

Street Swing Partner Dance

Intro to Street Swing
together and apart, 'round and 'round, and away we go

The Play Circle – Why (Purpose), What (Principles), How (Practice)*
Connecting dance and daily life, swing and the street.

Why Purpose

Engage life as play.

Play is defined as **imaginative interaction**.

Play is an attitude rather than an activity.

Emphasize process over performance.

What Principles

Swing In the midst of life filled with multiple options, discover **connections**.

For dance, **incorporate** different styles.

Street In the midst of life defined by change increasing exponentially, look beyond technical solutions to **adaptive** solutions.

For dance, employ **improvisation**.

Partner In the midst of life characterized by changing roles, recognize **interdependence** and influence the interaction.

For dance, engage in greater **mutuality**.

Dance In the midst of life bombarded with competing messages, tune into the rhythms of life and **interpret** accordingly.

For dance, listen to the music to **guide** you on what to do.

How Practice

Arthur Murray meets Contra Folk in the Google Age.

Arthur Murray – Stride and glide through life centered and collected.

Contra Folk – Embrace natural rhythms of life.

Yin and Yang

Circle of existence

Life as a journey

Google Age – Intuitive

Live your life with imagination and improvisation.

Recapture the spirit of Jazz Dance in the Ragtime Era for the Google Age.

*Adaptation of [Simon Sinek - The Golden Circle - TedTalks 2009 - YouTube](#)

Prose Poetry 18

Polish Polka

footloose

I was clowning around with a Polish girl
to Polish polka music at Oktoberfest -
dancing around the tent poles and
against the line of dance on an open floor
among other such foolishness.

When I walked off the plywood floor,
a woman sitting next to her husband
looked at me and said,

"I'd like to dance like that!"

[Oktoberfest Chippewa Falls | Go Chippewa Falls](#)

<http://gochippewafalls.com/events/oktoberfest>

[Images for Oktoberfest Chippewa Falls](#)

polka quote

Polka, the happiest music this side of heaven.

America's Polka King. Frank Yankovic

<http://www.polkas.com/yankovic/memorial.htm>

[Images for America's Polka King. Frank Yankovic](#)

[Frank Yankovic - YouTube](#)

<https://www.youtube.com/playlist?list=PLBCDEC180609F117B&itct=CAsQojAYBCITCN3vlsrZgNQCFUdtqgodbMMlqDIHcmVsbGlzdA%3D%3D&client=mv-google&gl=US&hl=en&app=desktop>

[Images for Frank Yankovic - YouTube](#)

https://www.youtube.com/watch?v=o_SEsiAfiCo Frankie Yankovic and his Yanks - It's Polka Night - YouTube

https://www.youtube.com/playlist?list=PLPonKIVuJRJ27JfCdUzVIDNioBU6I5twq&app=desktop&persist_app=1&gl=US&client=mv-google&hl=en Popular Frankie Yankovic & Frankie Yankovic and his Yanks videos - YouTube
<https://www.youtube.com/playlist?list=PL90791CEB9A8ED142> FRANK YANKOVIC MIX - YouTube
<https://www.youtube.com/playlist?list=PLCZWupouJTEQ6iyjn42CZrw5vqXeFBEEG> Popular Slovenian-style polka & Frankie Yankovic and his Yanks videos – YouTube
<https://www.youtube.com/playlist?list=PL583D33F052B6738B> Polka - YouTube



Frank Yankovic

Polka - Wikipedia

Etymology

Although the dance did not originate in Poland, the *Oxford Etymological Dictionary* states that its name is derived from the Czech *polka* meaning “Polish woman” (feminine form corresponding to *polák*, a Pole).^[1]

Styles

One of the types found in the United States is the North American “Polish-style polka,” which has roots in Chicago; two sub-styles are “The Chicago Honky” (using clarinet and one trumpet) and “Chicago Push” featuring the accordion, Chemnitzer & Star concertinas, upright bass or bass guitar, drums, and (almost always) two trumpets.

