

Footnotes



Portland Country Dance Community • July-August 2017

Northwest Passage 2017

PCDC's Labor Day Dance & Music Camp

By Richard Scher

The Northwest traditional dance community has had a great 2017 so far: top notch area dance weekends, an exhilarating contra dance presence at the Northwest Folklife Festival, successful Megaband events and great local dances. So now we're ready to take it even higher—to the slopes of Mount Hood for Northwest Passage Dance and Music Camp 2017, Labor Day weekend, Sept. 1-4.

At this year's festivities we'll revel in the world-class music of **Maivish** (Jaige Trudel, Adam Broome and Matthew Olwell) and **The Free Raisins** (Audrey Knuth, Jeff Kaufman and Amy Englesberg) with the masterful dance calling of **Seth Tepfer** and **Lindsey Dono**.

With this year's program of contras and some squares (together often referred to as American dance), Northwest Passage 2017 continues our commitment to annually alternating English and American dance. There will also be a variety of high-quality workshops in instrumental music, singing and a few special surprises. Northwest Passage also features the famous cuisine of **Beth Gibans**, a spacious wood dance floor, the rustic but comfortable accommodations of the Kiwanis Camp, and the excellent sound management of **John Oorthuys**.

Flyers are in place at local dances and detailed information about camp and on-line registration is available at www.nwpassagedancecamp.org. Registration opened on May 15 and is first come first served. As always, partial grants are available for PCDC members at www.portlandcountrydance.org/pcdc-grants. You can also keep up with all the news about camp at www.facebook.com/groups/nwpassagedancecamp.

Here's a recap of our exceptional staff lineup:

Maivish explores the landscape of time-honored melodies and songs, making music with vibrant energy and delight. **The Free Raisins** is an energetic trio from Boston that fuses New England roots with a modern groove and a versatile mix of supremely danceable tunes.

Seth Tepfer is renowned for his infectious energy, wild and crazy squares, and his trade-mark bandana. **Lindsey Dono**'s engaging and creative dance calling is in high demand in her Pacific Northwest home base as well as across the United States.

The Northwest Passage Committee (Ric Goldman, Ethel Gullette, Rick Piel, Richard Scher, Sue Songer, Erik Weberg and Marsha White) has been hard at work to make Northwest Passage 2017 an exceptional experience, and we hope you'll join us and our talented musicians and callers for three idyllic days of great music, dance, natural beauty and community.

Portland Country Dance Community's First Annual Summer Picnic!!

Saturday, July 29th, 3-6 pm

at Fulton Park

Potluck picnic!

Jamming!

Callers workshop!

Bring your favorite summer picnic dish to share and/or something to cook up on the grill. Shade, BBQ's, paper plates, napkins, cups, utensils, coolers of ice and cold drinks will be provided by PCDC. (Sorry, no alcohol allowed!)

This is a 5th Saturday so the contra dance at Fulton this evening will be an open mike event for callers and musicians. If you're interested in calling a dance, please contact our lead caller Sue Baker at: heysue at gorge.net. If you would like to play with the open band, contact lead musician Gordy Euler at: euleromi at pacifier.com.

Questions? Suggestions? Want to volunteer? Contact Christine Appleberry at: crostini5 at mac.com, Jaydra Perfetti at: jaydralin at gmail.com or Sarah Espinet at: melissa.l.sarah at gmail.com.



Dancing to Make Connections. Neuronal Connections.

By Brian Woodward

"Whoa, Brian," you might be saying, "Why did you throw that giant word at us? We are just dancers, not scientists, at least not all of us."

Well gentle reader, to explain, many of us are not aware of the hidden benefits of dancing. We dance for fun and for exercise and to socialize but there is an extremely important hidden effect to our dancing.

It makes us smarter.

Now saying dancing makes us smarter is a little bit misleading. What I should say is that dancing is the number one way so far that has been discovered to slow down the onslaught of dementia. Many of us have been exposed to the nightmare of a loved one who has been affected by Alzheimer's disease and would not wish that upon anyone, especially family caregivers.

Well, take heart fellow dancers. If dementia is a possibility in your future, you are doing the exact thing you need to do to slow it down, perhaps even to ward it off. You may have heard about the <u>New England Journal of Medicine</u> report on the effects of recreational activities on mental acuity in aging. Here it is in a nutshell.

