



# Footnotes

Portland Country Dance Community · July-August 2006

## Danceable Feast Returns

By Tyler Robinson

Danceable Feast dance camp returns this fall on November 10-12, 2006 at Sky Camp outside Eugene.

Wild Asparagus will lead the weekend with their irresistible contradance music and the debonair calling of George Marshall. Willamette Valley guitar master and bluesman Creighton Lindsay will bring a quartet playing swing, blues and Latin tunes for couples dancing. Annie Johnston and her spirited crew of cooking dancers will provide the feasting.

Look for flyers and applications later this summer at local dances or on the website [danceablefeast.com](http://danceablefeast.com). The application period will open September 11, 2006. Mark your calendars!

### Important Announcement!!

The July 1st contra dance is cancelled. The July 8th dance will be held at the Sellwood Community Center. Dancing will recommence at the Fulton Community Center on July 15th.

## Scholarship Funds Available

By David Blanchard

It's festival time once again. The Dean Kenty Scholarship Fund was created to provide financial assistance to PCDC members who would like to attend dance and music camps and workshops. The scholarship provides recipients \$50 for events shorter than five days or \$100 for events five days or longer.

1. The applicant must be a current member of PCDC, and must have been a member for at least six months.
2. The applicant must not have received a scholarship in the previous fiscal year. (Our fiscal year ends on May 31st.)
3. The PCDC Board must receive the completed scholarship form no later than two weeks prior to the event.
4. Scholarship recipients are expected to give back to the PCDC community through volunteerism.

Please note that Northwest Passage Dance Camp work scholarships are handled entirely by the Northwest Passage Committee. They set their own eligibility rules, and define their own criteria for acceptance.

## Northwest Passage Camp Labor Day 2006

Submitted by the NWP Committee

It's not too late! There are still a few spaces available at PCDC's Labor Day dance and music weekend—but they're going fast!

You won't want to miss this year's camp, with lots of contra dancing, plus English country dance, led by nationally renowned callers **Brad Foster** and **Susan Taylor**, combined with the amazing music of **Hold the Mustard** and the **Tricky Brits**. There will be plenty of workshops for musicians, by some of the finest teachers in the country, plus singing sessions led by **Mark Douglass**. And, of course, dance parties all evening long!

You can find more details and an application form at <http://www.NWPassageDanceCamp.org>. Or call Carmen at (503) 287-8468. Applications will be handled first-come, first-served, so don't delay!

### Northwest Passage Offers Work/Trade Positions

PCDC's Northwest Passage Dance Camp will offer six to eight work/trade positions this year. In return for a \$65 refund on camp admission, work traders spend a few hours over the weekend doing some simple but critical tasks that help keep campers comfortable and happy. Tasks include making coffee, sweeping the dance hall, stocking restrooms with soap and paper products, setting up for meals, collecting dishes after meals, and keeping the Undine restroom tidy.

Especially needed is one person who can come early, about 4:00 PM on Friday, to help organize and manage the parking lot.

Work/trade is open to anyone attending camp - you need not be a PCDC member to apply. Check the box on your registration form or call Dave Hamlin at (503) 691-1758 to apply.

### Northwest Passage Needs Dishwashers

PCDC's Northwest Passage Dance Camp needs four responsible persons to wash dishes at camp in return for room, Annie's great food, a \$100 stipend, and the opportunity to participate in camp events after the dishes are done. In the past the dishwashing crew has been older teens. If you or your child is interested please contact Dave Hamlin at (503) 691-1758. Preference will be given for experience, and to one person who can start by 4:30 PM on Friday.



## Volunteers Needed for Sept. Leadership Conference

By Sue Songer

What a welcoming, hospitable community!! Hopefully that's what dancers from all over will be saying about us when Portland hosts the CDSS leadership conference this September 15, 16, and 17. This event will provide participants with an opportunity to charge dance organization batteries, hear other people's concerns, share ideas, and grow networks. Sounds great!! Go to [www.victoriaenglishcountrydancesociety.bc.ca/conf.htm](http://www.victoriaenglishcountrydancesociety.bc.ca/conf.htm), or go to [www.cdss.org](http://www.cdss.org) and then follow the link to the conference for many more details. CDSS is expecting 60-80 attendees from other communities—dance callers, musicians, organizers and any others who are interested. Participants will take part in discussion groups during the day, and will dance with us at the regularly scheduled dances Friday and Saturday nights.