<http://en.wikipedia.org/wiki/Polka>

[Images for Polka](#)

Polka in the United States - Wikipedia

Polish-American[edit]

The Polish-American style of polka is perhaps the most popular today.^[6] Polish Polka bands do not only play polkas, but also play obereks, waltzes, and sometimes tangos. In fact, the “Polish polka” as we know it was never danced in Poland. Rather, different forms polka existed in Polish folk dancing. This popularity is due in part to the fact that performers in this genre have worked to appeal to a larger audience by adding covers of modern music alongside normal polkas in their albums and performances. For example, the polka band Toledo Polka Motion includes a cover of the Beatles’ “I’m a Loser” along with traditional pieces such as “Pod Krakowen” on one of their albums.^[5] Polka star Jimmy Sturr has even included recordings with stars such as Willie Nelson to get the country music audience interested in polka. The hotspots for Polish-American polka are mostly in cities near the Great Lakes (especially Chicago) and some East Coast cities.^[7] Polish-American polka can be subdivided into Chicago-style and Eastern-style. The typical Chicago-style polka band includes one or two trumpets, an accordion, a concertina, drums, a bass, and sometimes a clarinet or fiddle.^[6] This style is connected to the ‘50s rock-and-roll era and is sometimes referred to as “push” style because of the intense “bellows-shaking” of the accordion.^[6] The modern giants of Chicago-style are Eddie Blazonczyk and Lenny Gomulka. Both were highly influenced by the style of Li’l Wally Jagiello, a polka performer of an earlier generation. Another influential early pioneer of Chicago-style polkas was Marion Lush who has been called the “Golden Voice” of polkas due to his distinctive vocal stylings. Blazonczyk is the leader of a band called the Versatones, who have released over 50 albums.^[5] Gomulka was a member of the Versatones until 1980 when he formed his own band, the Chicago Push.^[8] Some other popular modern Chicago-style polka bands include Crusade, the Polka Family, the Dynatones, and Toledo Polka Motion.^[7] Eastern-style polka is similar to Chicago style but is played at a faster tempo, usually includes a bigger section of horns and reeds, and is connected to big-band era music rather than rock-and-roll. The most popular Eastern-style performer (and probably the most popular polka artist in America today) is Jimmy Sturr, winner of 15 Grammy Awards in the polka category.^[9] Other important Eastern-style performers include Frank Wojnarowski, Bernie Witkowski, and the Connecticut Twins.^[7]

http://en.wikipedia.org/wiki/Polka_in_the_United_States

[Images for Polish-American style of polka](#)

Authentic Polka Dancing - YouTube

Polka dancing is demonstrated by the Official Pennsylvania Polka Princess, Darlene, and her Prince, John at the Ligonier Days 2007 Parade.

<https://www.youtube.com/watch?v=Mv2y-ai5K2Q>

[Images for Authentic Polish Polka Dancing - YouTube](#)

beer, bingo, and polka

Lutherans and other Protestants
wouldn’t think of it, but

Roman Catholics in certain ethnic communities think nothing of raising big money through summer polka festivals.

[Polka, pierogies headline the Polish Festival - Daily Local News](#)

Not far from the King of Prussia Plaza is a small village called Swedesburg. For one weekend each year, the tiny village in Montgomery County looks more like a village in Poland.

This weekend, it's time once again for the annual Polish Festival at Sacred Heart Roman Catholic Church. The small Polish-American church will host its popular Polish Festival now through July 25 on the church's grounds, which are located at Fourth and Jefferson streets in Swedesburg.

The event will run from 6-10 p.m. tonight, 4-11 p.m. on Saturday and 4-9 p.m. on Sunday. Visitors to the festival will be able to enjoy live performances of polka music all weekend. Tonight's featured act is Showtime DJs. The TKO Band is slated to perform on Saturday. On Sunday, the music will be provided by the Crab Town Sound Polka Band.

It's a real toss-up as to which is the festival's biggest attraction — the lively polka music or the tasty array of Polish food.