The study wanted to see if any physical or cognitive recreational activities influenced mental sharpness. One of the surprises of the study was that few physical activities appeared to offer much if any protection against dementia. There was one important exception: the only physical activity to offer protection against dementia was frequent dancing. The activities studied were:

Reading - 35% reduced risk of dementia

Bicycling and swimming - 0%

Doing crossword puzzles at least 4 days a week - 47%

Playing golf - 0%

Dancing frequently - 76%.

That was the greatest risk reduction of any activity studied, cognitive or physical!

Well lucky us! One strong possibility for why dancing produces this effect is that as your brain ages, random connections—neuronal connections—get broken or disappear, so you lose that memory. However, if you have established a lot of alternate paths in your brain, your brain can just select another neuronal connection to get where it needs to go without you even noticing the connection you lost! And dancing far and away provides the best method of forming these additional connections in your brain.

There is more, much more to the study, but for our purposes, it's simple.

Dance. Just dance. Any kind of dancing, just get out on the floor and have fun. Get your friends and loved ones out on the floor. Your parents. If you are parents, get out on the floor for your kids' sake. Frequency matters as well, since it is REGULAR dancing that delivers the neurological benefits.

PCDC offers English dance on Fridays and contra dance on Saturdays (check the PCDC website for details) so I'll see you on the dance floor, and we'll all get smarter and healthier together! :-)



Submitted by Will Simpson

Musicians and dancers are invited to participate in the 4th annual Rose Garden Flash Waltz taking place on Sunday, August 13th at 5:30 pm at the south end of Peninsula Park in North Portland. Play or dance on shaded grassy lanes surrounded by roses. Musicians please arrive 20 minutes early to set up and bring clips to rig your music for those rose-scented breezes. Since we are using the park without a permit, all music must be acoustic, no amps. And no alcohol, but join us afterwards (around 6:30 or so) at the nearby McMenamins Chapel Pub patio for food, drink and socializing.



If you would like to see the tune list for this event go to: www.randomwaltz.org/2017-flash-waltz. The tunes are in the books listed or click on the tune name and the sheet music will appear. If you would like to rehearse with the Waltz Jam group (the next session is on 7/31) email Marion at: marion.newlevant at gmail.com to be added to the mailing list. This event is free and all are welcome!

"According to...Einstein's relativity, it is impossible for microscopic black holes to be produced at the LHC. There are, however, some...theories that predict the production of such particles at the LHC. All these theories predict that these particles would disintegrate immediately... [Moreover] even hypothetical stable black holes can be shown to be harmless by studying the consequences of their production by cosmic rays...[and] one can still demonstrate their safety." – CERN, insisting that even if its Large Hadron Collider created stable black holes, they would surely not be depresented.



Registration starts July 1st www.danceablefeast.org

PCDC Board Meeting Minutes

Submitted by Mike Voss

May 30, 2017. Present: Christine Appleberry, Ric Goldman, Rich Goss, Noah Grunzweig, Jon Neff, Jaydra Perfetti, Mike Voss, Marsha White.

President: Grant approvals have been sent to Ed who will write the appropriate checks. It was suggested that officers write a job description for their office in an effort to ease future transitions.

Treasurer: Jaydra met with Ed Lohr, Rick Piel, Dave Macemon, and Christine and Kim Appleberry, all of whom deal with dance finances. Financial record keeping is migrating to QuickBooks Online. Each financial person will add their info and the treasurer can aggregate totals. The data will be backed up locally. The financial report will be available for publication in the Sept-Oct issue of *Footnotes*.

Jaydra provided a printout of all account info. It was suggested that a separate financial track be created for sound persons but it was agreed that this would not be especially helpful since the relevant data can be extracted if need be. It was also decided that it would not be practical at this time for PCDC to buy its own sound gear. There was a discussion as to whether Megaband finances should be tracked separately. The Megaband event has not been consistently tracked as have other event categories, so it is not clear that Megaband is actually making money. It was therefore decided to begin tracking Megaband financials.

There was a discussion regarding PCDC grants, specifically the concern that folks from out-of-state have joined just to get a grant, and although this is a rare occurrence, a long-term financial strategy is needed. Rich will update the Google spreadsheet for grants.

