



AZ FOLK NEWS

News from Phoenix Traditional Music & Dance



2011
January
thru March

2011 scheduled dances...

Second Saturday dances

Please join us on the second Saturday of the month for our regular monthly dances at Kenilworth School.

Jan 8th – Deb Comly and Pick & Holler

Feb 12th – Kari Usher and Updraft

March 12th – Judy Zeidel, Kari Usher and Hands Four

Fourth Wednesday dances move to Friday

Starting this year, our fourth Wednesday dances held at the Irish Cultural Center are moving to **Fridays!**

Please be sure to mark your calendars for this change!

Jan 28th – Deb Comly with ClusterFolk

Feb 25th – Judy Zeidel & Dave Black with Jumping Chollas

March 25th – Peg Hesley with Pick & Holler

Introduction to English Country Dancing



Take a break from the hectic and chaotic frenzy of everyday life to have fun, socialize, and exercise while

learning simple, smooth and elegant dances set to beautiful music. This 4-session series is a unique opportunity to learn the basics of English Country Dancing

Join caller Peg Hesley 10AM - noon on Saturday mornings.

January 8, 15, 22 & 29, 2011

The Irish Cultural Center, 1106 N Central Ave, Phx 85004
\$20 pd in advance, or \$7 per session

To learn more about English Country Dancing go to www.peghesley.com or call Peg at 602.564.6620.

Visit our website!

www.PHXtmd.org

When was the last time you paid a visit to our website? In addition to our annual schedule of dances you'll find great pictures and bios on many of our wonderful callers and musical talent by clicking on the links in the calendar.

There are also listings of other contra groups and dances in the AZ area, and announcements a well.

A big shout out of appreciation to our

Webmaster Joe Hesley

webmaster@phxtmd.org,

who does a tremendous job on our website, as well as the regular e-mail blasts.



Membership Renewals

A special thank you to everyone who has made a donation, become a member, or renewed their membership in PHXtmd over the past year. Most annual memberships expired August 2010. Benefits to becoming a member or renewing your membership include:

- ▶ Reduced admission to Phoenix contra dances
- ▶ Free, direct delivery of the PHXtmd newsletter
- ▶ Reduced admission to other AZ contra dances
- ▶ Knowledge that you are supporting your local nonprofit contra dance group.

Please join or renew your membership by filling out the form below or at www.PHXtmd.org and mailing it or bringing it to your next dance. Your membership and donations to Phoenix Friends helps cover the cost of putting on Phoenix area contra dances.

Thank You.



Membership / change of address form for Phoenix Traditional Music & Dance.
Please mail to: PHXtmd, 13236 N 7th St. ♦ Ste 4 #191 ♦ Phoenix AZ 85022

AZ Folk News

is a publication of the Phoenix Traditional Music & Dance organization dedicated to the preservation and advancement of traditional Contra Dance and Music, in Phoenix and Arizona.

For more information or to submit an article, contact
Janice at 623.910.2152 or
newsletter@phxtmd.org

Phoenix Traditional Music & Dance
13236 N 7th St. ♦ Suite 4 #191
Phoenix AZ 85022

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Email notices and newsletter OR OPT-OUT of Email

New Member

Single: \$15

Address Change

Renewal

Family: \$25

Donation \$_____

I'll Volunteer (check all that apply): Greeting/Door Refreshments

Sound Open Band Special Events Newsletter _____

Upcoming Dance Camps

May Madness – Prescott AZ

May Madness in 2011 is sponsored by AzWeDance and will be on May 13, 14 and 15 at the Grace Sparkes Activity Center in Prescott AZ. Talent this year will be George Marshall and Wild Asparagus, Linda Leslie with the Avant Gardeners with special guest Karina Wilson. Registration opened December 1, 2010.

For more information visit azwedance.org.

Dancing On The Edge – Camp Colley AZ

Taking place June 17-19, 2011, this new dance camp is located on the Mogollon Rim in Arizona's high country, one hour north of Payson. Registration opened January 1st, 2011. Organizers are our own Peg and Joe Hesley! Details available: www.dancingcampers.org

2010 Special Event dances a huge success

♪ BURN THE CALORIES – Our after Thanksgiving Day dance is an annual event. Thank you dancers for the great turn-out, and an evening of fun.

♪ NEW YEAR'S EVE DANCE – Dancers attended from all over the state to help make this one of our best special events yet.

Thank you everyone for your organization help and attendance!