There were several reasons that Portland was chosen as the venue for this event, not the least of which is our reputation as a friendly, strong dance community. Now, we will strive to live up to that reputation. Volunteers are needed for all kinds of jobs, large and small, such as:

- providing overnight housing for participants
- transporting staff & participants to and from the airport
- compiling a list of local restaurants for Saturday dinner
- baking cookies or providing fruit for snacks
- organizing Saturday lunch (with money from CDSS)
- selling products in the CDSS store
- making maps and providing travel info
- compiling hotel info and matching up singles who wish to share a room
- helping out with many other small tasks
- coordinating some of the larger jobs

*Sue Songer is the Portland liaison for this event. If you would like to be involved, contact her at [songer@portcoll.com](mailto:songer@portcoll.com) or call 503-293-1446 and let her know how you can help.*

### Sad Dance Community News

The Portland dance community suffered a loss last month with the sudden and unexpected death of Hank Laramee. Hank was a prolific composer of waltzes and dance tunes as well as a fiddler who played in the contra dance band Hands4 and the Portland Megaband. He was also a member of the PCDC Board. At a recent 'Musical Memorial Jam Session,' friends and fellow musicians gathered to play tunes from Hank's recently published tune book and to share their thoughts and memories. Hank's warm encouragement of other musicians, his willingness to volunteer and his friendly, smiling face will be missed at dances and musical events. Our deepest sympathy to his wife, Fran.

## New PCDC Board Elected

By David Blanchard

The 2006-07 PCDC Board was voted in at the annual membership meeting held during the Dusk 'til Done Dance on June 10. We welcome two new board members: Tim Gojio and Gerhardt Quast. The current board looks like this:

David Blanchard – Chair  
Rick Kimball – Treasurer  
Tim Gojio – Secretary  
Kim Appleberry – Volunteers, Contra Committee  
Gerhardt Quast – Community Outreach  
Isabelle Zifcak – English Country Dance Coordinator  
Melanie Wilson – Member-at-Large

The board would like to thank outgoing chair, Jerry Nelson, for all of his hard work and dedication to various PCDC causes during the past year. We would also like to recognize the many contributions of board member, contra dancer, musician and tunesmith Hank Laramee, who recently passed on following a tragic and unexpected illness.

## Neither Novice Nor Neophyte

By Margi Redden

Do you enjoy having novices on the dance floor? I do!! I know I am neither a novice nor a neophyte so what am I?? I am truly addicted. I am enthralled by the dancing in Portland and especially the PCDC contra dances. My cousin from South Carolina took me to my first contra dance in February of 2005, and I will always be grateful!

When I started I was lost frequently and laughed a lot. People around me smiled and pointed me in the right direction. I now enjoy helping the neophytes because I can still empathize. But I need a term for my level of experience, because after a year's addiction I am no longer new. I am thrilled by Megaband, look forward to it, and enjoyed volunteering at it. The video created by dancer/musician Rob Hoffman is superb.

I thank all of you for being so welcoming to me and I encourage you to welcome novices who come to the Fulton Community Center for the first time and to ask them to dance. I feel really lucky to be able to dance with dancers who have 15 years of experience. If you have suggestions on how we can better market our dances (or if you think we shouldn't market them at all!) let me know.

My life is starting to revolve around where dances are being held. I am looking forward to the Labor Day weekend dance camp already.

*Margi is a member of the contra committee.*

## Attention Eugeniacs

There will be a change of venue for the Eugene contra dances starting in the fall. The new location, closer to downtown, is the Cesar Chavez School on 15th near Polk. For more information go to [www.efn.org](http://www.efn.org).

