

Föllinge Fiddle Fest Report

Jeanne Sawyer
May 2007

The Andersson family, from Jämtland, Sweden, arrived in the Bay area April 21-22 for a weekend of music and dancing, sponsored by the Northern California Spelmanstag. What a weekend it was! We started with a day full of music workshops, then continued with a mini-concert and dance party. The next day, we continued with more music workshops and finished with a fabulous house concert. The Andersson family knows how to have fun, and it's contagious.

Mats and Ulf Andersson are energetic fiddlers who both hold the prestigious title of riksspelman, or national fiddler. The brothers grew up in Föllinge, where they were taught by Jämtland tradition bearers. Both are experienced teachers and performers who have been to the US many times before. We were thrilled to welcome them back! Mats is especially known for his wonderful harmony parts; together the Anderssons create magic.

Mats told us a little about how the whole thing started. When he was about seven years old, he began taking flute lessons in school, but running a cloth through the flute to dry it out was just too much work.

So he asked the teacher if he could study violin instead. He thought that would be easier! The teacher agreed and when Mats headed off for his first lesson, their mother asked older brother Ulf to go along. The teacher drafted Ulf into the lesson as well, so the brothers started playing together. According to Mats, Ulf usually plays melody because he was willing to follow the rules and actually learn the tunes. Mats' "punishment" was to have to play harmony.

The next generation is clearly ready to carry on the tradition. Elise and Karolina (Mats' daughters) are following their father's and uncle's path to play fiddle.

Nils' (Ulf's son) bass playing adds richness, and also helps any dancers who need assistance locating those elusive polska beats. Nils is attending a special music school in Piteå. Fortunately for him, it's way north. Nils found our 80 degree glorious weekend much too hot!

The workshops were a special treat for the fiddlers. In addition to teaching tunes, Mats and Ulf paid serious attention to coaching us to improve our playing. Here's a summary of some of the points that Mats and Ulf made about playing and practicing. There are no surprises here, but we obviously needed the reminders!

- Keep good contact between the bow and the string. The bow should be "in the string". The feeling should be heavy, like hanging by your fingers from a cliff.
- Practice bowing in front of a mirror. Watch that your forearm is moving properly from the elbow, not stiffly from the shoulder. The wrist and fingers should be participating also.
- On the triplets: the downbow has to be firm, quick and long so you have enough bow for the slurred 2nd and 3rd notes. The feeling on the up bow is of reaching for an ice cream cone that's just out of reach. Stay in the string. Use the bow speed to make the sound light.

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Concert at Anita Siegel's home. From left to right: Nils, Mats, Karolina, Elise, Ulf. Photo by Jim Little

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- A good way to practice bow control in general is to choose a passage of triplets and practice them with all varied bowing patterns such as slurring.
- Be efficient in your bow use. For short, quick notes use short bow strokes. When changing strings, keep the bow as close to both strings as possible so that you can tip the bow without waving your arm around.

Find more photos on page 3.

Apology. I neglected to credit Laurel Paulson-Pierce with the great photo she took at the Scandia Festival in February. The photo appeared on page 3 of last issue Vol. 17 #2 (April, 2007).
Sorry, Laurel. Marie Kay

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[<members.aol.com/jglittle/ncs.html>](http://members.aol.com/jglittle/ncs.html)

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Dance after the mini concert.
Photo by Jim Little.



Fiddle workshop at Linda and Jim's house.
Photo by Linda Persson.