Volunteers – step up!

Each month we need volunteers to help with the purchase of snacks for our Saturday dance (reimbursed up to \$25.00/mo), and bring them to the dance. If you are able to help, please contact Irene Lundquist at 480-820-3181.



Your time and talent are also needed in many other areas for the club, so please help support PHXtmd by volunteering!

The PHXtmd Board of Directors, extends a huge 'THANK YOU' to all of you who have volunteered in the past to help make our dances a success!

AZ FOLK NEWS remains GREEN!



We are continuing to save trees, money, and our volunteers' time by no longer 'snail' mailing our newsletter, but rather sending it out digitally as a pdf file, via e-mail.

MEMBERS: please be sure we have your current email address! (Another reason to join or renew.)

If you are not a member of PHXtmd you may pick up a copy at one of our dances, or view the newsletter on our website, Facebook and Meet-up pages. Be sure to view all four pages so you get the calendar for events locally, and around the state!

Beginner's Corner

Executing a good 'SWING'

One of the most commonly used steps in a Contra figure is the SWING. This is patterned after the standard ballroom swing. Done properly, both partners can use the momentum of the opposition of their bodies to move quickly and freely around each other. Here are some tips for both partners to get the most out of this figure.



Gentlemen: Be sure to place the palm of your right hand around the back of the ladies left **shoulder blade** (*NOT the middle of her back, or waist, as this is uncomfortable for the lady, and pulls her off her center of balance*), with a flat hand, no 'meat hook' please. Offer your left hand in the air around her shoulder height or a little higher. As you move around the lady be sure to give weight*.

Ladies: You want to lean back gently into the gentleman's hand, and place your left hand against the front of the gent's shoulder above the bicep area, with a slight forward pressure. Clasp your right hand in the gent's left.

As your partner moves around you, you will use a buzz-step. For the buzz-step, the right foot takes only small steps, with the partner's right foot to the right of it. The left foot pushes against the ground repeatedly, moving the dancer in a circle clockwise.

*To 'give weight' in figures such as an allemande, rollaway or swing, lean slightly away from your partner and maintain a distinct resistance in your arm, hand and fingers; don't squeeze, but don't let your arms go limp or fully extended, either. This helps you and your partner move in unison. This also allows such figures to be done faster and with extra flair, and may enhance the sense of dancing with the other person and not just near him or her. Weight is very important in this figure. A swing usually ends facing across the set, sometimes down the set, rarely up the set, but always with the gent to the left and the lady to his right.

It is generally recommended that newcomers get an experienced dancer to teach them this figure before the dance begins.

Phoenix Traditional Music & Dance

(a nonprofit 501(c)(3) corporation) preserves old-time music in Phoenix by presenting and promoting dances, concerts, and other special events throughout the year. Your membership supports PHXtmd's work, entitles you to discounts at most PHXtmd events, and a subscription to the Arizona Folk News, a newsletter published four times a year. A monetary donation to PHXtmd, beyond the membership fee, is tax deductible.



CONTRA CALENDAR

January - March 2011

PHXTMD Monthly Dances

PHOENIX

2nd Saturdays / ^{NEW} 4th Fridays / Select 5th Fridays

Free Newcomer Orientation/Lesson: 7:00PM,

Dance: 7:30 to 10:00PM

2nd Saturdays @ Kenilworth School (KS)

1210 N. 5th Ave. (at I-10), Phoenix 85003.

\$10.00, \$7.00 for members, \$3.00 under 18.

4th Fridays @ Irish Cultural Center (ICC)

1106 N Central Ave, Phoenix 85004 \$7.00

January

Sat. Jan 8th – Deb Comly and Pick & Holler

Fri. Jan 28th – Deb Comly with ClusterFolk

February

Sat. Feb 12th – Kari Usher and Updraft

Fri. Feb 25th – Judy Zeidel & Dave Black with
Jumping Chollas

March

Sat. March 12th – Judy Zeidel, Kari Usher and Hands Four

Fri. March 25th – Peg Hesley with Pick & Holler

MONTHLY POTLUCK and Board meeting

Jan 3rd, Feb 7th, March 7th, Monday All are welcome.

Usually the 1st Monday of the month.

Dinner: 7:00PM Meeting: 8:00PM

Location: Ron and Linda Nieman's home.

Call to confirm date, and for directions.

480-893-3328 or 602-268-7181.



