

## Join Us!

Become a member of **Northwest Folkdancers, Inc. (NFDI)** and help support and encourage international folk dancing in the Northwest! Your annual membership lasts for one year starting the month you join and includes a subscription to *The Northwest Folkdancer* periodical.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Street address

\_\_\_\_\_  
City, State, 9-digit ZIP code (required)

\_\_\_\_\_  
(Area code) Phone number

\_\_\_\_\_  
Email address

\_\_\_\_\_  
Club affiliations, if any

\_\_\_\_\_  
Birth date of junior members

### Check Applicable:

- Club membership (\$25)
- Individual adult membership (\$20)
- Junior membership, 17 years and under (\$10)
- Household membership of 2 adults (\$25)
- Family membership of adults/children (\$25)
- Gold Card honorary memberships awarded by the board (\$ 5)
- Foreign countries, **including** Canada, *unless subscribed via email* (\$35)
- Electronic newsletter preferred

### Number of years being paid for \_\_\_\_\_

- Gift subscription. Number of years \_\_\_\_\_  
From: \_\_\_\_\_
- Additional donation to NFDI (\$ \_\_\_\_\_)
- Additional donation to youth fund (\$ \_\_\_\_\_)

Total enclosed \$ \_\_\_\_\_

I understand that \$10 of my annual membership fee applies to a subscription for *The Northwest Folkdancer*.

\_\_\_\_\_  
**Signature** (one required for all types of memberships)

Make check or money order payable to Northwest Folkdancers, Inc (NFDI). All checks must be payable in U.S. funds.

**Please send application, check, and a self-addressed, stamped envelope** (for membership cards) to:

Linda Caspermeyer, Membership Chair  
8415 5th Avenue NE, #205, Seattle, WA 98115-4165

Phone: (206) 525-6143 Email: irelandlover@msn.com

**Please notify the membership chair by postcard, telephone, or email of any address changes.**

Northwest Folkdancers, Inc is a non-profit 501(c)(3) organization. Donations may be tax deductible.

**On the cover:** Albanian stamp images submitted by Barb Puigh promoting the Richland Festival.

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**POSTMASTER:** Send address changes to *The Northwest Folkdancer*, c/o Linda Caspermeyer, 8415 5th Ave. NE, #205, Seattle, WA 98115-4165. Phone: (206) 525-6143.

**Submission deadline** for all issues is the **10th of the month** prior to issue. Please send upcoming and regular events, club news, advertisements, and other submission materials to [nwfolk dancers@gmail.com](mailto:nwfolk dancers@gmail.com) (preferred) or to the following mailing address:

**Northwest Folkdancers, Inc.**  
**P.O. Box 1944**  
**Woodinville, WA 98072-1944**  
Email: [nwfolk dancers@gmail.com](mailto:nwfolk dancers@gmail.com)

## Advertising Rates

	Non-NFDI	NFDI*
Full page 8 x 10 1/2"	\$60	\$30
Half page 8 x 5 or 4 x 10 1/2"	\$40	\$20
Quarter page 4 x 5"	\$30	\$15
Business card 3 x 2"	\$10	\$ 5
Classified ads (<20 words)	—	\$ 2

\*NFDI members receive an additional 10% discount for a **full-year** booking.

All ads must come camera ready. Electronic submission by email preferred; **black on white paper only** for hard-copy submissions. Send ads and payments to NFDI at the address above. U.S. dollars only.

NFDI Web address: [www.scn.org/arts/nfdi/](http://www.scn.org/arts/nfdi/)

### Editorial Team:

Submissions & Layout Editors—Kathy Bruni, Noel Wannebo

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Mailing List/Label Production—Kathy Bruni

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**Next board meeting:** 1:30 p.m., Nov 13  
at Jean Schweitzer's home

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Phone: (206) 365-5770.

# PRESIDENT'S MESSAGE

## Dancing with Momentia!

I never wanted anything to do with the subject of Alzheimer's. I lost a brother and father to the disease. I avoid movies, books, even articles. The last thing I thought I'd do was seek out folks with memory loss for the purpose of dancing.

Enter "Momentia." What is it?



**"Momentia is a joyful proclamation.** Momentia declares the new dementia story, a story not of fear, isolation, despair, futility and loss, but a story of hope, connection, growth, purpose and courage." Google "momentia" and this is what you'll find, a new outlook, expressed by people with memory loss taking hold of their situation, and telling a new story about it.

Seattle Parks and Recreation have developed a host of creative, exuberant, dementia-friendly programs under this banner. Literally. It's an orange and yellow banner. When I go to their events I look for balloons. I've never found more joy and playfulness teaching dance than in this setting.

This morning was special. We partnered up with a dozen 4<sup>th</sup> and 5<sup>th</sup> graders from the on-site day camp at our meeting place, Yesler Community Center. Our Momentia activists wanted to share their story, and some helpful information, with children. And they thought dancing together would be a nice way to seal the deal.