Scandia Camp Mendocino June, 2007

Dances taught by Aastad Bråten and Anne-Marit Røn,
and by Leif and Margareta Virtanen,

Rørospols
Valdressspringar
Gammalpolska fr. Föllinge
Åtabakspolskan fr. Föllinge
Gammalvänster – Polska och bakmes fr. Oviken
Hambo fr. Lillhärdal
Bakmes och hambo fr. Lillhärdal
Springdans och polska fr. Hogdal / Lommeland
Lybeckare Schottis fr. Orust

Tunes taught by Tore Bolstad

Mehanken
Okshovdspringar
Kletteguten
Jenta med garn

Tunes taught by Becky Weis

Emma's Vals
Sylvina's 4 år hambo
Kopplerisnoa
Spindelvals,
Gammal polska e. August Bohlin
Vinden blåser in kvarnen
1814
Polkett e. Sture Sahlström
Marstalla Olles Vals
Schottis av Gustaf Jernberg
Griffenfeldt

Tunes taught by Jon Holmén

Röjås Eriks "Lissla",
Kus Eriks Polska e. Laggar Anders
Polska in G dur e. Jöns Jonas
Polska e. Köpman
Boda Wedding march
Polska e. Jann Hans
March in C-major e Pers Erik Ohlson

(Continued on page 5)



Scandia Camp Mendocino, June, 2007, Tom O'Brien, John Parrish, Jon Holmén, Becky Weis. Photo by Dick Rawson. See more at <<http://dickrawson.smugmug.com/gallery/3028039/1/164602925>>

Praise for Scandia Camp Mendocino

Laurel Paulson-Pierce

In June, several dozen Scandinavian dancers and musicians gathered at the historic Mendocino Woodlands, a State Park in the Redwoods near the ocean. .

We all stayed in rustic cabins, and shared wonderful dances, beautiful music, and marvelous food. In addition, there were talks given on arts, crafts, and instruments in the daily culture presentations.

There was singing, costumes, and a wonderful feeling of camaraderie.

The nyckelharpa sessions were led by Becky Weis, who taught us all to improve our playing and inspired us to continue to grow our repertoires and refine our skills. We performed for dances on several occasions,

(Continued from page 4)

I got a man from Leksand drunk tonight

Tunes taught by Peter Westerlund

Polska fr. Idre/Särna

Gladers Polska

Gökpolskan e. Per Danielsson, Föllinge

Bakmes och Pols, Idre

Polska fr. Hede e. Nils Sivertsson, Härjedalen

same tune for polska fr. Lillhärdal

and the feeling of standing in the center of the dance floor and being surrounded by dancers who are moving to the sounds of our 112 collective strings is exhilarating!

Plan to join us next June and be a part of this international diplomacy...building links between Scandinavia and America. See :< <http://www.scandiacampmendocino.org/>>



Scandia Camp Mendocino, June, 2007, Dance class. Photo by Dick Rawson. See more at <<http://dickrawson.smugmug.com/gallery/3028039/1/164602925>>

South Bay Monthly Dance "1st Saturday Dance" and Teaching Session

Our monthly dance season begins with the dance on September 1st.

The teaching session is the hour before the dance party, from 7:30-8:30. Everyone is welcome! Come learn or review dances for yourself and help others. Let Jeanne know if you have a particular dance you'd like taught/reviewed.

It's also an opportunity for teachers, experienced, and otherwise! Teach a favorite dance that doesn't get done often enough, test out how you want to teach a dance you haven't taught before, or venture into the teaching waters for the first time.

All musicians are welcome to play in the allspel or have your own set. Talk to Jeanne to get a time slot.

Our regular place is in Palo Alto at the First United Methodist Church, 625 Hamilton Avenue.

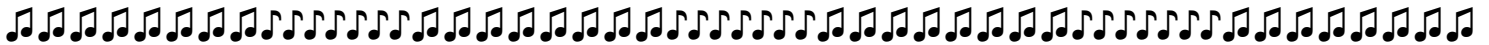
For more information:

Jeanne or Henry, (408)929-5602,
<jsawyer@SawyerPartnership.com>

Linda or Jim (650)323-2256,
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Sponsored by: Nordic Footnotes, and Northern California Spelmanslag, non-profit organizations.



