



Israeli Folk Dancing Club Inc.

Postal address: The Secretary, PO Box 477, Elsternwick, Victoria 3185

Established 1988

Incorporation No. A0018887H ABN No. 83 008 797 893

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Newsletter December 2009

Nirkoda Turns 21

It was 1988. The birth of Nirkoda was much anticipated. The labour was fast and furious but naming the child took some time. The parents argued and procrastinated for some time but finally Nirkoda was named...some 21 years ago.

She was a good child, playing well. Lots of extended family pampering and fussing over her. Her favourite toys were music cassettes, and a notebook with dance steps. She played in a small hall and was very popular.

Nirkoda was happy and content; everyone wanted to know her and be seen with her.

Teenage years hit hard with sibling rivalry, parents arguing, and tension all around. Nirkoda lost weight, lost confidence and was looking and feeling miserable. She played with her ipod but really, life was less than smooth.

It is 2009, and Nirkoda has turned 21.

Adulthood has arrived and Nirkoda has not looked back. Nirkoda has her confidence back, feels good about herself, regained old school mates, and has formed great, new lasting friendships and support. Winamp, Youtube, USB and Web Sites keep her day full. She is friendly, happy and a pleasure to be around.

The family squabbles have gone, the sibling rivalry disappeared and Nirkoda has matured. Nirkoda has travelled the world, seen some MAGIC along the way and even had sleep-overs and weekends away. A testament to Nirkoda's coming-of-age is the support, love and friendships that have continued these 21 years.

We wish Nirkoda a wonderful 21st year and know that this lady, Nirkoda, will continue to become a fine old lady.

Judi Banky
President



SAGI AZRAN'S VISIT 2009

Hillary and I eagerly awaited Sagi Azran's arrival on the last Tuesday in August at Melbourne Airport... We had seen video footage of Sagi, but somehow doubts and worry always seem to creep into your thoughts; "will we know him, has he missed the plane, and how will he know US??"

The doors opened and there was Sagi, a little thinner than expected but beaming and with x3 huge suitcases in tow!!

We chatted all the way home, his English clear and perfect. Sagi made himself at home at the Banky house and enjoyed Josh

and John's humour and love of theatre production, technology and mind-games.

As was Sagi's pattern over the next few days, he slept, ate; loving hummous, salad and Aussie beef but mostly he prepared his music and dances for the upcoming workshops. He was a true professional.

Was Sagi too tired to come dancing that 1st Tuesday night he arrived?...not Sagi!! All the energy, fun and enthusiasm were demonstrated despite jet lag and general tiredness.

Sagi meet the teachers Marg, Rita, Denise ,Ilana, Rosie and I for a meeting/dinner. The night was full of consulting, listening, exchanging ideas and laughter. It was clear that the Nirkoda teaching team and Sagi saw eye-to-eye. "Let's make the next few days Nirkoda's BEST ever" was everyone's goal!!

Thursday night arrived and Sagi was dressed and ready at 7.15m on the dot. We entered our North Road Hall facing a room full of enthusiastic Nirkoda dancers. Sagi taught x2 dances clearly ,and stole the show with Lala ,a line dance to Serbian music.

Kabbalat Shabbat, as has become Nirkoda's tradition, was held at Cedar St., with warmth and friendliness. Gilat Sarig created great atmosphere with leading community singing and Sagi gave us some magic glimpses.

Saturday and Sunday workshops went so smoothly. Sagi taught a well balanced mixture of challenging, fast and emotional dances, using varying music such as Balkan and Indian music to show off his talents.

A fun night of magic was beautifully hosted by Natalie Taft and her husband Geoff Sandler.

After all Sagi's work was done, he decided to see Melbourne. Various Nirkoda members showed Sagi our lovely Victoria.

The time arrived for Sagi to move on to The States then home to Israel...Sagi and I had a sad farewell at the airport, but Sagi promised he will be back.

And Nirkoda informs YOU our members, that Sagi has accepted our invitation to return next August 2010...MARK IT DOWN NOW IN YOUR DIARIES!!

Judi Banky
President



Class Reports

Thursday Morning Class held at Birch Street, Scout Hall, South Caulfield.

9AM – 10AM Beginners 10 AM – 12MD Intermediate.

The new beginner dancers have increased their repertoire in circle and line dances. Various new & reintroduced dances have been taught in recent weeks to both groups. Every 6 to 7 weeks a "dance through" is held for the intermediate members to enable them to get through 120 dances in their repertoire, and for members to enjoy their favourite dances. Several of the class dancers also attended other Nirkoda classes.