## Dance Locations

<b>ASP</b>	<b>Alberta Street Pub</b> , 1036 NE Alberta Street, Portland
<b>BWT</b>	<b>Burlingame Water Tower Dance Hall</b> , SW 17th and Marigold (between Spring Garden and Taylor's Ferry Roads)— <i>no street shoes permitted on the dance floor</i>
<b>FCC</b>	<b>Fulton Park Community Center</b> , 68 SW Miles (off Barbur, traffic light just east of Terwilliger)— <i>must wear shoes in this venue</i>
<b>FirstCC</b>	<b>First Congregational Church</b> , 4515 SW West Hills Road, Corvallis
<b>KMS</b>	<b>Kelly Middle School</b> , 850 Howard Ave. (North Park & Howard), Eugene
<b>KOC</b>	<b>Knights of Columbus Hall</b> , 725 Shipping NE, Salem
<b>MAC</b>	<b>Multnomah Arts Center</b> , 7688 SW Capitol Hwy, Portland
<b>NH</b>	<b>Norse Hall</b> , 1111 NE Couch, Portland (one block off of Burnside)
<b>NSB</b>	<b>North Star Ballroom</b> , 635 North Killingsworth Ct., Portland (near PCC Cascade campus)
<b>PPAA</b>	<b>Portland Police Athletic Association</b> , 618 SE Alder, Portland
<b>SCC</b>	<b>Sellwood Community Center</b> , 1436 SE Spokane, Portland

### Regular Portland Dances

Unless otherwise 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.

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

**PCDC Friday English Country Dance Series.** Every Friday at BWT, 7:30 to 10:30 PM. Tea and cookies at the break!

The first Friday of each month is an open-mike dance for callers and open-band for those who would like to play (bring a folding chair and a music stand). Contact Paula Hamlin, 503-691-1758, for more information.

**Cats & Dogs First Saturday Contra Dance.** The UnLeashed! and Calico bands alternate months with guest callers. FCC, 8 PM, beginners' workshop at 7:30. \$7.

**PCDC Second Saturday Family Dance** (Oct-Apr) fun dancing for kids and families. FCC, 5 to 7 PM, with potluck following.

**PCDC Second Saturday Contra Dance**, the longest continuously running contra dance in the state. FCC, 8 PM, beginners' workshop at 7:30.



#### Portland Ceili Society Third

**Friday Dance** is 'a gathering of friends' with lively Irish music, frequently played by world famous musicians. Very aerobic dancing and a full bar are only a few of the notable features of this dance, held at PPAA. Cost \$10.

**Portland Waltz Eclectic --** Waltz Brunch, 3rd Sunday of the month. Lesson 10:30 - 11:15 AM, open dancing until 2:30 PM. Norse Hall, 111 NE 11th Ave. **Also:** Weekly waltz, swing, latin, and other partner dance practice, Thursdays, 7:30 - 10 PM, Sellwood Community Center, 1436 SE Spokane. Both dance locations in Portland.

**Third Saturday Contra Dance** is organized by Jigsaw. FCC, 8 PM, beginners' workshop at 7:30. \$7.

**PCDC Fourth Saturday Contra Dance.** FCC, 8 PM, beginners' workshop at 7:30.

**PCDC Fifth Saturday Contra Dance** is an open-mike session for callers and musicians. FCC, 8 PM, beginners' workshop at 7:30.

**Cascade Zydeco Wednesday Dance** ASP, 8 PM dancing to recorded music, lesson at 7:15.

Get weekly updates about dances in the Portland area by e-mail.

Just e-mail Erik Weberg <kluberg@kluberg.com> and ask to be put on the list.

And check out PCDC's website: [www.PortlandCountryDance.org](http://www.PortlandCountryDance.org)

**Norske Runddansere Monday Scandinavian Dance** 7:30 to 10 PM at Friendship Masonic Lodge, 5626 N.E. Alameda in Portland. [www.norskerunddansere.org/](http://www.norskerunddansere.org/)

### Out of Town Dances

**Astoria Old-Time Country Dance**, at NG, 8 PM. For more info contact Dave (503-325-3602, [ambrose@seasurf.com](mailto:ambrose@seasurf.com)) for more info.

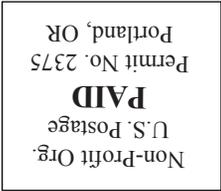
**Bend 2nd Saturday Contra Dance**, October through May at Highland School Kenwood Gym. For more info contact Kate ([katebeardsley@hotmail.com](mailto:katebeardsley@hotmail.com), 541-330-8943).