Scandinavian Dance Class Beginning & Intermediate

September 10 through October 22, 2007
Mondays, Sacramento

Scandinavian Folk Dancing is taught in the Sacramento area in short courses of five to six sessions each, with breaks for holidays. The class covers basic and some intermediate level dances, as well as good dance technique. Advanced dances may be requested during the last half hour, but generally the class will emphasize more fundamental skills. No previous experience is required. Singles & couples are welcome. Partners are rotated frequently to speed the learning process and give everyone a chance to participate. Previous classes began November 2006, January 2007, March 2007, and April 2007.

The next session will run on Monday evenings from September 10 through October 22, 2007, but no class on October 8th (Columbus Day).

Class is held under the auspices of the Arcade Creek Recreation & Park District, 916-482-8377, Brandi Marx, <bmarx@arcadecreekrecreation.com>. Cost is \$30.00 for six classes. On-line registration through the District at:

<<http://www.arcadecreekrecreation.com/>>

Attire: Bring smooth soled shoes; low heels are best. For men, a broken-in pair of dress shoes with a leather sole works well. For women, a sturdy leather soled shoe with a low heel will work. Dress for comfort. Water is available in the classroom, but bring a cup or bottle.

Class Schedule:

Beginner dances and fundamentals: 7 - 8pm

Intermediate dances & review of beginner dances: 8-9pm

Request dancing: 9-9:30pm

Location: Class is held indoors at Hamilton Street Park Community Center: 4855 Hamilton Street, Sacramento, CA 95841. (916) 482-8377



Scandiadans

Thursdays in Oakland

Classes resume in September. Beginners teaching and open dancing. Frank and Jane are very encouraging and helpful teachers! Come regularly! Each week, one new dance taught and old ones reviewed.

Thursdays, 7 - 10 pm. Oakland Nature Friends Center, 3115 Butters Dr., Oakland, CA..... Hwy 13 to Joaquin Miller Rd, east (up the hill)~ 1/2 mile, second right onto Butters Dr., go another 1/2 mile. On the right, look for post with 3115 on it (also "Scandiadans" sign). Take steep driveway down to a large parking area.

Contact: Jane Tripi or Frank Tripi at (510)654 -3636, <fjtripi@juno.com>.

Scandia 2nd Saturday Monthly Dance Nature Friends in Oakland

First dance of the season: October 20th. .

Dance teaching: 7:30 - 8:30 pm

Dancing, 8:30 -11:00 pm

Musicians encouraged to play.

2nd Saturdays, Monthly. Cost: \$7

Directions see Scandiadans above.

Contact: Jane or Frank Tripi at (510)654-3636, <fjtripi@juno.com>.

Blue Rose Karen Myers's
Scandinavian Tunes WebSite:
<www.bluerose.KarenLMyers.org>

This site is for musicians who play Scandinavian folk music: the largely traditional music of Sweden, Norway, Finland, and Denmark.

It began in answer to the challenge of how to bring new musicians into an existing spelmanslag (band), where the repertoire to be learned can be very large. Rather than perpetuate a paper culture of binders or even an ad hoc distribution process via email, I decided to bring the repertoire online for some of the groups I play with.

Many people contribute to the tunes played by each group. They organize workshops and teach tunes, they transcribe tunes onto paper and distribute them, and they select the music for Scandinavian dances. I have gratefully leveraged their contributions in the materials on this site.

-- Karen Myers

The site has MANY features. Start with these:

1--Transcriptions of tunes-- About 36% of the tunes have a checkmark indicating that an Adobe Acrobat PDF file of the whole tune can be viewed, downloaded, or printed - just click on the checkmark.

2--Tunes that originate from workshops may also have a CD icon indicating that an MP3 of the tune can be opened or downloaded.

3--Look for recent workshops with both transcriptions and recordings.

There are also a few articles about particular tunes, the origins of the nyckelharpa, and other topics as well as links to other resources.