New dances introduced to the class in 2009 include:

- Shuva Habaita (Coming Home)
Choreographer: Victor Gabai 2009
- Or Hadash (New Light)
Choreographer: Gadi Biton 2001
- Shir Al Re'I (Song about my friend)
Choreographer: Chaim Shiryon 1978
- Line Dance:
Tirkedi Et Halayla (Dance the Night)
Choreographer: Silvio Berlfein 2009

Many thanks to Ilana Cohen, Judi Banky and Rosie Tusia who are rostered when they are available. Gravin has recuperated and is now back on door duties! Once again my special thanks to all of the Nirkoda Thursday Morning Class Members for their regular attendance, hard work, support, enthusiasm and friendship they bring to the class.

The last class for the Thursday morning group will be held **Thursday 17th December 2009**, with a bring and share morning tea The class will resume on **Thursday morning, January 14th of January, 2010, 9AM – 12MD.**

The Nirkoda heat policy is published in the newsletter so read this carefully.



Margaret R Robinson
Nirkoda Teacher

Thursday Night Class

Another year is coming to a close. Can't believe how quickly time flies when you enjoy meeting the new dancers, and the familiarity of our regular class attendees. Thank you to those who have committed to learning the basic steps of Israeli Folk Dancing, at the beginners level and to those who have become a regular core of the weekly class.

For those who have returned to continue in the intermediate level, a well rounded selection of dances was taught to complete the year's learning.

Most of this class attended Nirkoda's very special workshop with Sagi and we have included the favourites in our repertoire.

A special thank you to our guest teachers who visit and support, as often as they can, and to Helen Rawicki, who has been helping me with the class, and Margaret of course who I could not do without.

This class is an extremely friendly, fun, and capable group, who personally, I have enjoyed teaching and knowing.

Happy dancing in 2010 everyone.
ROSIE ☺

Our **Sunday Night Partners** class is a fun and friendly weekly meeting of those dancers who have discovered the joy of partner dancing.

The beginners group now have a good grasp of the basics and we enjoy watching them progress in repertoire.

Beginners are learning between 6.30 and 7.30 but are welcome to stay as long as their legs and their brains can cope :)

Family groups have increased and we welcome husband and wife Evelyn and Malcolm to the class and Esther's son Fred.

It is also great to have John and Judi Banky teach together and you may even see me dancing with my husband Walter some nights!

Other new dancers include Mimi and Carol and we enjoy their company and commitment as they have rarely missed a week.

The rest of the group is now at an advanced level and we have brought back some classic dances such as Tzipur Metorefet and Libavtini.

Two of the new dances added recently are Nachon She At Kan by Marco Ben Shimon and Rov HaShaot by Sagi Azran. Both have great music and interesting steps.

We are bridging dances for those who are missing repertoire from 7.30 - 8.15 , so let me know if you want something taught or even revised (as we did for Chai Lemaanech in October).

A huge thank-you to my partners Martin (for beginners) and Uri (for advanced) and to my husband Walter who supports this class in so many ways from his regular attendance , taking on new beginners and packing up and shlepping. Thanks also for the teaching support of the other Nirkoda staff - what a TEAM!

Happy Dancing Denise

The **Tuesday class** continues to grow with new dancers joining from our intermediate levels and others joining from around Melbourne and overseas.

This is a fun energetic night and we play a mix of golden classics as well as hot new dances.

Starting with 30 minutes of partner dances at 7.30 , this is your chance to learn dances you missed or revise the "itchy" bits in complex dances.

Please let the teachers know if you wish to find a partner for this timeslot - we love to encourage dancers to take up partners.

From 8.00 till 10.00 we have circles and a bracket of lines.

Rita is our resident Line Guru and always great to follow and our repertoire has greatly expanded this year.

Some of the classic circle dances we have taught/revised this year are Tof V'Kinor, Chalon Mashkif and Or Chadash. We still love the dances that Sagi taught in August and Chiyuk Shel Yeled and Shamati Shim'acha are favourites.

The night concludes with an hour of partner dances from 10.00 - 11.00 and then we all deserve a good rest :)

Tuesday night is a real Team Effort and Judi, Ilana, Rita, Rosie and Denise all make it happen.

See you on the dance floor on Tuesdays

"The Tuesday Team"

Saturday Revision Class

From a nervous beginner, to an eager advanced dancer, the Saturday Revision class has it all. With the warmth and support of other dancers, these beginners are encouraged to stay the afternoon and try more challenging dances. What makes this class so special is the friendships and camaraderie - with the class support many dancers have moved quickly to higher levels. Having a class which can revise the week's new material or bring back a lost dance has had wonderful benefits for Nirkoda.

A special thank you to Marg who does SO much in the background. Her contribution is very much appreciated.