**Corvallis 1st & 3rd Saturday Dances.** FirstCC, 8 PM. (*Bring non-street shoes.*) For more info contact Marfa (541-754-1839, [zebra@peak.org](mailto:zebra@peak.org)).

**Eugene 2nd & 4th Saturday Dances**, KMS, 8 PM. Beginners' instruction at 7:30. For more info contact Jacque (541-302-2628, [jaklas@efn.org](mailto:jaklas@efn.org)).

**Hood River 2nd Saturday Dances**, RG, 8 PM. For more info contact Keith (541-352-7550).

**Scandia of Salem's 4th Friday Dance**, KOC, 8 PM. For more info contact Sharon (503-364-6713, [sharonmooree@attbi.com](mailto:sharonmooree@attbi.com)).



RETURN SERVICE REQUESTED

Portland Country Dance Community  
P.O. Box 2189  
Portland, OR 97208-2189

**PLEASE let us know immediately if your address changes.** We get charged 39¢ for each newsletter that is returned. And worse yet, you won't get your newsletter. Please provide your old and new address to: Sue Songer, PO Box 2189, Portland, OR 97208-2189, 503-293-1446, [songer@portcoll.com](mailto:songer@portcoll.com).

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 callers, date, time, place, cost, and phone number for further info. The information provided here is as accurate as we can make it, but late changes and/or cancellations may not be reflected. We encourage submission of letters and articles that might be of interest to the community. Letters and articles become the property of *Footnotes* on publication and may be edited. The **DEADLINE** for submissions for the next issue is the 1st 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. We publish the newsletter every other month and distribute it to members of PCDC and to other folk organizations. Membership is \$15 a year for individuals, \$12 for students and seniors (65+), or \$25 for 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. 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 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. Call any board member for further info.

The current PCDC board members are:

- Kim Appleberry (Volunteers/Contra).....503-293-1248  
[apple5@spiritone.com](mailto:apple5@spiritone.com)
- David Blanchard (Chair).....503-239-6286  
[davidkblanchard@msn.com](mailto:davidkblanchard@msn.com)
- Tim Gojio (Secretary).....253-831-0963  
[ggojio@yahoo.com](mailto:ggojio@yahoo.com)
- Rick Kimball (Treasurer).....503-588-8713  
[whiteoakridge@juno.com](mailto:whiteoakridge@juno.com)
- Gerhardt Quast (Community Outreach).....503-671-9900  
[gaquast@rockwellcollins.com](mailto:gaquast@rockwellcollins.com)
- Melanie Wilson (Member-at-Large).....503-293-2233  
[MW@macomb.com](mailto:MW@macomb.com)
- Isabelle Zifcak (English).....503-257-9300  
[izifcak@quik.com](mailto:izifcak@quik.com)

*Mailing list & membership:* Sue Songer  
503-293-1446 or [songer@portcoll.com](mailto:songer@portcoll.com)

*Contra dance booking:* Gordy Euler  
503-289-8669 or [euleromi@pacifier.com](mailto:euleromi@pacifier.com)

*English country dancing:* Paula Hamlin  
503-691-1758 or [phamlin@easystreet.com](mailto:phamlin@easystreet.com)

*Family dance:* Susan McGinn  
503-231-0504 or [web3cools@hotmail.com](mailto:web3cools@hotmail.com)

*Footnotes editor:* Laurel Thomas  
503-331-9197 or [laurel99@toast.net](mailto:laurel99@toast.net)

# CALENDAR • July-August 2006

[www.PortlandCountryDance.org](http://www.PortlandCountryDance.org) • [www.kluberg.com/folknews.html](http://www.kluberg.com/folknews.html)

**Note:** Unless otherwise noted all contra dances begin at 7:30 P.M. with a 30 minute teaching session and all English Country dances begin at 7:30 P.M.

