



Israeli Folk Dancing Club Inc.

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Established 1988

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Newsletter July 2007

President's Report

Is it that time again already? Seems like only yesterday that I welcomed the new committee members aboard the good ship Nirkoda. Don't they say time flies when you're having fun, must be all the events, activities and new initiatives that have happened over the last year.

This committee has had to think deep and fast from their first days of joining. Going back, we firstly introduced the new concept of the early starting time and revision, and amalgamation of the Monday and Tuesday classes. The 7-11 theory!!

This has shown to be extremely valuable for those who have taken the challenge and come early to learn the bridging dances that were missing in their repertoire and for those that just wanted more dancing time.

Thank you to the teachers who once again have taken even MORE TIME to help with extended hours of preparation, good planning and dancing time.

The availability of the Gladys Machin Hall again this year has also helped members enjoy FREE nights of dancing at special events nights.

Our camp this year at (Har) Mt. Morton Lodge in Belgrave, was one of the most comfortable set ups yet at Nirkoda. The dining and dancing area was a perfect combination and the accommodation proximity helped everyone there to enjoy a warm and friendly, relaxed social and dancing, fun time.

Many thanks go to Aura Levin and Martin Splitter who entertained us with song and music and who surprisingly brought out the

best amongst our other own talented members. To me that is what is important and special about our members getting together at social and dancing functions.

I have said on many occasions it's a chance to get to know each other and welcome NEW members who are just starting out. The best part is the positive unexpected.

Other initiatives have been the introduction of the various cards for members to make payment easier and discounts available to those who prefer this system.

We still provide very reasonable offers for those wishing to join at the beginners level.

Our last and next BIG ONE is the ENVIRONMENT!!!

NIRKODA GOES GREEN!!!! YES ITS TIME!!!!

As of the 1st July

NO MORE DISPOSABLE CUPS!!!!

PLEASE BRING YOUR FAVOURITE MUG and YOUR NIRKODA DRINK BOTTLE.

Write your name on them and if you don't wash up, we will know who you are!!! The teachers DON'T DO DISHES TOO!!

If you leave your mugs in the car you will always have them when you arrive for dancing.

Please help us get this very important project underway. We ask for you sincerest co operation .

And lastly, a big thank you to the committee who have worked very long and hard . Its been a fun and rewarding year and thank you to the teachers for their dedication and usual continued support and to YOU our members.

Rosie Tusia President.



Mt Morton Camp May 11th -13th

Denise Setton

As they arrived on Friday afternoon, participants were greeted at the camp site with a colourful sign "Welcome to Kibbutz Har Morton"

The layout and feel of the venue was true kibbutz style, cabins arranged in courtyards and a communal dining area and hall, all surrounded by gorgeous bushland. The travelling time was under 1 hour for most, and the greeting was as warm as the day.



Everyone assembled for pre dinner drinks and our traditional Shabbat service. Aura led the singing and Bev and Ami did the blessings on the candles and wine.

A lovely 3 course roast dinner followed, people had brought wine to share, which created a lovely atmosphere. We had an audio trivia game based on songs which mentioned "hair" in the lyrics, a real challenge for some, won by Gita .

After dinner, the dancing began, with two dances taught in the comfortable hall next door. The tea and coffee on tap in the adjacent dining room made it easy for people to relax as they wanted, and for partners to sit and observe the dancing. Later in the evening Martin Splitter played songs on the piano while Aura led communal singing.

Saturday morning was fresh and sunny as the hot breakfast was served in the dining room. The sessions started at 9am, with two new circle dances each session and a new partner one too.



Lunch was served at 1pm, and most people sat on the veranda in the sun to relax. The view over the bushland was amazing, and it was difficult to get up again to resume the afternoon classes. Once into the dancing everyone enjoyed all the new and exciting music we were presented with.

There was a break between 5pm and dinner for the campers to organize their hair/ costumes for the evening. Some even managed a nap, knowing the evening was going to be late.



