



Footnotes

Portland Country Dance Community • September/October 2001
PCDC Dance Hotline 503-972-0619 • www.kluberg.com/folknews.html

Proactive Guidelines to Prevent Injury

An accident at a recent Portland contradance, which sent one dancer to the hospital, has sparked considerable discussion about safety among Portland's dance organizers and callers. Many of us who have danced for a while know someone who no longer dances because it hurts, and so the recent incident becomes the visible tip of a larger problem. This article presents some thoughts on what might best be called "dance etiquette," with the intent that contra dancing be safe and enjoyable for everyone.

1. When someone grabs you too hard, swings you too fast, yanks on your arm, or does something else that you feel is risky to you, **TELL THEM TO STOP!** Only you know what your comfort level is.

2. It's OK to tell someone you'd rather not dance with them. You don't have to fib and say you want to sit out. Just say, "No, thank you."

3. When someone starts to hurt you and won't let go, extricate your hand. It might take both hands to do this. Make sure they know that what they are doing is hurting you. Remember that keeping the dance in time or following the call is not worth being hurt.

4. Men, when you are swinging, make sure you know where you are at all times. While it is best (and most fun) to gaze in your partner's eyes, a few glances to monitor where you are is always a good idea.

5. Don't swing fast unless you are **SURE** your partner is up for it. All kinds of injuries are caused by swinging too fast. Remember that the weight imbalance between men and women can cause a swing to move off-center if you are

not attentive.

6. When swinging, bend your pointy-hand elbows and bring your hands in next to your body, or place both hands around your partner basket-style. That way, neighboring couples won't get socked by your hands as they go speeding past.

7. Appropriate arm weight is balanced and firm. It does not include grabbing and hauling on your partner or neighbor. If someone drops your hand or says to stop, **STOP** doing whatever you are doing.

8. Flailing or otherwise flopping around while holding onto someone's hand can be injurious to them (and is not a widely appreciated contra styling).

9. Women, if you don't want to twirl in a courtesy turn, hold your arm down. Men, if a woman doesn't want to twirl and lowers her arm, don't pull up on it. The reason she has lowered her arm is that she is not comfortable with twirling for one reason or another, so don't force her into it. This is especially true for partners and neighbors when you do not know their dancing ability.

10. Don't bend back your partner's or neighbor's wrist. The hand should stay in line with the arm, wrist straight. If you need to, you can brace your other arm on your elbow, join forearms instead of hands, or use no contact at all.

These guidelines are not meant to remove individuality, stifle creativity, or keep people from having fun—the idea is to empower all dancers to keep themselves safe, and all dancers to be sensitive to those that need special care. We hope that these ideas will make everyone feel welcome in our dance community, and encourage them to come back.

Shedding Light on English Dance

By Cynthia Stenger

The term "English Country" encompasses a wide variety of dance formations, styles, and music. Traditional dances tend to be energetic, and often include rant or polka steps, swings, and promenades, while "Playford" style dances—named for the earliest known publisher of dance collections in England, in 1651—are more elegant and smooth.

One of the most common formations is the "longway duple-minor," where dancers line up just like in a proper contra dance: two long lines face each other, you stand across from your partner, and take "hands four," to form subgroups of two couples. There are also longway triple minors, where you take hands six, so the subgroup is three couples. Sicilian circles are like an improper contra line, that has been bent to form one big circle of couple facing couple around the room. Set dances may be in a longway, square or

circular formation and vary from two to five couples.

The basic figures of English country dance are straightforward; in fact many of the figures are found in modern day contra and square dance, such as the back to back (do-si-do), hands across (star), heys (Reel for three or four) and gypsy. The unique combination of figures in each dance can range from easy to challenging. Although historically many of the dances may have incorporated fancy footwork, today we mostly use a lilted dance walk. Some of the livelier dances may be done with a skipping or slipping step.

The music associated with English country dancing is also rich, melodic and varied: tunes used range from popular folk-songs, broadsides and ballads of the day, to pieces by Purcell and Grainger. Dance tunes include jigs, reels, waltzes, slip jigs,

(Continued on page 3)

