The first set will feature the fabulous fiddle duo of Martha Levenson from Seattle and Carol Olson from Bellingham. Then, back by popular request, at 9:30 p.m., Måd Fiddle with Bart Brashers and Anna Abraham on nyckelharpa and John Peekstock on guitar and bouzouki will continue with a selection of gammal and bygededans to keep you dancing for the rest of the evening.

Third Friday Dance, 20 November Skandia Kapell

On 20 November from 7:30–8:30 p.m., get ready to learn some fun easy mixers taught by Frank Brown and Elaine Murakami. At 8:30 p.m., join Skandia Kapell and get your feet warmed up dancing the rest of the night away to your favorite gammaldans under the leadership of fiddler Kris Johansson.

—Donna Luce

Dance party, Wednesday, 25 November

Work up your appetites at Skandia's pre-Thanksgiving dance party on Wednesday, 25 November. This dance party celebrates the end of the fall series with favorite mixers and couple dances. Bring your friends and family; this is a great opportunity to introduce them to Scandinavian dance. Dances will be walked or talked through, as needed.

When: 7:30–9 p.m., Wednesday, 25 November

Where: Rm 2, Blue Bldg, Phinney Neighborhood Center

Cost: \$6; free to those who paid for a full five-week series

Bring: Friends, family, dance shoes, goodies to share

—Kathi Ploeger

Welcome to new members:

Lornia Williams

Mary Belshaw

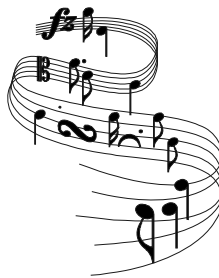
And returning member:

Art Johnson



December's Julekstuga will be a night to remember!

Friday, 18 December, please join us from 8–11 p.m. at the cozy Cedar Valley Grange for Skandia's Julekstuga dance. Admission is highly affordable for a festive evening of music, dancing, and tasty treats: members, \$7; nonmembers, \$10.

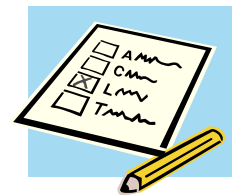


The event marks the debut of two merry musical groups for your dancing pleasure. First, the dynamite trio of Anna Abraham (on nyckelharpa), Ingrid Hamberg (playing flat fiddle), and David Rönnlund (on nyckelharpa and hardangar fiddle) will show us their moves. Ingrid and David are completing folk music studies at the Telemark County College, in Rauland, Norway.

Anna, who completed folk music coursework at Sweden's Eric Sahlström Institute, also plays with the popular trio, Måd Fiddle.

Dansaspel is a friendly group of five skilled musicians from Bellingham with a broad repertoire of gammaldans and bygededans tunes. They'll play a lively set for dancers of all levels. If you're a beginner, there's good news. They will walk you through some easy mixers to help boost your confidence. Dansaspel includes: Carol Olson, Liz Gabay, and Kirsten Rutschman, all playing fiddle, Kimberly Topolski on viola and mandolin (as well as fiddle), and Collin Topolski playing accordion.

Mid-evening, we'll break briefly for the Annual Meeting to hear from Skandia's Board and meet the 2010 candidates. Skandia will provide a light, hot meal during the meeting; we welcome your donations of snacks or baked goods!



Flower devotees, we'd love to borrow your colorful poinsettia plants for the evening. If you're willing to loan a plant (with your name on the bottom), we'll use it to brighten the hall and make sure it goes home with you in good condition. If you can part with a flowering plant for the evening, please drop the Events Committee a note at info@skandia-folkdance.org, or leave a message on Skandia's hotline, (206) 784-7470 and we'll get right back to you.



—Judy Patterson
for the Events Committee

Slate of candidates for the Skandia Board

Six members have agreed to run for 2010 Board positions. They include Bev Anderson, Paul Everitt, Kris Johansson, Bob Olson, Larry Reinert, and Silje Sodal. The election takes place at the annual meeting on Friday, 18 December. All Skandia members will receive a ballot in the December newsletter, but any mail-in ballots must be received before the annual meeting.

Bev Anderson has been an active members of Skandia since 1993. She and her husband Milt have enjoyed it all: basics class (not too scary), village dance classes (the variety—wow!), teaching dance, and performing. Bev has also enjoyed Spelmansstämman, singing with SUS, and now she's trying to learn to play fiddle! She reports "The best part has been the friendships we've developed over the years." Bev has served on the Skandia board in the past and would like to be part of this great organization's move forward into the next decade and beyond.

Paul Everitt joined Skandia around 1987 out of interest in his Norwegian heritage. He served on the Skandia Board of Trustees as Treasurer from 2005–2008 and continued to help with Skandia's financial picture as Assistant Treasurer in 2009. Paul has served as cashier for Skandia's Wednesday night classes since 2000. He really enjoys meeting new members who get their start with Skandia's lessons. In addition to his Skandia Board of Trustees experience, he is Vice President of Leikarringen and prior to that he was a member of the Executive Board of the Sports Officials Association for nine years.