The ECD Committee's one-year prepay to The Renaissance School (which eliminated the need for board action) has zeroed out.

ECD Committee: The advanced series showed a \$42 loss for the year. Musicians and callers are now being paid by check. The committee is working on increasing attendance. A listing of the core repertoire for callers and musicians is being developed.

Ball Committee: Dave Macemon is the backup caller for the ball in the remote event that Mary Devlin cancels.

Contra Dance Committee: The committee is being reconfigured. The Smith Ballroom at PSU has been secured for Megaband 2019 and PCDC will have a standing reservation thereafter, barring rental of the entire building to a third party. It has been determined that the floor damage reported after the dance is not Megaband-related.

Raindance: 285 dancers attended the event which turned a profit of approximately \$6K. One person's shoes left black marks that took a long time to remove. Next year's talent will be: Notorious (Eden MacAdam-Somer, Larry Unger, Sam Bartlett, Ralph Gordon, Jeremiah McLane) and the Latter Day Lizards (Dave Langford, Kate Barnes, Bill Tomczak, Stuart Kenny). Callers will be Cis Hinkle and Ron Buchanan. The PB&J sandwiches went over well.

NW Passage: Registration has opened, and is all online; PayPal is working well. There are 30 registrants so far. There will be new signage for the camp road turn-off.

Membership: PCDC has 286 members as of today; membership tends to fluctuate.

Other business: Tyler Robinson has asked to borrow the button machine for the last Danceable Feast. Approved.

The PCDC Annual Meeting will be held on June 24th during the break at the Fulton contra dance. Some possibilities for new board members were discussed.

Old Business: Hall options project: nothing new. Summer picnic: Fulton can be rented out on July 29th, a 5th Saturday, from 2-6 pm w/kitchen. The building and grounds have separate managers and permits. There would be an expense of at least \$500 up front to rent out the grounds. Or, we could just rent the building, not the grounds and set up out front, publicizing the event as "Picnic with Jam and Callers Workshop."

New Business: Discussion of holding a planning meeting in the fall, after NW Passage. Tentatively Sept. 30th at the Kennedy school.

A possible affiliation with local Morris Dance teams was discussed, similar to Bay Area CDS and CDSS. It would be beneficial for the teams and for PCDC. The idea met with general approval. Ric will discuss further with local Morris teams.

Next PCDC Board meetings: 7/11, 8/15, 9/26, 11/7,12/19.

Trout Lake String & Dance Camp

Submitted by Linda Robertson

This August 25th & 26th, a Friday and Saturday, we will be holding the 2nd annual Trout Lake String & Dance Camp in scenic Trout Lake Valley, WA. It's a low cost, family-oriented, beginner-friendly camp with free camping on the grassy front lawn of the 100+year-old Pearson family farm. Betsy Branch, Leela Grace and others will be teaching string music, percussive dance and harmony singing. We'll be meeting inside and outside of the adjacent church and also at the Grange (with a wood floor), a 5-minute walk up the road. There's a creek to play in, family dances, games and parachute games planned as well. For more information and to register, go to: www.troutlakewashington.com or call Linda at 509-395-2668. Hope you can come!

First Monday Waltz

New Location: 3300 SE Woodward St

8:00-8:30 ► Lesson

8:30-10:30 ► Dancing (Waltz, Foxtrot, Latin, Blues,

Swing, Nightclub and more.)

Dance to recorded music on a spacious wood dance floor! Hosted by Eric Singer

Ceili (Irish Dance) Class

Learn how to dance a jig!

Tuesdays, 7:30-9:30 pm at \$t. Therese, 1260 NE 132nd Ave
Thursdays, 7-9 pm at Winona Grange in Tualatin
Adults & teen welcome, recorded music, cost: \$5
Info at: www.OregonIrishSociety.org



Calendar • July-August 2017



Note: Unless otherwise noted all contra dances begin at 7:30 pm with a 30 minute teaching session, and end at 11. All English country dances begin at 7:30 pm and end at 10:30. All dances feature live music.