Dance Locations

BC	Benton Center, 630 NW 7th, Corvallis
BWT	Burlingame Water Tower Dance Hall, SW 17th and Marigold (between Spring Garden and Taylor's Ferry Roads)— <i>no street shoes permitted on the dance floor</i>
FCC	Fulton Community Center, 68 SW Miles (off Barbur, traffic light just east of Terwilliger)
GP	Guthrie Park, 3 miles south of Dallas
KMS	Kelly Middle School, North Park & Howard, Eugene
KOC	Knights of Columbus Hall, 725 Shipping NE, Salem
LDC	Living Dance Center, 3536 SE 26th Avenue
MAC	Multnomah Art Center, 7688 SW Capitol Hwy. (at 31st)
MFMH	Multnomah Friends Meeting House, 4312 SE Stark
MG	Mountainview Grange, White Salmon. Call 509-386-6461 for address
NG	Netel Grange, Lewis & Clark Road, 3.9 miles south of Miles Crossing at "Logan Road Chapel" sign. Call 503-325-7279 if lost.
PPAA	Portland Police Athletic Association, 618 SE Alder
RG	Rockford Grange, 4250 Barrett Drive, Hood River
SAC	Saint Andrew's Church, SW Dosch Road at Sunset Boulevard (near Beaverton-Hillsdale Hwy)
SBEC	Saint Barnabus Episcopal Church, 2201 SW Vermont (about 3 blocks west of Bertha)
SCB	Sunlight Community Center, 6404 SW Barnes Road, Portland

Regular Portland Dances

Unless stated, all dances are open to everyone—experienced or not, with or without partners—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.

- **PCDC First Friday Contra Dance.** September will be the last dance in this series.

- **First Friday English Country Dance, Dessert Potluck and Open Band.** Open mike for callers, and open band for those who would like to play. 7:30 p.m. at BWT. \$7/\$6 PCDC members.

- **First Saturday Cats & Dogs Contra Dance.** UnLeashed! and various Cat bands alternate months with guest callers. FCC, 8 p.m., beginners' workshop 7:30 p.m. \$7.

- **Second and Fourth Friday English Country Dances.** BWT, Beginners' workshop at 7:30 p.m. \$7/\$6 PCDC members. (No street shoes allowed at BWT.)

- **PCDC Second Saturday Contra Dance.** The longest continuously running contra dance in the state. FCC, 8 p.m., beginners' work-

shop 7:30 p.m. \$7/\$6 seniors and PCDC members.

- **PCDC Second Saturday Family Dance.** The family dance is a dance for all ages. It's a great way for families to have fun together with a potluck following the dance. MAC, 5 p.m., potluck 7 p.m. Call 503-281-2888 or e-mail judith@mediate.com for information. Dance runs October to April. Off in the summer.

- **PCDC Third Friday English Country Dance.** English Country dance is a source of modern square and contra dance style. BWT, 8 p.m., beginners' workshop 7:30 p.m. \$7/\$6 seniors and PCDC members.

- **Third Saturday Contra dance** is organized by Jigsaw. FCC, 8 p.m., beginners' workshop 7:30 p.m. \$7.

- **Fourth Saturday Contra dance** is organized and called by Mary Devlin. FCC, 8 p.m., beginners' workshop 7:30 p.m. \$7/\$6 CDSS members.

- **PCDC Fifth Saturday Contra dance** is an open mike session for callers and musicians. FCC, 8 p.m., beginners' workshop 7:30 p.m. \$7/\$6 seniors and PCDC members.

Out of Town Dances

- **Fourth Friday Scandinavian Dance,** KOC, Salem. 8 p.m. Call 503-364-6713 to confirm.

- **First and Third Saturday Dances,** BC, Corvallis. 8 p.m. Call 541-754-1839.

- **Second and Fourth Saturday Dance,** KMS, Eugene, 8 p.m. Beginners' instruction at 7:30 p.m. For info or places to stay, call Ellen at 541-686-2053.

- **Fourth Saturday Swing 'n Contra Dance,** GP, Salem. 8 p.m.

- **Astoria Old-Time Country Dance,** NG, Astoria. Call 503-325-1082.

- **Hood River Saturday Dances,** RG, 8 p.m. Call 541-386-6461.

- **White Salmon Saturday Dances,** MG, 8 p.m. Call 509-386-6461.

- **Bend Community Contra dance,** 3rd Saturday at Kenwood Gym, dance "parties" for summer, 2nd Saturday in the fall. Call 541-317-1458, or e-mail kanestdt@bendnet.com.