Kris Johansson first joined Skandia around 15 years ago. His first introduction to Scandinavian music was playing in hootenannies with his family growing up in Montana. He played classical music up through his senior year at Western Washington University (the Vikings). His first introduction to Skandia was playing for many dances with Skandia Kapell. Kris has been associated with the Lilla Spelmanslag, Speldosan, Seattle Skandia Spelmanslag, All Keyed Up, Nordiska, Katrilli, and Sprida UT. He says "I just know enough about Scandinavian music to keep me in trouble."

Bob Olson has taught Scandinavian dance for over 25 years. He first joined Skandia in 2003 while living in Southern California. Now in Washington, Bob, with his wife Carol, currently teaches two weekly dance classes. One class is in Burlington and one in Bellingham, where they also hold monthly Scandinavian dances with live music. He believes in Skandia's objectives and appreciates its historical contributions to Nordic traditional dance and music. Bob looks forward to working with the Board to keep Skandia strong.

Larry Reinert joined Skandia in 1973 when he started taking classes with Gordon Tracie. Since then he has been developing his skills through his participation in classes

and workshops, both in this country and in Norway and Sweden. Larry has been teaching at Skandia for at least twenty years and has been a member of the Board of Trustees several times. He would like to add his experience to the new Board and combine it with other member's contributions to help Skandia continue bringing Scandinavian dance traditions to the public.

Silje Sodal, as the daughter of Scandinavian folk dance teachers, grew up in the Colorado folk dance community in the 1970s and '80s. She was thrilled to learn about Seattle's large and vibrant Scandinavian folk dance community when she moved to Seattle from Colorado in 1999 to attend the public health graduate program at UW. With two small children at home, she has not been as active in Skandia as she'd like, but believes participating as a member of the Board would be both an honor and a way to become more involved in an organization she truly values and enjoys. Past board participation includes the Seattle Midwifery School (member and chair) and the Lake Forest Park Co-operative Preschool.

Kathi's corner

Gammalpolka från Föllinge

Elaine Mathies and Tom Berglund teach this delightful dance from Jämtland in the current Beyond Basics series.

Order 3 Försteg, 5 Polska, 4 Rest, 4 Polska, 2 Transition, 5 Frammes, 1 Transition

Försteg Open hold

(&) Hop inside foot, sliding outside foot (1), step outside foot (2), step inside foot (3).

Polska Polska hold

M:L (1), R (3)

W:R (1), L (3)

Viltur (rest step) Polska hold
Step as in Polska, M moving forward,
W back

Transition Also transition hold to Frammes

W; R (&), L (1), R (3)

Frammes Side-by-side polska hold

Both: L (1), R (3) turning CW

Transition Also transition to open hold

W: L (1), R (2), L (3)

Character: Lively

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

November 2009						
SUN	MON	TUE	WED	THU	FRI	SAT
1 (Seattle) Pancake Breakfast, SCC, 8 a.m.–1:30 p.m. (Port Angeles) Dance, 7–9 p.m.	2 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers, 7–9 p.m.	3	4 (Seattle) Skandia Basics. 7:30–9 p.m. (Bellingham) Nordic Dancers, 7–9:30 p.m. (Burnaby) Dance, 7:30–10 p.m.	5 (Seattle) Skandia Beyond Basics. 7:30–9 p.m.	6 (CVG, Lynnwood) Skandia 1st Friday dance; 7:30 (class); dance, 8:30–11 p.m.	7 (Bainbridge Island) Dance, 7–10 p.m.
8 (Port Angeles) Dance, 7–9 p.m.	9 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers, 7–9 p.m.	10	11 (Seattle) Skandia Basics. 7:30–9 p.m. (Bellingham) Nordic Dancers, 7–9:30 p.m. (Burnaby) Dance, 7:30–10 p.m.	12 (Seattle) Skandia Beyond Basics. 7:30–9 p.m.	13	14 (CVG, Lynnwood) Norwegian dance workshop, 10 a.m.–4:45 p.m.
15 (Port Angeles) Dance, 7–9 p.m.	16 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers, 7–9 p.m.	17	18 (Seattle) Skandia Basics. 7:30–9 p.m. (Bellingham) Nordic Dancers, 7–9:30 p.m. (Burnaby) Dance, 7:30–10 p.m.	19 (Seattle) Skandia Beyond Basics. 7:30–9 p.m.	20 (CVG, Lynnwood) Skandia 3rd Friday dance; 7:30 (class); dance, 8:30–11 p.m.	21
22 (Port Angeles) Dance, 7–9 p.m.	23 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers, 7–9 p.m.	24	25 (Seattle) Skandia Mixer Dance 7:30–9 p.m. (Bellingham) Nordic Dancers, 7–9:30 p.m. (Burnaby) Dance, 7:30–10 p.m.	26	27	28
29 (Port Angeles) Dance, 7–9 p.m.	30 (Poulsbo) Dance, Sons of Norway, 7 p.m. (Burlington) Nordic Dancers, 7–9 p.m.					