It is Karen's intention to produce PDF files for the 60% or so of the tunes that don't have them. If you want a PDF for a tune that is missing one, let her know and she'll move your request to the head of the line. She also helps people locate tunes they can't find, often adding them to the site if they're not already there.

American Scandinavian Music
Internet Sites

The Northern California Spelmanslag:
<<http://members.aol.com/jglittle/ncs.html>>

Scandia Camp Mendocino:
<www.ScandiaCampMendocino.org>

Sacramento, California Area
<<http://www.folkdance.com/scandi/>>

Scandinavian Dance & Music in and around
Los Angeles:
<<http://www.dancin-fool.com/scandia.html>>

Norske Runddansere: Scandinavian dancing in
Portland, Oregon:
<<http://www.norskerunddansere.org/>>

Blue Rose, Karen Myers's Scandinavian WebSite:
<www.bluerose.KarenLMyers.org>

The Hardangar Fiddle Association of America:
<www.hfaa.org/>

The American Nyckelharpa Association:
<www.nyckelharpa.org>

The Skandia Folkdance Society (Seattle):
<www.skandia-folkdance.org/>

Scandia D.C.(Washington D.C.):
<www.scandiadc.org>

Speledans: Boston's Scandinavian Dance Group:
<<http://ecf-guest.mit.edu/~jc/Speledans.html>>

Scandinavian listserv, "Scand Digest":
<<http://groups.yahoo.com/group/scand/>>

Roo Lester, Scandia Camp Mendocino, Scandinavian
Turning Dances, <<http://members.aol.com/dancingroo/>>

Norsk, Ltd., Recorded music for both dancing and lis-
tening. <<http://www.csd.net/~sodaling/>>

Calendar

Regular Events — Northern California

Mondays	Weekly	Scandinavian Dance Class. Six week sessions. 7 - 9:30pm. Hamilton Street Park Community Center, Hamilton Street, Sacramento, CA 95841. Contact <u>Marida Martin</u> : (916)358-2807, or : < http://www.folkdance.com/scandi/ >.
Tuesdays	Weekly	Weekly Scandinavian Session for Fiddlers and Nyckleharppers. 8 - 10:30pm at home of Fred Bialy and Toby Blomé, 1925 Hudson Street, El Cerrito. Now on Tuesdays, most of the time. Contact ahead of time for updated schedule of gatherings or to be put on Fred's list . Contact: <u>Fred</u> or <u>Toby</u> , (510)215- 5974, < bialy10@comcast.net >.
Wednesday	Weekly	Nordahl Grieg Leikarring Performance Group. Masonic Hall, 980 Church St., Mountain View, 7:30 - 9:30 p.m. Contact: <u>Anne Huberman</u> or <u>Greg Goodhue</u> : (408)259-9959, < goodhue@hotmail.com >.
Thursdays	Weekly	Scandiadans. Teaching and open dancing, 7 - 10 pm, at Oakland Nature Friends, 3115 Butters Dr., Oakland, CA. Hwy 13 to Joaquin Miller Rd, east (up the hill), second right onto Butters Dr., go about 1/2 mile. On the right, look for post with 3115 on it (also "Scandiadans" sign). Take steep driveway down to a large parking area. Contact: <u>Jane Tripi</u> or <u>Frank Tripi</u> at (510)654-3636, < fjtripi@juno.com >.
Fridays	Weekly	Scandinavian Fiddle Class. 7:30 - 9:30 pm, often at Anita Siegel's, but location varies. Ask to be on class email list. Contact: <u>Jeanne Sawyer</u> , (408)929-5602, < jsawyer@SawyerPartnership.com >.
1st, 3rd, 5th	Mondays	Scandinavian Folk Dance Class. Santa Cruz, 7:30 pm, Viking Hall, 240 Plymouth (at Button), Santa Cruz. Instruction in Norwegian, Swedish, Danish, and Finnish folk dance by Ellen Moilanen. \$5/session. Everyone welcome. Contact: <u>Ellen</u> , (831)336 9972.
1st Fridays	Monthly	Cultural Evenings in Santa Cruz. Usually at Viking Hall, Plymouth, at Button St., Santa Cruz. Contact: <u>Michael Block</u> at (831)336-9972, or: < sigdalkid@pcumail.com >.
1st Saturdays	Monthly	Nordic Footnotes 1st Saturday Scandinavian Dance Party, 7:30 p.m. -12:00. The dance includes a teaching session just before the dance party, from 7:30-8:30. First United Methodist Church, 625 Hamilton Ave, Palo Alto. From Hamilton Ave., hall is in bldg. to right on 2nd floor. Parking behind church, on street, or in garage on Webster. Contact: <u>Jeanne</u> or <u>Henry</u> , (408)929-5602, < jsawyer@SawyerPartnership.com >; <u>Sarah Kirton</u> (650)968-3126, < sarah.kirton@sbcglobal.net >, <u>Jim Little</u> or <u>Linda Persson</u> , (650)323-2256, < james.little@sri.com >.
1st Sundays	Monthly	Nordahl Grieg Spelemannslag, 3 to 5pm, 1780 Begen Ave., Mountain View, CA 94040. Interested attendees should call <u>Bill Likens</u> at (650)969-2080 to confirm meeting dates.