CALENDAR • SEPTEMBER/OCTOBER 2001

PCDC Hotline 503-972-0619 • www.kluberg.com/folknews.html

September

- 1st (Sa) First Saturday Cats & Dogs Contra Dance. Canceled for Suttle Lake.
- 1st (Sa) Corvallis First Saturday Dance.
- 5th (We) First Wednesday Beginner Music Teaching Session. Call Charlie at 503-231-0205 for details.
- 7th (Fr) First Friday Contra Dance. 7:30 p.m. at MAC. Caller: Mary Devlin. Music: Liz Donaldson and George Penk.
- 8th (Sa) PCDC Second Saturday Contra Dance. 8 p.m. at FCC. Caller: Erik Weberg. Music: Sue Songer, Clyde Curley and George Penk.
- 8th (Sa) Hood River Second Saturday Dance.
- 8th (Sa) Eugene Second Saturday Dance.
- 8th (Sa) Salem Second Saturday Dance.
- 14th (Fr) Second Friday English Country Dance. 7:30 p.m. at BWT (dance begins with a teaching session). Caller: Nan Evans. Music: Paula Hamlin and friends. Bring dance shoes for this hall.
- 15th (Sa) Third Saturday Contra Dance. 8 p.m. at FCC. Caller: Maureen Collier. Music: Erin Shrader, Dan Compton, Rob Barrick and Fran Slefer.
- 15th (Sa) Corvallis Third Saturday Dance.
- 18th (Tu) Third Tuesday Portland Folk Song and Old-time Music Jam, 7:30-9:30 p.m. Call 503-452-9961 for directions/information.
- 21st (Fr) Portland Ceili Society Dance.
- 21st (Fr) PCDC English Country Dance. 7:30 p.m. at BWT (dance begins with a teaching session). Caller: David Macemon. Music: Molly Porterfield, Denis Wilkinson and Ellen Hansen. *Bring dance shoes for this hall.*
- 22nd (Sa) Fourth Saturday Contra Dance. 8 p.m. at FCC. Caller: Mary Devlin. Music: Three Wheelin' (Kathleen Towers, Jeff Kerssen-Griep and Sue Songer).
- 22nd (Sa) Eugene Fourth Saturday Dance.

- 22th (Sa) Salem Fourth Saturday Swing 'n Contra Dance.
- 28th (Fr) Fourth Friday English Country Dance. 7:30 p.m. at BWT (dance begins with a teaching session). Caller: Cynthia Stenger. Music: Dave Goldman, Beverly Stafford and Ellen Hansen. *Bring dance shoes for this hall.*
- 28th (Fr) Scandia of Salem Dance, 8 p.m., KOC. Call 503-364-6713 for more information.
- 29th (Sa) PCDC Fifth Saturday Open Mike Dance. Lead caller: Merilee Karr. Lead musicians: Ellen Hansen and Dave Goldman.

October

- 3rd (We) First Wednesday Beginner Music Teaching Session. Call Charlie at 503-231-0205 for details.
- 5th (Fr) First Friday English Country Dance, dessert potluck and open band. 7:30 p.m. at BWT (dance begins with a teaching session). *Bring dance shoes for this hall.*
- 6th (Sa) First Saturday Cats & Dogs Contra Dance. 8 p.m. at FCC. Caller: Marlin Prowell. Feline Groovy.
- 6th (Sa) Astoria First Saturday Dance.
- 6th (Sa) Corvallis First Saturday Dance.
- 12th (Fr) Second Friday English Country Dance. 7:30 p.m. at BWT (dance begins with a teaching session). Caller: Mary Devlin. Music: Dave Goldman and friends. *Bring dance shoes for this hall.*
- 13th (Sa) PCDC Second Saturday Contra Dance. 8 p.m. at FCC. Caller: Nan Evans. Music: Full Moon.
- 13th (Sa) Salem Second Saturday Dance.
- 13th (Sa) Eugene Second Saturday Dance.
- 13th (Sa) Hood River Second Saturday Dance.
- 16th (Tu) Third Tuesday Portland Folk Song and Old-time Music Jam, 7:30-9:30 p.m. Call 503-452-9961 for directions/information.
- 19th (Fr) Portland Ceili Society Dance.
- 19th (Fr) PCDC English Country Dance. 7:30 p.m. at BWT (dance begins with a teaching session).

Caller: Molly Libby. Music: Molly Porterfield, Beverly Stafford and friends. *Bring dance shoes for this hall.*

- 20th (Sa) Third Saturday Contra Dance. 8 p.m. at FCC. Caller: TBA. Music: George Penk, Mick Doherty and Heather Pinney.
- 20th (Sa) Corvallis Third Saturday Dance.
- 26th (Fr) Fourth Friday English Country Dance. 8 p.m. at BWT (dance begins with a teaching session). Caller: Nan Evans. Music: David Kaynor, Fred Nussbaum and Dave Goldman. *Bring dance shoes for this hall.*
- 26th (Fr) Scandia of Salem Dance, 8 p.m., KOC. Call 503 364-6713 for more information.
- 27th (Sa) Fourth Saturday Contra Dance. 8 p.m. at FCC. Caller: TBA. Music: TBA.
- 27th (Sa) Salem Fourth Saturday Swing 'n Contra Dance.
- 27th (Sa) Eugene Fourth Saturday Dance.