Teachers Rosie, Rita and Denise are always willing to help and the class loves seeing them on a Saturday.

Thank you for your ongoing support, have a great break and come back Sat 30th Jan 2010 brown (not too brown☺) refreshed and keen!

Judi and Ilana

Cup Day party – RACE CALL

Its time now for the annual Nirkoda race!

Here come Jack and Gita, they are wearing red white and black, and waving a flag.

And Natalie's changed her colours and she's now wearing green!

The other two fillies are still wearing black!

Denise has so many partners dancing on Sunday, she is surrounded by fans.

Here are some visiting Israelis; they all come to Nirkoda to dance with us.

Judi's had a holiday in the States, she's out of quarantine now, she's had the flu!

Ilana is going the wrong way, she's just back from Israel and she's circling in the reverse!



Rosie's had a new grandchild, she's flashing her photos, and that's not all...

Lilach has had a little filly; she's back in form, full of smiles.

Martin was off the course but the vets given him a clean bill of health, and he's back to his prime.

Rita's been in the sun, she's bronzed and brown, and full of joy!

Gravin's been following Margaret, he's had his knee done and he's champing at the bit!

Walters improved his form, he's in top condition and dancing partners dances.

Sagi's been and, he's left an impression, he's young and he's raring to return!

Marlena's on her ipod, she's got the email, she's answering it already!

The teachers have made a mistake, don't worry Mary remembers and she takes the lead!

The number of members is rising, it's rising and rising, and the crowd goes wild!

And the winner is, Nirkoda, after 21 years still going strong!

Denise Setton



HISTORY OF ISRAELI FOLK DANCING

Israeli dancing is as varied as the people who live in Israel. Immigrants from Europe and throughout the world have brought unique customs, rituals and dances which have greatly enriched the culture of the land. The result has been a repertoire of folk dances comprised of steps and patterns that were derived from dances found in their countries of origin and born of the country itself -- a distinct breed characterized by the strong and bold steps of passion and spirit.

The new Israeli folkdance is one of the better-known cultural phenomena of the young state of Israel and its people. Many are based on the dance traditions of the bible, Jewish ethnic groups, people who lived in Eretz Yisrael for many years, and the dances of the pioneers who built a new country and a new society.

There are five periods in the development of Israeli folk dancing:

1. 1882-1923: beginning of social folk dancing
2. 1924-1943: first creations of Israeli dances
3. 1944-1948: first Israeli folkdances and development of the folkdance movement
4. 1948-1968: growth of the movement
5. 1968- today: new trends in folk dancing

The population of the "Old Yishuv", the Jews who lived in Eretz Yisrael before the First Aliya (1882-1904Š. mainly in the Four Holy Cities:

Jerusalem, Hebron, Safed and Tiberias), danced only as part of family celebrations or on religious holidays. Only a small part of the population (the Chalutzim or pioneers) started to create new cultural values.

During the Second Aliya (1904-1914), these pioneers created training places in the Diaspora and youth movements where a new lifestyle was taking place:

boys did not wear neckties; girls did not wear silk stockings or makeup; ballroom dances were taboo. But because there was a need for social dancing, folk dancing became their outlet and dances were picked up from the various countries of origin: hora, rondo, krakoviak, polka, tcherkessia.

At the end of the Third Aliya (1923), Eretz Yisrael was very different from the "Old Yishuv" and the first settlers. People lived mostly in communal settlements, worked hard manual labor, led a frugal life, and danced folkdances.

During the years of the Fourth and Fifth Aliya (1924-1944), folkdances from many countries continued to be the main expression of social dancing in Kibbutzim and youth movements. Out of this intensive interest in folk dancing came the creations of the first-generation Israeli dances that we still do today.

The creative spirit in Israel has inspired many Israelis to continuously compose dances to new and popular songs. But throughout the years, certain dances remain in the repertoire of Israeli folk dancers around the world, for it is not the choreographer who makes a dance a folkdance, it is the people who continue to dance it who ultimately make it popular for all time.

It is important to understand and know how a dance was originally danced in order to experience and appreciate its flavor. However, a wonderful aspect of Israeli folk dancing is that most variations are stylistic in nature, and dancers from all over the world can still enjoy the exhilaration of dancing together, even if the dance is slightly different from the original choreography. Israeli folk dancing is an expression of the spirit of Israel and its people and there is always richness in diversity.

Fay Campbell, leader of the Israeli Folk Dance Community in Knoxville, TN, USA (paraphrased from Shalom Hermon and various other authors).

NIRKODA

Israeli Folk Dancing Club

New Beginners Course at Nirkoda.