## July

7th	Fri	PCDC English Country Dance at BWT	Caller: Nan Evans	Music: Open band w/ Fred Nussbaum & Marjorie Millner
8th	Sat	PCDC Contra Dance at <b>SCC</b>	Caller: Paul McCullough	Music: Shoo Fly
14th	Fri	PCDC English Country Dance at BWT	Callers: Mary Stevens & Mike Lassner	Music: Erik Weberg, Lori Shaffer, Dave Goldman
15th	Sat	Third Saturday Contra at FCC	Caller: Elinor Preston	Music: Pied-a-Terre
21st	Fri	Hot Louisiana Dancin' at the Paradise Ballroom (9th & SE Belmont); 8:30-11 PM; zydeco, cajun & blues to CD's; \$5		
21st	Fri	PCDC English Country Dance at BWT	Caller: Dave Macemon	Music: George Penk & Heather Pinney
22nd	Sat	PCDC Fourth Sat. Contra at FCC	Caller: Elinor Preston	Music: Lori Shafer, Gordy Euler, TBA
23rd	Sun	Waltz Eclectic Brunch at NH: lesson 10:30-11:30; CD dancing w/ Denis Myers 11:30-2 PM. \$7 includes light brunch		
28th	Fri	PCDC English Country Dance at BWT	Caller: Mary Devlin	Music: Lori Shaffer, Dave Goldman, Kathleen Towers
29th	Sat	PCDC Fifth Saturday Contra at FCC	Caller: Open mike w/ Tim Gogio	Music: Open band w/ Dave Hamlin & Dave Goldman

## August

4th	Fri	PCDC English Country Dance at BWT	Caller: Mary Devlin	Music: Open mike w/ Erik Weberg, Dave Goldman, Sue Songer
5th	Sat	Cats & Dogs Contra Dance at FCC	Caller: Gordy Euler	Music: Calico
11th	Fri	PCDC English Country Dance at BWT	Caller: Cynthia Stenger	Music: Kathleen Towers, Paula Hamlin, Sue Songer
12th	Sat	PCDC Contra Dance at FCC	Caller: Rich Goss	Music: Traditional Blend
18th	Fri	Hot Louisiana Dancin' at Paradise Ballroom (9th & SE Belmont); 8:30-11 PM; zydeco, cajun & blues to CD's; \$5		
18th	Fri	PCDC English Country Dance at BWT	Caller: Elinor Preston	Music: Betsy Branch, Fred Nussbaum, Sue Songer
19th	Sat	No Third Saturday Contra Dance		
20th	Sun	Waltz Eclectic Brunch at NH; lesson 10:30-11:30; CD dancing w/ Denis Myers 11:30-2 PM; \$7 includes light brunch		
25th	Fri	PCDC English Country Dance at BWT	Caller: Nan Evans	Music: Maralyn Belgique, Fred Nussbaum, Marjorie Millner
26th	Sat	PCDC Contra Dance at FCC	Callers: Mary Devlin & Audun Reitzel	Music: George Penk, Heather Pinney
<b>Sept 1-2</b>		No English Country/Contra Dances due to Northwest Passage Dance Camp		
8th	Fri	PCDC English Country Dance at BWT	Caller: Elinor Preston	Music: Lori Shaffer, Kathleen Towers, Marjorie Millner
9th	Sat	PCDC Contra Dance at FCC	Caller: Merilee Karr	Music: Wild Hair

## Upcoming Events

Ti Ti Tabor Hungarian Music & Dance Camp, 7/30-8/6 in Raft Island, WA. Info: [tititabor.org](http://tititabor.org)

Norwegian Dance Camp, 8/18-20 in Mt. Vernon, WA. Info: [harmoni.net/leikarringen/Events/events.html](http://harmoni.net/leikarringen/Events/events.html)

10th Annual Tumbleweed Music Festival, 9/1-2 in Richland, WA. Free acoustic music, dancing, workshops, etc. Info: [3rfs.org](http://3rfs.org)

# Oregon Dance Fair

Twelve kinds of dancing, with workshops, performances, contests and instruction will all be part of the first ever Oregon Dance Fair to be held Sept. 29-Oct. 1st at Norse Hall (111 NE 11th St.) Attendees will be able to do Argentine tango, ballroom, blues, contra, lindy hop, salsa, waltz, West Coast swing and zydeco dancing all in one weekend. PCDC will of course be there, introducing contra dancing to the masses. For more information go to [www.socialdancefair.com](http://www.socialdancefair.com).

## May Board Minutes

Present: Kim Applebury, David Blanchard, Rick Kimball, Isabelle Zifcak, Melanie Wilson.