Dinner started at 7pm with everyone arriving bedecked with wigs and other paraphernalia on their heads. The music from "Hair" was played during dinner, and various songs were sung that we all knew from the score.

After dinner we had 2 skits. The teachers did their usual badly rehearsed but funny script, the main story being they were all in Israel with Denise B running a hairdressing salon. Uri and Ami had amazing wigs, Ilana's blonde tresses were fantastic. Rita and Rosie giggled, and Margaret's pink plaits looked very convincing. Judi just looked like herself !



Marion S and Louise, Jenny Mc and myself did a skit featuring Marion as a zany Israeli choreographer. The song we danced to was "Hair" and Marion had it in Hebrew, much to the delight of the audience. Marion's stage name was "Miriam Lo Shem Tov"... no good name, but as a choreographer, she is terrific.

Back to the main business of the night, we began our party style dancing till 11pm. During supper, Martin S returned much to everyone's delight and a great singalong was had. Our Piano man played anything requested, Aura sang and I believe the

fun lasted till the wee hours. Many had retired exhausted to their cabins but the hardy continued on, while we slept peacefully. Sunday morning there were a few bleary eyes and sore heads but we managed a couple of hours dancing, revising all five new circle dances. A quick pack and tidy of the campsite had us all heading home at 12 noon for Mothers day.

Thanks again to the teachers whose efforts in researching gave us fabulous new dances to learn, some of which are already new favourites. For those of you who have not been to camp, I believe it is a highlight not to be missed.



A tribute to one of our teachers

Inspired by Denise's friendly, creative personality, wonderful teaching and animated dancing over the years especially MITZTAER.

(May 'de knees' never fail her!)

Dave Walker

Denny Dear Denny

Denny dear Denny
How can it be
That your lovely sweet self has such
energy?
For you leap, bounce and glide with
incredible grace
As you teach at the same time
As making the pace.

Yes...

Its with humour and patience you bid us to groove
To a grapevine or polka or some other move
You skip and you point you balance and tap
You turn, waltz and debka without a mishap
You slide and crossover you boxturn cha cha cha
Then step together apart
You're a Yemenite star.
Most times in the middle
Then sometimes for a lark
When the dance tempo is fast
In a very wide arc
You circle us all with astonishing pace
With power and laughter and joy on your face.

Oh Denny dear Denny
How can it be
That your lovely sweet self has such energy?



For....

We're all a bit jealous
As we watch and admire
The beautiful dancer
With the poise and the fire.

So..

Denny dear Denny
How can it be
That your lovely sweet self
Has such energy ?



Special Membership renewal offer!

Membership is due now and must be paid before AGM on 10th July!

**When you renew your Nirkoda membership for 2007/08 \$20 will give you a
bonus Nirkoda drink bottle (an extra \$5 on top of \$15 membership)
If you already have a bottle, the cost of membership is still a low \$15!**

Class Report

THURSDAY MORNING CLASS held at Birch Street, Scout Hall, South Caulfield.
9AM – 10AM Beginners 10 AM – 12MD Inter

Several new members have joined this group in recent months. All who attend the class are very enthusiastic, and have increased their repertoire in circle and line dances.

New and reintroduced dances to the class this year include:

Erev Shabbat (Sabbath Eve)

Choreographer: Avner Naim 1981

Latzafon Be'ahava (To the North with Love) Choreographer: Eli Ronen 1987

Shalom (Peace) Choreographer: Robin Starr 1994

Camp Dance: **Ata Hacohev** (You are the Star)

Choreographer: Eyal Ozeri 2006

Reintroduced circle dance: **Ha'yom Ha'ze** (Today) Choreographer: Gadi Bitton 2002

New Line dance: **Hinch Ma Tov** (How good)

Choreographer: Silvio Berfein 2000

Reintroduced Line dance: **Musica**

Choreographer: Menahem Menachem 1986

Every 6 to 7 weeks a 'dance through' is held for the intermediate members to enable them to get through the wonderful repertoire, and for everyone to enjoy their favourite dances. Several of the dancers also attend other Nirkoda classes; enjoy the special events like marathons and parties; as well as participating in the fantastic May Camp at Belgrave Heights.