<http://www.dailylocal.com/article/20120727/ENTERTAINMENT01/120729800/polka-pierogies-headline-the-polish-festival>
[Images for Polka, pierogies headline the Polish Festival](#)

[Rain doesn't stop the party at Bay City's St. Stan's Polish Festival - MLive.com](#)

BAY CITY, MI — Some evening rain didn't stop the party at the 64th annual St. Stan's Polish Festival Thursday, June 27. Hundreds of people filled the entertainment tent to drink beer, see old friends and polka the night away to live music.

Dorothy Lynch, 68, of Sanford, said she has been coming to the festival as long as she can remember.

"I've been polka dancing for 48 years," she said. Lynch and her husband, Jim, drove almost an hour in a downpour to attend the festival on Bay City's South End. A little water wasn't going to stop them.

Grace Martin, a volunteer at the festival, said she enjoyed seeing so many people attend despite the wet conditions.

"There's never a sad face in a polka tent," the 23-year-old said. Martin is a member of St. Stanislaus Kostka Catholic parish, and said she has been attending the festival since she could walk. The festival is hosted by the St. Stan's Athletic Club. "I love to see my parish family enjoying each other's company and bringing in newcomers," Martin said.

http://www.mlive.com/news/bay-city/index.ssf/2013/06/bay_city_st_stans_polish_festi.html

<https://www.facebook.com/ststansacpolishfestival/>

[Images for Bay City's St. Stan's Polish Festival](#)

[Polka Mass at St. Mary Catholic Church in Bremond Texas - YouTube](#)

<http://www.youtube.com/watch?v=6-iBL-bTb90>

[Images for Polka Mass at St. Mary Catholic Church in Bremond Texas - YouTube](#)



polish dancer

At the age of 70,
she'd had surgeries
on both knees,
but that didn't
stop her from
doing the hop
and going to
to polka fests
from Wisconsin
to Pennsylvania.

[Polish Connection](#)

Wisconsin's most contemporary Polish band.

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

<https://www.facebook.com/polishconnectionband/>

[Images for Polish Connection Wisconsin's most contemporary Polish band.](#)

<http://www.youtube.com/watch?v=55qDqU2RyAw> Dancing Together Polka - Polish Connection - YouTube
<https://www.youtube.com/watch?v=m5Yj2uzN8us> Polish Connection (2012) - Na Lewo, Na Prawo Polka - YouTube
<https://www.youtube.com/watch?v=E6GFPeQ7ybw> Polish Connection (2012) - Bartender's Polka - YouTube
https://www.youtube.com/watch?v=ii4g024TY_Y Polish Connection - "Just A Memory" - 31st Pulaski Polka Days - YouTube
<https://www.youtube.com/watch?v=dpf8SQkcO2s> Polish Connection - Versatones Polka Medley - Wausau, WI - Tango's Ballroom - Polkas United – Music - YouTube
<https://www.youtube.com/watch?v=-B57QjRaDio> Polish Connection (2010) - Tribute to Eddie Blazonczyk, Sr Medley
<https://www.youtube.com/watch?v=55qDqU2RyAw> Dancing Together Polka - Polish Connection - YouTube
<https://www.youtube.com/watch?v=sc2FEuEvNGA> Mary's Golumbki Polka - Polish Connection - Wisconsin Dells 04/28/12 - Polkas - Polka Music - YouTube
https://www.youtube.com/watch?v=T8KA4oV_U0E Good Time Charlie Polka - Polish Connection - YouTube
<https://www.youtube.com/watch?v=3nUFfGI6SLM> Polish Connection - Radio and Left Over Me Polkas - YouTube
<https://www.youtube.com/watch?v=bvvhqDDY43Q> Polish Connection at Bullshooters – YouTube
[Images for Polish Connection Wisconsin Polish Band - YouTube](#)

[The Polka Family \(2013\) - I Have a Polish Boyfriend - Polka - YouTube](#)

Patrick Henry presents - "The Polka Family Band" from Pennsylvania - Glendora Banquets - 10225 S. Harlem Ave. - Chicago Ridge, Illinois - 3-15-2013 - Vocal by Molly B

<http://www.youtube.com/watch?v=03pHyxM41U8>

[Images for The Polka Family \(2013\) - I Have a Polish Boyfriend – Polka - YouTube](#)

[Twin Cities Polish Festival - Minneapolis Minnesota](#)

The Twin Cities Polish Festival will immerse Minnesotans and visitors in “all things Polish”, presenting a kaleidoscope of unique cultural and educational displays, food and top-notch entertainment.