November

- 2nd (Fr) First Friday English Country Dance, dessert potluck and open band. 7:30 p.m. at BWT (dance begins with a teaching session). *Bring dance shoes for this hall.*
- 3rd (Sa) First Saturday Cats & Dogs Contra Caller: David Kaynor. Music: UnLeashed!
- 9th (Fr) Pre-Ball Dance. 8 p.m. at SAC.
- 10th (Sa) PCDC Second Saturday Contra Dance. 8 p.m. at FCC. Caller: TBA. Music: TBA.
- 10th (Sa) Portland English Country Ball. 8 p.m. at Trinity Episcopal Cathedral. Caller: Nan Evans. Music: KGB and Fred Nussbaum. Pre-registration required. Contact Paula Hamlin at 503-691-1758, or phamlin@easys-treet.com.
- 17th (Sa) Third Saturday Contra Dance. 8 p.m. at FCC. Caller: Marian Rose. Music: Clyde Curley, Dave Marshall and Dan Compton.
- 19th (Mon) Special Dance. Wild Asparagus, with George Marshall. Time and location TBA.

(Continued from cover)

and other triple meters.

One of the most enchanting aspects of English country dance is the relationship between the music and the dance. Each dance has its own special tune, and the figures of the dance are precisely fit to the phrases of the music.

English Country Dancing is a living tradition. Modern choreographers are constantly adding new gems to the repertoire. Some also compose original tunes, while others find inspiration from folk tunes or classical composers like Corelli, Mozart and Handel.

Where Can I Learn English Country Dance?

This fall there is an exciting new opportunity to learn and enjoy English country dancing. Beginning September 14, an English Country Dance will be held every Friday (with the exception of fifth Fridays) at the Burlingame Water Tower, SW 17th and Marigold, Portland (between Taylors Ferry Road and Spring Garden).

Please see the calendar in this newsletter for the schedule of callers and musicians. All are welcome; you do not need to bring a partner. New dancers are encouraged to come to the workshop each week at 7:30 p.m. The dance will run from 8 p.m. to 10:30 p.m. Clean shoes are required for this wonderful wooden floor.

Each dance will feature live music. The first Friday of the month will be an open band/open mike session to encourage new musicians and callers to participate. Call Cynthia Stenger at 503-722-4555 or e-mail her at stengermacemon@home.com for more information.

More information about English Country Dance is available at <http://seattledance.org/english/west.coast/>

Portland English Country Ball

The 2001 Portland English Country Ball will be Saturday, November 10, at Trinity Episcopal Cathedral in Northwest Portland. Dances will be led by Nan Evans, with music provided by KGB w/CIA (Cello In Action). KGB is Julie King, Claude Ginsburg and Dave Bartley from Seattle; CIA is Fred Nussbaum, from Portland. All are welcome. Dances can be learned at the Friday night English Dance Series and there will be a review dance the afternoon of the ball. Preregistration is required: Contact Paula Hamlin at 503-691-1758.

First Friday Dances Canceled

After Friday, September 7, there will no longer be a PCDC First Friday Dance. This dance, begun in the early '80s, is the second-longest-running contra dance in Portland. Unfortunately, as more dances were added on Saturday nights, attendance began dropping off on Friday.

During the last two years, we have tried to increase our audience via swing, waltz, zydeco, Scandinavian, Irish, and English combination dances. We also joined with the Corvallis Folklore Society to create mini-tours for great out-of-town contra bands and callers, performing in Portland on Friday and Corvallis on Saturday.

Despite these efforts, attendance has continued to drop off to the point that we have lost large amounts of money each time we had a dance.

The survey from at the Dusk to Dawn dance reinforced the board's belief that this dance was doomed, as most people indicated they were simply too tired to contra dance on Friday nights. Therefore, we have decided that our time, energy and money are better spent on making the Saturday contra dances

The Prez Says:

You should notice a few changes in the newsletter this issue. We will be including a regular dance styling column written by local callers. This will include tips on the finer points of contra dance, as well as any hot topics of interest. We would welcome feedback and suggestions from you on issues that you would like to see covered.

Speaking of issues, the July 21 accident at the third Saturday dance has spurred interest in addressing safety issues on the dance floor. This has become a big deal in recent months, so check out this issue's lead story, and stay tuned for future pointers on staying safe on the dance floor. Callers will also be emphasizing this aspect of the dance in their teaching.

