

## February 2018 Folkdancer article

Hello fellow dancers!

In January, I wrote about a fallow period, time for things to get ready for blooming, or to heal, gather strength, and integrate knowledge. This month my topic is change, continuity, the old and the new, and a suggestion for navigating the seas of change.

The Lake City contra dance has changed its venue after about 20 years in Lake City. This change, like all, shakes things up, and is a mix of parts we like better and parts we miss. When change is inevitable, we might as well focus on the positive and enjoy the great parts of the new. This dance is now held at the Latvian Community Center, a lovely hall with a warm ambiance and good sound, which is supportive of dancers.

In the historical realm, I am the new custodian of numerous books on dance costuming, *Let's Dance* magazines, cassette tapes of dances, and more.. These came to me from a friend's friend's mother, a folkdancer from California. It's hard to see these treasures disposed of, so I offered to adopt them and help them get to a good home.

It's fun to travel back through time to remember running dances from records, carrying all the heavy cases to set them up, listening carefully as the end of the dance approaches so you can get out of line and run over, ready to lift the needle carefully and set up the next record with a minimum of wasted time. The move to cassettes was wonderful, so much lighter, especially the two sided single dance cassettes of which I now possess 100's, ready to share or gift to anyone who want them. Let me know! Rewinding was a thing of the past with these cuties. One marvels at the ease of running dances now from a computer play list with built in spaces between dances and a remote for further control. Of course, occasionally the computer malfunctions and then you have nothing to dance to until the problem is solved, as the Mountaineers experienced recently.

We know we have experienced changes in our world, and that they will continue. I have recently heard predictions and recommendations for 2018. The speaker describes a very dark period, as in darkest before the dawn, before April. Spring brings lots of promise. The advice was to strengthen our bodies so we can be carriers of light and help the world to become the world we would choose. Feeding our spirit is crucial. Look for those activities that feed your light, and do them. If dancing makes you come alive, dance. If nature makes your inner light shine, go out in nature. If it's a spiritual practice, do that practice.

An affirmation that has worked for me in the past was 'I am bodysurfing the sea of change.' This way you avoid being trashed by the waves. Keep yourself light. Whatever image works for you, I hope you keep yourselves afloat through trying times by doing what you love. Here's to dancing for the dancers in us!