PHXtmd SPECIAL EVENTS

Saturday, February 12th

Pre-Valentines' Day Dance

Kenilworth School



Wear your Valentine's Day best – red, pink, hearts, etc.

Bring snacks too if you'd like.

AROUND ARIZONA



PRESCOTT 01/07, 02/04, 03/04

Folk Happens! Contra Dance

Grace Sparkes Activity Center, 824 E. Gurley St.

Lesson 7:30, dance 8:00-10:30PM.

January 15 - Just Desserts & caller TBA

February 19 - Pick and Holler with Deb Comly

March 19 - Clusterfolk

\$7 public; \$5 members or other Arizona Contra dance organizations,
teachers, and students; \$3 teacher and student members

www.folkhappens.org, Bruce: 928-445-3496.

COTTONWOOD 01/15, 02/19, 03/19

Contra dances at the Cottonwood Clubhouse

(Civic Center) in old town Cottonwood.

Lesson: 6:30PM, Dance: 7:00 - 10:00 PM. \$6

www.AzWeDance.org

Deb: 928-774-5936, e-mail: azwedance@gmail.com

FLAGSTAFF 02/05, 03/05

Flagstaff Friends of Traditional Music Contra Dance

NAU's Ashurst Hall, 7:30-11:00PM. \$8, \$5 member/student.

www.ffotm.org or call Kris at 928-526-3020 for info.

TUCSON 01/15, 01/22, 01/29, 02/05, 02/19, 02/26
03/05, 03/19, 03/26

Tucson Friends of Traditional Music (TFTM) Contra

Dances, 1st United Methodist Church, 915 4th St.

Lesson 7:30 PM, dance 8-11 PM. \$8 / \$7 members.

Lorien at contradance@tftm.org or 520-591-2432,

Dale 520-906-0352, www.tftm.org.

OTHER SPECIAL EVENTS

FEB 5th Sat Flagstaff - Winterfest Dance

Just Desserts will play with calling by Kari Usher and
friends - Ashurst Hall, NAU

*All calendar information subject to change. Please contact each organization to
confirm dates, times, locations, etc.*

Phoenix Traditional Music & Dance

13236 N 7th St. ♦ Suite 4 #191 ♦ Phoenix AZ 85022

www.PHXtmd.org

May Madness

May 13, 14 & 15 2011
In Prescott AZ

George Marshall &
WILD ASPARAGUS

Becky Tracy,
Mark Hellenberg,
Keith Murphy,
David Cambien

Linda Leslie &

the **Avant Gardeners**
Laura Light, George Paul, Dave Bartley
with David DiGiuseppe

Contact azwedance@gmail.com for more information
Registration opens December 1, 2010

DANCING ON THE EDGE

Combining the love of dancing
with the joys of camping

June 17-19, 2011

featuring

Erik Weberg, calling

with

Betsy Branch, fiddle
Mark Douglass, keyboard

plus

Hands Four

Judy Francis, Jeff Thorn
Elena Martin, Deborah Thorn



Contra and English Country dancing
at solar-powered Camp Colley
on the Mogollon Rim in
Arizona's high country

Registration now open
Print registration form at

www.dancingcampers.org

Presented by Peg and Joe Hesley

PHXtmd Newsletter Advertising Opportunity

Starting with this issue, our quarterly newsletter, PHXtmd will be publishing our events calendar with an advertising page on the back. This page is included with the newsletter, which is distributed at all dance events, sent via email to all club members, and available online on our website, Facebook, and Meet-up pages as a download.

Ads are business card sized (3.5" x 2"), and are only \$25.00 per issue. Next submission deadline is March 1, 2011.

Please contact Janice at newsletter@PHXtmd.org.

Support fellow members of PHXtmd...

**ADVERTISE
HERE!**

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www.PHXtmd.org

Dancing DJs
DJ Services, Dance Lessons & Exhibitions
www.DancingDJsAZ.com



DANCE

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Diagram showing a flow of information from a business card to a newsletter and then to a website, Meetup, and Facebook pages.

Your business card sized ad helps to support PHXtmd, and its members.
PHXtmd newsletter is published quarterly each year with a circulation of a minimum of 222, and appears on our website, Meetup, and Facebook pages for download.
Submission rate: \$25.00 / issue.
Make checks payable to: PHXtmd.
Contact us for submission specs and options.

If you would like to advertising in PHXtmd's quarterly newsletter, please contact:
Janice Wallace at newsletter@PHXtmd.org or 623.910.2152.

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