

ENTERTAINMENT

MELANIE MINTY: Surrey folk dancers plan fall retreat, restart lessons at local school



Members of Surrey International Folk Dancing Society in costume following a dance demo in 2015 at Sun creek Village Care Home in Surrey. — Image Credit: Flickr.Com/Groups/Surreyfolkdance

by [Melanie Minty - Surrey Now](#)
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SURREY — Are you watching the Olympic Games? Cheering on Canada's athletes sure is fun. You know it isn't easy to reach that level of skill, and these young athletes do sacrifice what the rest of us would call a "normal" lifestyle. For these achievers, the sacrifice is worth it, even if they don't bring home a medal. It is the achievement that is golden – a life experience that is actually priceless.

Training to be a professional dancer, singer or actor also requires a dedicated training schedule. You do have to make a lot of personal sacrifices to make a living in the arts. Talent is a given, and there are thousands of talented people all around you. Those who succeed are usually the ones putting in the extra time and effort.

So, good for them. But there are a lot more of us out there who like to participate, but on a more limited time frame. The biggest hurdle of getting involved in an art form is the start button. No, that is wrong – there is no easy start button. You do have to make some initial effort and find something enjoyable as well as recreational. Be creative.

[Surrey International Folk Dancing Society](#) might just be the place for you. The group offers folk dancing to ethnic music from around the world in a very relaxed and friendly environment. Beginners are always welcomed to the weekly "lessons" held every Thursday from 7 to 10 p.m. at **Walnut Road Elementary School** (16152 82 Ave., Surrey), resuming on Sept. 8 after a summer break. You will learn dances step by step, and develop a repertoire. You know, folk dancing has been a large part of every culture for centuries. A history of the culture is preserved, and provides social recreation. It's sort of like getting together for a scratch football game, only it's dancing.

This relatively new society is holding its inaugural **Folk Dance in the Forest** retreat from Friday, Sept. 30 to Sunday, Oct. 2. And folk dancing is not the only recreation being offered, with swimming, kayaking and archery also scheduled. Sports and dance – great combo.

Teachers for the dance sections are all local talent. **Dale Adamson** is most enthusiastic about this retreat and the opportunity it provides for even more people to get involved in folk dancing. "It changed my life," she says as her face lights up. The retreat is at **Zajac Ranch** in Mission. Interested? Check the group's great website at Surreyfolkdance.org, which has an easy "register" button. Go ahead. [Push the button](#).