- Kim reported that the contra committee met on 5/16; he will send a summary to the Footnotes editor.
- Isabelle gave a report on the English committee and will likewise send a summary to the Footnotes editor.
- Alternate locations were found for the June & July contra dances: 6/24 and 7/8 will be held at the Sellwood Community Center; 7/1 dance is cancelled.
- Melanie has been in contact with the staff at Fulton and resolved the 'sticky floor' issue.
- Nominations for the next PCDC board were discussed; potential candidates will be contacted. Board elections to be held at the Dusk 'til Done Dance 6/10.

## Waltz News

Not getting enough dancing? Portland Waltz Eclectic holds a dance every Thursday evening at the Sellwood Community Center. Beginning lesson from 7:30-8:00 on the 1st and 3rd Thursday; dancing until 10 PM. \$4 to dance to CD music, \$7 when there's a live band. There will also be two waltz brunches this summer (7/23 & 8/20) at Norse Hall. The July dance will feature a lesson on the cross-step waltz.

## Season of Swelter

By Laurel Thomas

To sweat or not to sweat, that is the question. Personally, I choose not to sweat – such a nasty habit, but for those of you who can't help yourselves, here is some information that you may find useful. If you feel that you are sweating excessively, you may have a condition that doctors call hyperhidrosis. This condition only afflicts about 1% of the population, but hey, in a room full of contra dancers there must be at least one of you who has it. (Hm, I wonder who it is...) Anyway, there are some pretty drastic measures out there to deal with this problem, like industrial strength prescription anti-perspirants; surgery; Botox injections; and this bizarre contraption in which you soak your hands and feet while running a mild electrical current through the water. (No thanks on that one!)

But for most people, sweating is a normal physiological function that helps balance the system and cool the body. So it's a good thing. Too *much* of a good thing however, is *not* good, so if you find yourself dripping on your partner, you might want to try some of these non-invasive, inexpensive techniques to reduce sweating:

- Bathe daily to keep the amount of bacteria on your skin under control. (Well, *there's* a no-brainer.)
- Avoid hot beverages, alcohol, caffeine and spicy foods, all of which can make you sweat.
- Wear air-permeable clothing and natural fibers such as cotton, that allow your skin to breathe. [Of course many dancers choose to wear high-tech fabrics that "wick moisture away from your skin" but where do you think that moisture is going, eh? Onto MY skin, that's where! Or maybe it's evaporating, I don't know. At any rate, if you do choose to wear polypro, try to find the anti-microbial kind...]
- Cut down on sugary foods and refined carbohydrates especially before exercising, as the over-consumption of these substances can cause hypoglycemia (low blood sugar) which can in turn cause excessive sweating.

Sage tea is a popular herbal remedy for excessive sweating. Either a dry leaf extract or an infusion of the leaf can reduce sweating by as much as 50% according to a German study. Sage tea, by the way, has been used for centuries to help alleviate hot flashes and night sweats in menopausal women. Need some sage? You're in luck! I can supply you with all the sage you need at very reasonable rates! I hate sage and I never cook with it but for some reason, I have a huge sage plant growing by the side of my house. I think it must have come in one of those herb samplers I planted a few years ago and in spite of the fact that I never water it and I glare at it whenever I pass by, it continues to thrive. I am beginning to suspect that it is a neurotic sage plant and enjoys neglect.



Homeopathy (a method of treatment practiced by naturopathic and osteopathic doctors) offers some combination remedies for excessive sweating, some of which include elements of a "calming nature" such as chamomile, valerian or pulsatilla for those patients whose sweating is exacerbated by social situations.

And speaking of social situations, I will just mention here that several gentlemen have come up with their own answer to this problem and that is, they bring an extra shirt to the dance and they *change their shirt at the break*. And I will tell you a secret: we women, we know who these men are and we love them! Or at least, we say nice things about them in the ladies room... And finally, if all else fails, you can tuck a wee cloth into your belt and wipe down your arms between dances! The next time you do a left-hand star, the woman behind you will look at you adoringly and you'll know you did the right thing!

[Laurel Thomas is the editor of Footnotes. She is not a medical professional, although she does play one at home. She also sweats.]