July

Date	Dance	Caller	Music
1st Sat.	First Saturday Contra Dance at FCC	No contra	a dance at Fulton
7th Fri.	PCDC English Country Dance at BWT	Mary Devlin	Lisa Scott, Leslie Hirsch, Laura Kuhlman
8th Sat.	PCDC Contra Dance at FCC	Lindsey Dono	Jon Neff, Victor Fiore, Lanny Martin
14th Fri.	PCDC English Country Dance at BWT	Cynthia Stenger	Richard Scher, Lori Shaffer, Sean Nolan
14th Fri.	Contra in the 'Couve at HDG	Chuck Abell	Cascade Crossing Trio
15th Sat.	Third Saturday Contra Dance at FCC	Noah Grunzweig	Jigsaw
21st Fri.	PCDC English Country Dance at BWT	Laura Hatch	Sue Songer, Julie Schmidt, Jon Neff
22nd Sat.	PCDC Contra Dance at FCC	Chuck Abell	Cascade Crossing
28th Fri.	PCDC English Country Dance at FCC	David Macemon	Carl Thor, Lori Shaffer, Laura Kuhlman, Alan Rutherford
29th Sat.	1st Annual PCDC Potluck Picnic at Fulton Park, 3-6 pm: jamming, callers workshop, open band warm-up		
29th Sat.	PCDC 5th Sat. Open Mike Contra at FCC	Sue Baker et al.	Open band w/ Lanny Martin & Gordy Euler

August

Date	Dance	Caller	Music
4th Fri.	PCDC English Country Dance at BWT	Erik Weberg	Lisa Scott, Leslie Hirsch, Beverly Stafford
5th Sat.	First Saturday Contra at FCC	No contra d	lance at Fulton
11th Fri.	PCDC English Country Dance at BWT	David Macemon	Damsel (Sue Songer, Lori Shaffer Sarah Goss)
11th Fri.	Contra in the 'Couve at HDG	Gordy Euler	The Waxwings
12th Sat.	PCDC Contra Dance at FCC	Eric Curl	Tunestruck (Lori, Gordy, Sue Songer)
18th Fri.	PCDC English Country Dance at BWT	James Hutson	Carl Thor, Jon Neff, TBA
19th Sat.	Third Saturday Contra Dance at FCC	James Hutson	The BFD (Betsy B, Fran Slefer, Dan Compton)
25th Fri.	PCDC English Country Dance at BWT	Ric Goldman	Lisa Scott, Erik Weberg
26th Sat.	PCDC Contra Dance at FCC	Noah Grunzweig	Larry Unger, Audrey Kruth

Upcoming Out-of-Town Events

July 7-9 Oregon Country Fair in Veneta, OR: festival of entertainment, crafts and food. Two sessions of contra with The Nettles and Noah Grunzweig. Cost: \$70 for 3 days.

July 17-20 <u>West Cascades Fiddle Camp</u> in Oakridge, OR: classes & workshops for fiddle, bass, guitar, mandolin; suitable for all ages. Dry camping at the school or stay at a nearby motel. Cost: \$120

Aug. 11-13 <u>Balance the Bay</u> in San Francisco, CA: urban contra dance weekend with Great Bear, Maivish, Luke Donforth, Sarah VanNorstrand, Cost: \$140

Aug. 13-20 <u>Centralia Campout</u> in Washington: spontaneous and unstructured week of jamming and hanging out. Showers, drinking water, ice and taco truck (!) on site; no generators. Cost: \$20/day for camping.

Aug. 25-26 <u>Trout Lake String & Dance Camp</u> in Washington: family-friendly, beginner-friendly camp with classes in string music, clogging and harmony singing. Cost: \$40, free camping on the farm. (See article on page five.)

Sept. 8-10 <u>Simcoe Mountain Music & Dance Weekend</u> in Goldendale, WA: participant-organized workshops, jams, dances, etc. Great food, family-friendly, hot showers, cabins. Cost: \$85-95

Oct. 27-29 <u>Final Fall Fool Fiesta</u> in Seattle, WA: All-contra urban dance weekend with Hotpoint, Nova, Lindsey Dono, Jeremy Korr. Not suitable for beginners. Cost: \$150

Venues

BWT Burlingame Water Tower Dance Hall, 8936 SW 17th Ave, Portland • No street shoes permitted on the dance floor.

FCC Fulton Community Center, 68 SW Miles St. (off Barbur Blvd.), Portland • Dance shoes recommended.