Thought for the day:

"I know great earth changes have been predicted for the future, so if you're looking to avoid earthquakes, my advice is simple. When you find a fault, just don't dwell on it." (From *Guidelines for Enlightenment*, by Swami Beyondananda)

Betty Woerner

Friday English dances and special events better.

New Board Members

Please welcome new board members John Coon and Mary Olsen, who will share the job of secretary, Kaye Blesener, who will manage publicity, and Ken Yates, who will help with writing the newsletter.

Wild Asparagus Coming November 19!

Reserve a date on your calendar for a special dance by Wild Asparagus on Monday, November 19. Location will be announced later.

Liz Donaldson to Teach a BandAid Workshop

Pianist and accordion player Liz Donaldson is extending her stay in the Pacific Northwest after Suttle Lake. As well as playing for the September 7 contra dance in Portland, she will be teaching a BandAid workshop for musicians on Tuesday, September 4. For details, call Sue Songer, 503-293-1446.

Danceable Feast Dance Camp

Wild Asparagus, with George Marshall calling, will team with George Penk and Creighton Lindsay, and Ed Hall calling, at Sky Camp November 16 to 18.

Sky Camp is located 45 minutes from Eugene. The fee is \$138 for those 10 and older, \$85 for kids 2 to 10 if your registration is postmarked between September 10 and September 24.

Register by sending your name(s), address, phone number, e-mail (optional), number of people attending and check for registration fee(s) made out to Danceable Feast, to: Donna Birkey, 1290 W. Broadway, Eugene, OR 97402.

The camp will be gender balanced, so please indicate your gender and if attending as a single dancer or a couple when sending in your registration.

Applications will not be accepted if postmarked before September 10.

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Portland Country Dance Community

PLEASE let us know immediately if your address changes. We are charged 34¢ for each newsletter that is returned. And worse yet, you won't get your newsletter. Provide your old and new address. Contact Sue Songer, PO Box 14636, Portland, OR 97293, 503-293-1446, songer@pacifier.com.

This newsletter, Footnotes, is published every other month. If you have a dance announcement for the newsletter, please contact the newsletter committee, or send it to PCDC, PO Box 14636, Portland, 97293. Give a concise description of your event, including featured band and callers, date, time, place, cost, and phone number for further information. The information provided here is as accurate as we can make it, but changes or cancellations may not be reflected in this calendar. We encourage submission of letters and articles of interest to the community. Letters and articles become the property of Footnotes on publication and may be edited. The DEADLINE for the November/December calendar is October 1.

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. We publish the newsletter every other month and distribute it to members of PCDC and other folk organizations in the Pacific Northwest. Individual membership is \$15 a year (\$12 for seniors), and \$25 a year for families, which provides a \$1 discount at our regular dances and subscription to the newsletter. Donations in excess of membership fees are tax deductible. Correspondence may be sent to PCDC, PO Box 14636, Portland, OR 97293. We are an educational, nonprofit corporation and also a center of the Country Dance and Song Society, a national organization, whose address is 132 Main St./PO Box 338, Haydenville, MA 01039-0338.

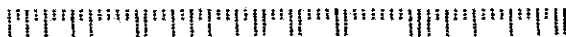
The PCDC board is an elected body of volunteers from the community. Meetings are held once a month, and community members are always welcome. Help, ideas and feedback from the community, in whatever form, is necessary to make PCDC events happen. Your contributions of time and support are appreciated. Call any board member for further info.

The PCDC board members are:

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- Kaye Blesener-Publicity 503-636-6203
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Publicity: John Benecki (flyers)
 Mailing list & membership: Sue Songer
 (503-293-1446) songer@pacifier.com

Meeting of the PCDC Board, June, 17, 2001—John Coon and Mary Olsen will jointly serve as the new secretary. Naida Sanchez has resigned from the board. Thanks to Naida for her service. Changes in the English Country Dance series were addressed. More information will be considered at the next meeting. Two scholarship applications were considered and approved. Ron Bekey has taken over the financial report, which was read. The First Friday Dance series was considered. The board voted to cancel it, in view of large monetary losses and poor turn-out. The September 7 dance will be the last for this series. The board agreed to provide financial backing for Liz Donaldson's BandAid Workshop. PCDC members will receive \$5 off the cost of the workshop. PCDC will arrange a dance featuring Wild Asparagus on Monday, November 19. The board decided not to cancel the December 29th open-mike dance. Musicians sitting-in are required to pay the entrance fee to the dance. The board agreed that the PCDC mailing list will not be made available for any other uses than PCDC business.



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