It took about a minute and a half of folk dance for the kids - working hard to behave like adults - became kids again. And the adults, well, ditto.



Photo by Jen Kulik

I could try to describe it – I've been meaning to share this whole dementia-friendly folk dance thing with you – but it might be more informative to just tell you what I did. I started to say "what I taught." But it's not teaching. It's leading. Everybody does what I do. Or, something else. If

they do something else, sometimes we copy them because it looks like fun. "Do the Alice!" I avoid right and left, or things that travel. Some groups like to stay in chairs, which still makes for a remarkably rigorous workout. The Yesler group likes a mix.

**An Dro Retournee.** The wonderful Breton dance with the circular arm motion (pinkies linked) and the two-step that slices the pie around the circle. We do it seated, all holding on to the same big stretchy band. Sans the footwork and the twirling.

**Yes and No Square Dance.** Still seated. Instead of circling to the right and left, we just hold hands and lean. It's very funny and very much like circling.

**Happy.** Yes, the song you hear everywhere, by Pharrell Williams, which makes you happy. We stood and did a sequence of my invention that includes raising the roof, and what I call the "jazz hands of love."

**Jailhouse Rock.** Charleston. Skate. Twist. Repeat. Can also be done in a chair.

**Hoe Ana.** A Polynesia canoe dance. We place the

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# A NOTE FROM THE EDITORS

## ADDRESS

Please note that NFDI has two addresses, one for regular snail mail and one for email. Please send regular mail to:

**Northwest Folk Dancers Incorporated**

**P.O. Box 1944**

**Woodinville, WA 98072-1944**

Send email to: [nwfolkdancers@gmail.com](mailto:nwfolkdancers@gmail.com)

Membership registration and renewals should still go to Linda Caspermeyer. Look for her address on page 2 of the newsletter.

## SUBMISSION GUIDELINES

- ◆ Submissions must be typed; electronic format is preferred (.txt, .doc, or .rtf). If submitting by email, please keep total size below 2MB.
- ◆ Attachments to email are preferred. If you must send your article in the body of the email, please do not include commentary that is not part of the article.
- ◆ All artwork must be clear and easily reproducible. Electronic format is preferred (.gif or .jpg).
- ◆ Articles may not contain political, slanderous, or offensive content.
- ◆ Please spell check and proofread your article.
- ◆ Please check the accuracy of your article.
- ◆ Articles not submitted by the deadline (10<sup>th</sup> of each month) may not be used.
- ◆ Please include a title and author for each article. Anonymous submissions will not be printed. The author's name may be withheld during printing, if you so notify the editor, but it must be submitted.
- ◆ Multi-page articles (more than 1000 words) may be shortened, or divided into multiple installments and printed in successive issues.
- ◆ Submitting an article is not a guarantee that it will be printed.
- ◆ Article content may be edited at the editor's discretion.
- ◆ Ads should be submitted in .jpg format, if possible. PDF format is also acceptable. Ads must include payment when they are submitted. If you submit your ad by email, send your payment separately. For hard-copy ads, please include payment with the ad. Send all payments and advertisements to NFDI (address on pg. 2).

## Copyright

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chairs in canoe columns. I sit in front and do the dance backward. They mirror.

**Los Machetes**, a Mexican stick dance we do seated or standing.

**A mirroring exercise**, one kid and one adult facing each other, taking turns copying the other's movement. We get to experience what it's like to move someone else's way.

We "retourneed" to **An Dro**, ending where we began, but feeling entirely different.

I know I'm not the only one leading folk dance, or performing for retirement communities. Bravo to you, and I'd love to hear about your experiences. It's worthy work.

Susan Wickett-Ford

## New Members

Share the joy of dance and music with others!  
A NFDI gift membership is a great way to celebrate a birthday or say thank you.

## NFDI Event Sponsorship for Member Club Events

The Northwest Folkdancer, Inc. (NFDI) Board is always looking for ways to enhance membership for individual members and member clubs.

To motivate dancers to join NFDI, and to attend events they might not otherwise attend, NFDI encourages clubs to offer discounted admission to NFDI members who attend workshops and festivals. NFDI will reimburse member clubs for those discounts (negotiated in advance with NFDI) that they offer to NFDI members at special events.

We hope this will be considered an advantage of NFDI membership, in addition to bringing additional dancers to club events.

For NFDI to sponsor an event in this way, it must meet the following guidelines:

- The member club must **request NFDI support**.
- It must be a multi-day event, with a package price.
- The teacher at the event must appeal to a wide audience.
- The club must **advertise the discount and include our full name, Northwest Folkdancers, Inc. (NFDI)**, on the advertising.
- The club must provide the discount up front; NFDI will reimburse.
- The NFDI board must approve the discount **in advance**.

If your club is planning an event that you feel might qualify, speak to a Board member, or contact NFDI through email at [nwfolkdancers@gmail.com](mailto:nwfolkdancers@gmail.com).