<http://www.tcpolishfestival.org/>

<https://www.facebook.com/twincitiespolishfestival>

<http://www.exploreminnesota.com/events/5623/twin-cities-polish-festival/details.aspx>

[Images for Twin Cities Polish Festival – Minneapolis Minnesota](#)

[Polish Fest](#)

Welcome to Polishfest, the largest celebration of Polish heritage and history in the United States.

<http://www.polishfest.org/>

[Images for Polish Fest](#)

polish wedding quote

Marrying my husband was no mistake. I had my reason, only I can't remember what it is.

Jadzia Pzoniak

[Jadzia Pzoniak Quotes from Polish Wedding - Quotefully](#)

<http://www.quotefully.com/movie/Polish+Wedding/Jadzia+Pzoniak>

[Images for Marrying my husband was no mistake. I had my reason, only I can't remember what it is.](#)

[Polish Wedding - Wikipedia](#)

Polish Wedding is a 1998 comedy/drama film written and directed by Theresa Connelly.

It was screened at the [Sundance Film Festival](#) on January 16, 1998 and at the [Berlin International Film Festival](#) on February 12. It was released in the US on July 17 of the same year.

This was Kristen Bell's first film, though she was un-credited.

As implied by the name, the film's plot takes place within the [Polish American](#) community of [Hamtramck, Michigan](#) – girlhood home of director Theresa Connelly – at some time between the 1950s and 1970s. Virtually all characters are Polish Americans, though the actors playing them are mostly of other ethnic origins.

http://en.wikipedia.org/wiki/Polish_Wedding

[Images for Polish Wedding](#)

[Basia at the Polish Country Wedding - YouTube](#)

Wedding of my cousin Kamila on May 5th 2012

The Polish Weddings are very unique and rich in tradition. The ceremony lasts for days rather than hours. What usually begins very formally in the local church finishes very casually as the great ALL NIGHT! party. Lots of food, lots of vodka, lots of kissing, lots of dancing and fun!

Before the church ceremony, everyone gathers at the home of the bride and accompany her to the church, The parents bless the bride, usually the mother in a simple ceremony consisting of Bread, Salt and sometimes wine symbolizing prosperity and to bid farewell to the bride. Once the catholic marriage service is completed then family and guests congratulate the couple, queuing in a long line outside the church.

Polish traditions at the reception include the couple being greeted again with Salt, Bread and Wine, in some regions the wine glasses are thrown to the floor and broken. Then normally the bride and groom welcome all the family and guests through the door. In some areas the groom may carry the bride through the door, this is said to symbolize who will run the house (as if we didn't know already)

One of the nicest traditions in Poland is singing (by all guests) "Sto Lat" which translates as "we wish you to live 100 years in health and prosperity".. The party then begins, tables will have all kinds of starters, then a meal will be served together with the first of many bottles of vodka. Dancing usually commences after this. From then on regular plates of food are

delivered to the tables along with copious amounts of soft drinks and vodka. Later at the reception a further ceremony, the capping, is completed. All single ladies surround the bride while the matron of honour removes the veil as music is played. The veil is tossed to the surrounding girls. Some parties break around one or two in the morning and start again the next day, others do not stop. I have been at country weddings lasting three days.

<https://www.youtube.com/watch?v=twSAFgUwxXc>
[Images for Basia at the Polish Country Wedding - YouTube](#)

[My Friend's Big Fat Polish Wedding - YouTube](#)

You've never been to a wedding until you've been to a Polish wedding. This is some footage of my friend James Moran's wedding.