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*(Continued from page 9)***Regular Events — Northern California**

- 2nd Saturdays Monthly Open Sessions for Fiddlers, at the home of Fred Bialy ~ 2 - 5 pm. This is a practice session for the Second Saturday Scandinavian Dance. We meet at the home of Fred Bialy, 1925 Hudson Street, El Cerrito. Contact: Fred: (510)215 - 5974, <bialy10@comcast.net>. Call a few days ahead to confirm date, time and place.
- 2nd Saturdays Monthly Scandia 2nd Saturday Monthly Dance. Nature Friends in Oakland. Cost: \$7. Musicians encouraged to play. Dance teaching: 7:30 - 8:30 pm, dancing, 8:30 - 11:00 pm. Directions see Scandiadans above. **Note: First dance this season is October 20th!** Contact: Jane or Frank Tripi at (510)654-3636, <fjtripi@juno.com>.
- 2nd Sundays Monthly Traveling Dance Class. Norwegian dance class meets 2 - 5 pm. Usually at Bjørnson Hall, 2258 MacArthur Blvd. in Oakland. Everyone welcome to attend. Contact: Gudrun Tollefson at (510)638-6454, or Gerd Syrstad at (650)363-2743.
- 2nd Sundays Monthly Barneleikkaring. (Children's Norwegian Dance) classes, 1:30 - 3:30 pm, at Nordahl Hall, 580 W. Parr Ave., Los Gatos. Contact: Ginny Hansen (408)745-1595. Both location and day may change, so call ahead!
- 4th Sundays Monthly The El Dorado Scandinavian Dancers. Nov. and Dec. dances cancelled. Meeting at YLI in Sacramento at 27th & N. The Scandinavian dancing occurs between 3:30 - 5:30pm. The All-Request Party is from 5:30-6:30pm. Contact: Yvonne or Andre (916)632-8807, <yacouvillion@sbcglobal.net>, <<http://www.folkdance.com/scandi/>>.

Calendar, Special Events — Northern California

- November 2 - 4, 2007 **Camp Norge Folkedans Stevne.** Camp Norge is located near Alta, California. Sponsored by the Nordahl Grieg Leikarring og Spelemannslag. Contact: Mikkel Thompson, <Mikkel4dans@yahoo.com>. Zena Corcoran (650) 355-3752. Anne Huberman & Greg Goodhue (408) 259-9959
- June 14-21, 2008 (Sat. – Sat). **Scandia Camp Mendocino.**
Contact: Scandia Camp Mendocino, 1320 Harleyford Road, Woodridge, IL 60517, <Roo@ScandiaCamp.org> <www.ScandiaCampMendocino.org>