HDG Hazel Dell Grange, 7509 NE Hazel Dell Ave, Vancouver, WA

NH Norse Hall, 111 NE 11th Ave, Portland

OFH Odd Fellows Hall, 267 East Main St., Hillsboro, OR

PH Polish Hall, 3832 N. Interstate Ave, Portland

RS A Renaissance School, 0234 SW Bancroft St. (off SW Corbett Ave), Portland • No street shoes permitted inside the building

TLC Trinity Lutheran Church, 2194 SE Minter Bridge Rd., Hillsboro, OR

VB Village Ballroom, 700 NE Dekum St., Portland

WHC Waverly Heights Congregational Church, 3300 SE Woodward St., Portland

Regular Portland Dances

Unless otherwise stated, all dances are open to everyone—experienced or not,

with or without a partner—and feature live music. All dances are taught. PCDC encourages sit-in musicians (unmiked) at regular PCDC dances at the discretion of the hired band and caller. Please do not wear scented products to a dance.

Regular PCDC dances cost \$9 for non-members, \$7 for members and \$6 for seniors & students.

PCDC Friday English

Country Dance. This traditional form of dance has been around since the 1600's and it is still thriving! The tunes are hauntingly beautiful and the dances are graceful, elegant, and best of all, fun and easy to learn! Tea and cookies at the break. BWT, 7:30-10:30 pm.

First Saturday Contra Dance. The *UnLeashed!* and *Stage Crew* bands alternate months at FCC, 8-11 pm with a beginners' lesson at 7:30. Cost: \$8/\$6 students; \$1 off coupon for a future First Saturday dance if you arrive prior to 7:30.

PCDC Second Saturday Family Dance. Fun dancing for kids and families, October-April at FCC, 4:30-6:30 pm. Cost: \$6/adults; \$5/kids; \$20/family max. For more information contact wadew at ocp dot org.

PCDC Second Saturday Contra Dance. The longest continuously running contra dance in the state. FCC, 8-11 pm, beginners' lesson at 7:30. \$1 off if you arrive before 7:30.

Third Saturday Contra Dance. The bands *Jigsaw* and *The BFD* alternate months. FCC, 8-11 pm; lesson at 7:30. \$8/\$6 students.

PCDC Fourth Saturday Contra Dance. FCC, 8-11 pm, beginners' lesson at 7:30. \$1 off before 7:30.

PCDC Fifth Saturday Contra Dance. An open-mike session for callers and musicians. FCC, 8-11 pm, lesson at 7:30 pm. \$1 off before 7:30.

PCDC Second Sunday Advanced ECD. More challenging dances, with focus on style & technique for experienced dancers. Sept-June at RS, 3-5 pm. Cost: \$10.

Joyride First Wednesday Contra Dance is organized by the band *Joyride* with guest callers. Sept.-June at PH, 7:30-10 pm. \$7/\$6 students w/ ID.

Portland Waltz Eclectic. Waltzing and other partner dances to recorded music, Thursdays at FCC, 7:30-10:30 pm. Cost: \$8. Also: "Waltz Brunch," 3rd Sundays at NH. Lesson 10:30-11:30 am, open dancing until 2:30 pm. Cost: \$12, \$14 with lesson.

Monday Waltz at Waverly Heights: waltz and other couples' dancing to recorded music, 8:30-10:30 pm, lesson at 8. Cost: \$8. Info: eric at smoothwaltz dot com.

Portland Céilí Third Friday Dance. Traditional Irish dancing w/ live music Oct.-May at St. Barnabas, 8-11 pm, lesson at 7:45. Cost: \$12/\$8 students & members.

Every Sunday Square Dance Sept.-March, 7-9 pm at the VB. Not your grandparents' square dance! Jam precedes dance at 6:15. Cost: \$7.

www.PortlandCountryDance.org





Portland Country
Dance Community

Norske Runddansere Scandinavian folk dancing (including the Hambo) every Monday at Nordia House, 7-10 pm, lesson 7:30-8:30. All welcome. Cost: \$5.