Nirkoda will be commencing an eight week structured Beginners course of Israeli Folk Dancing. Attendance at the course will enable you to quickly learn new steps and add many dances to your repertoire.

You may choose to do circles & lines and /or partners for the same price. This innovative program will lay the foundations for success and progress.

Beginners who enrol for the classes will be offered the **entire course for \$40.**

This will provide you with an **UNLIMITED** Beginners Pass- valid for ANY one hour Beginner class, any number of times /week. The first term will commence the week of 11th Feb 2010 and expire Sun 11th April. You can take your lessons at any or all of the three beginner classes and the beginner partner class... **that's 32 classes in 8 weeks for only \$40!**

Receive a free CD with the music of the dances you are learning.

Registration/First Classes:

Thursday 11th Feb 9am @ Scout Hall, Birch St, Caulfield South.

Thursday 11th Feb 7pm @ Uniting Church Hall cnr North & Booran Rd.

Saturday 13th Feb 2pm @ Uniting Church Hall cnr North & Booran Rd.

OR Sunday 14th 6.30pm @ Uniting Church Hall cnr North & Booran Rd.

For more information contact Judi on 0407 517 865 or Denise 0450 926 303

Email: nirkodamelbourne@gmail.com

For all information and updates visit our website www.nirkoda.org

Contacts: Rosie: 9572 0992, Denise 0450 926303,

Ilana: 0412326123, Judi: 0407 517865, Margaret: 9570 6637

Postal address: The Secretary, PO Box 477, Elsternwick, Victoria 3185

Incorporation No: A0018887H ABN No. 83 008 797 893

HEAT POLICY GUIDELINES

Under the guidelines set and recommended by the Department of Health and Ageing, Education Department and Sports Medicine Australia

The Nirkoda Committee have passed the following policy:

- ⊗ When the predicted temperature exceeds 32 degrees, exercise should be avoided between 11am – 3pm
- ⊗ If the class cannot be held in an air conditioned venue, the following will apply:
 - If actual temperature is 32° at 8am the day class is cancelled. This applies to morning and afternoon sessions.
 - The decision as to the viability of a class is made jointly between the teachers and an executive committee member.
- ⊗ The committee recommends that all dancers attending dance classes take care to keep hydrated during dance sessions.

Thursday Morning Class

If the predicted temperature in the morning is over 32 degrees, the morning class will run between 9am – 11am

Saturday Afternoon Class

If the predicted temperature is over 32 degrees, the afternoon class will be cancelled.

Evening Classes

Due to the drop in temperature, the evening classes can usually run.

For any information or if in doubt, contact the teachers:

Judi 0407 517 865
Denise 0450 926 303
Rose 0402 288 635
Ilana 0412 326 123
Margaret 9570 6637

MEMO FOR MEMBERS

If you have changed your phone number, address, e-mail address or any other contact details please let the Secretary or other committee member know as soon as possible.

PARKING AT NORTH ROAD HALL

There are only 5 parking spaces on site. DO NOT PARK IN THE MINISTER'S CAR SPACE as these needs to be available 24 hours a day, 7 days a week.

The church would like to see their lawns grow so please do not park on the lawn or the walk pathways. Oil dripped onto the paths can be a hazard and is to be avoided.

Nirkoda is not responsible for member car parking, and you are encouraged to park in the street. However, please observe the parking signs to avoid receiving a Council fine!

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Notes: Last class for 2009 - Tuesday 22nd of December The venues & times below will continue until end of February (Sunday 28th of Feb)				1	2	3
4	5	6	7	8	9	10 Partners resumes 6.30-10pm at Cedar Street
11	12 Circles, Line & Partners ALL LEVELS resumes 7.30-11pm at Cedar Street	13	14 Beginner / Intermediate resumes 9am- 12noon at Birch Street	15	16	17 Partners
18	19 Tuesday Class	20	21 Morning Class	22	23	24 Partners
25	26 Australia Day Party - wear green & gold, bring an aussie plate ALL LEVELS 7.30- 11pm at Cedar Street	27	28 Morning Class	29	30 Revision class ALL LEVELS resumes 2- 5pm at Booran	31 Partners

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4 Beginner / Intermediate class resumes 7:30 - 10pm at Booran	5	6 Revision Class	7 Partners
8	9 Tuesday Class	10	11 NEW Beginners Course Registration 7pm at Booran Morning & Evening Classes	12	13 Revision Class	14 Partners
15	16 Tuesday Class	17	18 Morning & Evening Classes	19	20 Revision Class	21 Partners
22	23 Tuesday Class	24	25 Morning & Evening Classes	26	27 Revision Class	28 Partners
Notes:						