As the policy of Nirkoda is to have two teachers in a class where possible, this year there have been more teachers involved on a roster basis. Class members have had the opportunity to **meet Rose Tusia, Judi Banky and Ilana Cohen on a regular basis. I continue to be the constant teacher at the class, and it is such a thrill to work with such a happy, loyal and supportive group of dancers every Thursday morning. It is the highlight of my week, so thank you everyone for the joy, enthusiasm, commitment and hard work!!!**

MARGARET R ROBINSON
Nirkoda Class Teacher

GOING GREEN

Nirkoda is doing something for the environment by getting rid of disposable cups at Booran Road.

Please bring your drink bottle and/or mug so we can reduce the amount of rubbish we generate.

EVERY BIT COUNTS!

REMINDER

If you have already been to 2 classes in the week, you pay only \$5 for the 3rd (4th, 5th) class. Do not use your card.



DON'T FORGET THE ANNUAL GENERAL MEETING NEXT TUESDAY 10TH JULY AT 7.30, followed by dancing. If you attend the meeting, dancing is free. You must pay your membership fees before the meeting to be eligible to vote.

Ah' the Joys of Folk-dancing, how well it masks the passing of time.

Uri Krieser

I spend a great deal of time enjoying my work and enjoying life. It is a time full of challenges, surprises and lots of satisfaction that comes from achievements. Often I am judged by my "off-white" hair color and perceived limitations to abilities accompanied by 'now that you have reached the *'golden years'* you must slow down, perhaps retire Retirement, what pictures does that word conjure up for you? In my case, it simply does not exist as I find life is just full of interesting things to do, friends to enjoy and family to love. I have been stirred into action by the misconception that age is a limiting factor to living life to the full, hence I have included in part, a wonderful article by George Carlin whose views on age and our behavior has been interwoven in the essay below.

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four and a half"! You're never thirty-six and a half. You're four and a half, going on five! That's the key. You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm gonna be 16!" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life you become 21. Even the words sound like a ceremony. YOU BECOME 21. YESSSS!!!

But then you turn 30. Oooohh, what happened there? Makes you sound like bad milk! He TURNED; we had to throw him out. There's no fun now, you're Just a sour-dumpling. What's wrong? What's changed? You BECOME 21, you TURN 30, then you're PUSHING 40. Whoa! Put on the brakes, it's all slipping away. Before you know it, you REACH 50 and your dreams are gone

But wait!!! You MAKE it to 60. You didn't think you would! So you BECOME 21, TURN 30, PUSH 40, REACH 50 and MAKE it to 60. You've built up so much speed that you HIT 70! After that it's a day-by-day thought provoker. Be it Monday,

Tuesday or ANY DAY, go and enjoy your activities regularly and to the full!

You get into your 80s and every day is a complete cycle; you HIT lunch; before you turn around its 8:30; you REACH bedtime. And it doesn't end there. Into the 90s, you start going backwards; "I Was JUST 92." Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!" May you all make it to a healthy 100 and a half!!

The TEN COMMANDMENT to attitude and living life to the full.

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay them!
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more dances, learn about the computer and the window that it opens to the vast world of the internet; learn some crafts, gardening, whatever that will let the brain be challenged and free from operating in the "idle mode". "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.
4. Enjoy the simple things.
5. Hopefully in life as in your Nirkoda activities, you laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves, our relations and Government taxes! Be ALIVE while you are alive and remember *like the grapevine; keep moving along a smooth and healthy path to life!*
7. Surround yourself with what you love, whether it's friends, family, pets, keepsakes, music, plants, and hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
- 9 Don't take guilt trips. Take a trip to the mall, even interstate or to a foreign country but DO NOT take your guilt along.
10. Tell the people you love that you love them, at every opportunity.

Life is not measured by the number of breaths we take, but by the moments that take our breath away. We all need to live life to its fullest each day and I sure do!!