Calendar, Special Events — United States

- September 3-10, 2007, **Magnus Holmström in Minnesota.** Featuring workshops, concerts, and private lessons. The Twin Cities Nyckelharpalag is hosting Magnus Holmström. In 2006, Magnus won in both classes, "World Champion on old and modern Nyckelharpa". Only one other player, Olov Johansson, has accomplished this feat. Contact: <reenevaughan@msn.com> or <<http://nyckelharpalag.googlepages.com>>, <<http://magnusholmstrom.com>>, or <<http://www.myspace.com/magnusholmstrom>>.
- September 28 - 30, 2007, **The 2007 Nordic Roots Festival:** . Minneapolis. Ruth MacKenzie's Kalevala: Dream of the Salmon Maiden, 10th Anniversary Concert, [ni:d] (Sweden), Sinikka Langeland Trio (Norway), JPP (Finland), JPP's short film Puikkoristikko, Länne-Jukka String Band (Finland), Den Fule (Sweden), Harv (Sweden). Contact: <brian.corner@thecedar.org.>, <www.nordicroots.org/NRF2007>, <<http://members.aol.com/DancingRoo/>>.
- October 10 – 13, **Norsk Høstfest**, Minot, North Dakota. North America's largest Scandinavian festival. Vestafor (Mikkel Thompson, Ginny Lee, and Toby Weinberg) makes daily performances at 3 p.m. in Stockholm Hall. Contact: <www.hostfest.com>.
- November. 22-25, 2007, **Southern California Skandia Festival**, Ted Martin 714-893-8888, <tedmart@juno.com>
- December 13-16, 2007, **Nordic Christmas Revels** in Hanover, NH. Featuring Leif Alpsjö, Matt Fichtenbam, Karin Brennesvik, Tom Løvli , Sigbjørn Rua, Loretta Kelley, Jane Orzechowski and her daughter Sophie Orzechowski, Småjondølene, Sattuma--a folk music quartet from Petrozavodsk in Russian Karelia. Contact: <<http://www.revelsnorth.org/>>, (866)556-3083

Calendar, Special Events — Scandinavia

There are many events listed at: The Northern California Spelmanslag:
<members.aol.com/jglittle/ncs.html>. Have a look, or ask one of us with a computer to print it out for you.

Northern California Spelmanslag Mailing List Form

Name _____ Home phone _____

Address _____ Other phone _____

_____ email _____

_____ Musician ___ Dancer ___ Audience ___

May we publish your name, address, and phone on a Spelmanslag roster? _____

Do you want to receive information?: ___music workshops: Swedish ___ Norwegian ___ Danish ___ Finnish ___

___dance workshops: Swedish ___ Norwegian ___ Danish ___ Finnish ___

___dance parties; Swedish ___ Norwegian ___ Danish ___ Finnish ___

___concerts and performances: Swedish ___ Norwegian ___ Danish ___ Finnish ___

How are you able to help? Are you willing to bring potluck snacks and refreshments to Spelmanslag events? Are you willing to house out-of-town participants for Spelmanslag festivals, or entertain overseas visitors before or after a festival or camp?

Are you willing to volunteer for various tasks to help organize or run Spelmanslag events (making punch, set-up, clean-up, collecting admission, loaning/operating sound equipment, designing fliers, photocopying, playing for dances)?

Are you willing to write an article, take photos, or draw illustrations for our newsletter?

Donation: _____ \$15.00 ___ \$25.00 ___ \$50.00 ___ other

Send to: Northern California Spelmanslag, 560 Kingsley Ave, PALO ALTO CA 94301-3224

Donation is not necessary for membership.

Your tax-deductible donation helps the Spelmanslag bring over instructors from Scandinavia, and covers the costs of publishing and mailing fliers and newsletters. Any amount you can contribute is greatly appreciated!

See our web page at: <<http://members.aol.com/jglittle/ncs.html>>

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