Out of Town Dances

Ashland 3rd Saturday Contra Dance: Sept.-May at The Grove in Ashland. Info at: www.socontra.org

Bend 2nd Saturday Contra Dance: October-April at Boys &
Girls Club of Central Oregon. Info
at: www.bendcontradance.org

Coos Bay 1st & 5th Sat. Contra: Oct-June at Bay Area Senior Center, 7 pm. Info at: www.southcoastfolk society.com

Corvallis 1st & 3rd Saturday Contra Dance: Sept.-June at Gatton Hall, 8-11 pm, lesson at 7:30. Info at: www.corvallisfolklore.org

Eugene 2nd & 4th Saturday Contra Dance: Sept.-June at Dunn School, 7:30-10:30 pm, lesson at 7. Info at: www.eugenefolklore.org

Hood River 2nd Saturday Dance: Oct.-June at Rockford Grange, 7 pm; family friendly. For more info: www.community.gorge.net

Olympia 1st, 2nd, 4th Saturday Contra: 7:30-10:30 pm, at the South Bay Grange in Lacey, WA. Info at: www.olympiadance.org

Seattle: English country, contra and other folk dancing. Info at: www.seattledance.org

Tacoma 3rd Saturday Contra: 8-11 pm, at Wells Hall. Info at: www.tacomacontradance.org

Portland Country Dance Community

P.O. Box 2189 Portland, OR 97208-2189

RETURN SERVICE REQUESTED

PLEASE let us know immediately if your address changes. We get charged 59¢ for each newsletter that is returned. And worse yet, you won't get your newsletter. Please provide your old and new address to: Jon@JonNeff.net, or call 503-893-2102.

This newsletter, *Footnotes*, is published every other month. If you have a dance announcement for the newsletter, please contact the newsletter editor, or send it to: PCDC, PO Box 2189, Portland, 97208-2189. Give a concise description of your event, including featured band and caller, date, time, place, cost, and website for further info. The information provided herein is as accurate as we can make it, but late changes and/or cancellations may not be reflected. We encourage the submission of letters and articles that might be of interest to the community. All such letters and articles become the property of *Footnotes* upon publication and may be edited. The **DEADLINE** for submissions for the next issue is the 10th of the previous month.

Portland Country Dance Community is a consortium of dancers, musicians and callers promoting country dance and music traditions through regular dances, workshops and other events. Everyone is welcome. Our interests include American, English,

Celtic, Scandinavian, and related traditions, expressed through live performance and participation. With this newsletter we hope to exchange information and share concerns about traditional music and dance.

Footnotes is distributed to members of PCDC and to other folk organizations. Membership is \$15 per year for individuals, \$12 for students and seniors (65+), \$25 for households, and \$20 for senior households. Membership provides a \$2 discount at all regular PCDC dances, and a subscription to the newsletter. Donations in excess of membership fees are tax deductible. Correspondence may be sent to PCDC, PO Box 2189, Portland, OR 97208-2189. PCDC is an educational non-profit corporation and an affiliate of the Country Dance and Song Society (CDSS), a national organization whose address is 132 Main St., PO Box 338, Haydenville, MA 01039-0338.

The PCDC Board is an elected body of volunteers from the community. Board meetings are held approximately every six weeks. Community members are welcome to attend. Help, ideas and feedback from the community, in whatever form, is necessary to make PCDC events happen. Your contributions of time and support are appreciated. Contact any board member for further information.

Current PCDC Board members:

Christine Appleberry (Raindance Rep) ceappleberry at yahoo

Ric Goldman (English Committee Rep) letsdance at rgoldman dot org

Rich Goss (Chair, Family Dance Rep) rich at richgoss dot com

Noah Grunzweig (Contra Committee Rep) grunzwei at gmail

Jon Neff (Outreach, Membership & Website) jon at jonneff dot net

Jaydra Perfetti (Treasurer)

jaydralin at gmail Mike Voss (Secretary)

williams5key at mac dot com

Marsha White (Northwest Passage Rep) marshapdx at gmail

Other major PCDC volunteers:

Contra dance booking: Gordy Euler euleromi at pacifier dot com

Contra Committee Chair: William Watson williamcallscontras at gmail

English Committee Chair: Susan Gere susangere at gmail

English music booking: Laura Kuhlman shawm1550 at gmail

English caller booking: Erik Weberg erik at erikweberg dot com

Family dances: Position open

Footnotes editor: Laurel Thomas laureland3 at yahoo

NWP Committee Chair: Ethel Gullette effieg47 at gmail

Raindance Committee Chair: Kim Appleberry pdxapple at comcast dot net