November 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@olympen.com.

Mondays (Burlington) Nordic Dancers of Skagit/Whatcom.

Scandinavian dancing. Burlington Lutheran Church, 134 E Victoria Ave, Burlington. 7–9 p.m. \$2 donation. All welcome; partners not required. Smooth-soled shoes recommended. Bob/Carol Olson & Jo Miller instructing. Contact: tayolson@earthlink.net or call (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) 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. All welcome; partners not required. Leather-soled shoes recommended. Bob & Carol Olson instructing. Contact: tayolson@earthlink.net or call (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 Drive. Check www.vcn.bc.ca/scandi for updates. Info: Wendy Cutler, (604) 685-7405 or wcutler@telus.net.

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(Bellingham) Nordic Dancers NW. First Sunday Scandinavian Dance, 2–5 p.m., Norway Hall, 1419 N Forest St, Bellingham. Fun & easy dances will be included. Live music by Takk for Dansen and Dansaspel. Beverages provided. Donation of finger

- foods welcomed. \$8 donation; Wergeland Lodge members and youth 18 & under free. Contact: tayolson@earthlink.net or (360) 734-2516.
- 11/1 (Seattle) Scandinavian Holiday Bazaar**, Swedish Cultural Center. 9 a.m.–5 p.m. Free parking.
- 10/4 (Seattle) Swedish Pancake Breakfast**, Swedish Cultural Center, 1920 Dexter Avenue N, 8 a.m. to 1:30 p.m. Cost: \$8.
- 11/7 (Bothell) Bazaar, bake sale, luncheon.** Bothell Sons of Norway, 23905 Bothell Everett Highway, 9 a.m.–3 p.m. Free admission, free parking.
- 11/7 (Vancouver, B.C.) Fall Workshop and Dance**, Scandinavian Community Centre. Seattle instructors Bev and Milt Anderson will teach slängpolska and springleik. Live music by local bands for the evening party. Info: www.vcn.bc.ca/scandi.
- 11/7 (Bainbridge) Bainbridge Dance and Swedish Dance Workshops**, Island Center Hall, 8395 Fletcher Bay Road, Bainbridge Island. Nordleik provides music for the dance. Swedish dance workshop on Hambo med Polska from Jarvsö and other dances, taught by Nobi Kurotori and Brooke Babcock at 4 p.m. Potluck at 6 p.m.; regular dance at 7 p.m. Workshop & evening dance, \$10; workshop only, \$5; evening dance only, \$7. Lower rates for teenagers. Info: Fred or Linda, (206) 780-8036. Event benefits further Bainbridge First Saturday dances. Donations happily accepted.
- 11/8 Swedish Dance Workshop.** Nobi Kurotori and Brooke Babcock teach a Swedish dance workshop from 1–5 p.m. that will include the Slängpolska från Torp. Bainbridge Ballet Studio, 9720 Coppertop Loop, off Sportsman's Club Road across from the Sakai Intermediate School. \$10 for adults. Adults attending both the Saturday workshop and evening dance and the Sunday afternoon workshop pay \$18. Limited billeting with local dancers is available.
- 11/14 (Poulsbo) Lutefisk dinner**, 12–5 p.m. \$20; prices for kids TBA. Poulsbo Lodge 2-044, Grieg Hall 18891 Front St. NE, Poulsbo. Info: (360) 779-5209.
- 11/16 (Seattle) Norwegian Male Chorus Lutefisk dinner** at Leif Erikson Hall, 2245 NW 57th Street, Seattle. 6 p.m., \$20. RSVP by calling (206) 783-1274.
- 11/21–22 (Seattle) Yulefest**, Nordic Heritage Museum, 3014 NW 67th St., 10 a.m.–5 p.m. Donation: \$3; \$1 for children under 12; children under 3, free.
- 11/27 (Seattle) Shake Down the Turkey dance.** 8–10:30 p.m., Swedish Cultural Center, 1920 Dexter North, Seattle. Folk Voice Band plays. Info: (206) 283-1090 or pat@folkdancing.com.

Future events

- 2/19-21 Vinterdansen**, a weekend of music and dance events with internationally renowned hardingfele player, Loretta Kelley and Telespringar teachers Beverly and Richard Smaby.
- 4/16–19 Springdans NW 2010.**

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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**, or mail (typed only) to **Kathy D. Bruni, Skandia Newsletter, 14805 NE 177th St., Woodinville, WA 98072-6223**. Items for the **December** issue must arrive by **10 November**. 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.

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SKANDIA FOLKDANCE SOCIETY

Membership registration and change form

Today's date: _____

Name: _____ Signature: _____

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

Number, Street, Unit: _____
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.