<http://www.youtube.com/watch?v=ii1NeygjJHk>
[Images for My Friend's Big Fat Polish Wedding - YouTube](#)

[Polish Wedding Dance | Le Trepot Banquet Hall Mississauga Toronto | Forever Video- YouTube](#)

<http://www.youtube.com/watch?v=COPZ3BWQaBU>
[Images for Polish Wedding Dance - YouTube](#)



[The Polish Wedding - What is it Like? - PolishForums.com](#)

The bride and the bridegroom reside behind the table, the guests depending on their relation to the family and their importance are being seated. The food is already waiting, but before that, it is time for the traditional kiss delivered by the young couple. The guests holding their glasses filled with cold vodka intone "Bitter, bitter," indicating that the taste is not up to the standards until they see the groom kiss the bride. Once this is done, the room erupts in cheer and laughter. Now the real fun can begin.

The traditional toasts follow. Eating and drinking continues throughout the evening interrupted by an occasional, drunk choir. As a rule, the Poles do not have a very big song repertoire, and for some reason, it consists mostly of outdated folk songs that most of them know since childhood. "A girl went to a forest," is one of the favorites, "Mountaineer, aren't you feeling sad?" another. After that last one, not one eye is left dry.

The temperature is rising. The band starts to play Polish favorites. The choice of the first song is most important, and the favorite is "The blue song" by Krzysztof Krawczak. If you want, you can ask the band to play a song of your choice, but it will cost you. The young couple starts the first dance and the rest follows. The choice of music is fairly eclectic, depending on the band's repertoire and the wishes of the family.

<http://www.polishforums.com/society-culture-38/polish-wedding-like-668/>
[Images for Polish Wedding](#)

[How to Hold a Polish American Wedding Reception: 4 Steps](#)

4 Hold the Money Dance (also called the Small or Apron Dance). This tradition aims to earn the new couple paper money for their honeymoon. A matron of the bride's family wears an apron and guests buy the right to dance with the new bride. Sometimes guests pin paper money to her veil or tuck bills into a special bridal purse instead of the matron's apron. As the band plays a polka and guests line up to dance with the bride. The maid of honor wears an apron and collects the money given by the guest for the dance. After all guests have danced with the bride, they form a tight circle around the bride. The groom tries to break through the circle while the guests try hard to keep him out. Once he breaks through, he picks up his bride and carries her away to their honeymoon.

<http://www.wikihow.com/Hold-a-Polish-American-Wedding-Reception>
[Images for Polish American Wedding Reception](#)

polish polka bar

Friday night and with no other plans for the evening I take off at the last minute for Nye's Polka Lounge to hear The World's Most Dangerous Polka Band. I go past the dome where the football team is playing a preseason game and see in the distance the sign for the local brewery. When I use the restroom, I see a sign above one urinal for the Minneapolis brew and a sign above the other urinal for the Milwaukee brew.

Groups of people come and go to imbibe in the beverage of choice and sing along with the band. I take in the iconic surroundings, appreciate the history, leave my dance shoes in my backpack, and watch on television the local team lose to the opposition.

NYE'S POLONAISE ROOM: NAMED "BEST BAR IN AMERICA", BY ESQUIRE MAGAZINE

Nye's Polonaise serves Polish and American cuisine, with piano bar and polka lounge - and was named Best Bar in America by Esquire Magazine.

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

http://www.youtube.com/watch?v=duSliGKrX6s&feature=player_embedded RealNyes.mov - YouTube

The Best Bar in America - Esquire

THE BEST BAR IN AMERICA isn't Irish. It isn't in a strip mall. It isn't the sort of place that charges an outrageous cover for people to stand around in black light pushing back shooters out of test tubes. It isn't a fight club or a meat market. There is no snobbery, and there is no tonic-water drinking. There are gimlets and manhattans, bottles of Zywiec, and a first-rate pissoir.

The best bar in America occupies a corner where the path to righteousness and the road to perdition run parallel, east to west, perpendicular to the muddy river that cuts this country in two, north to south. The best bar in America has occupied this physical and spiritual intersection since 1950. The best bar in America lies across the Mississippi from downtown Minneapolis over a bridge named for Father Louis Hennepin, and it has a sign on its yellow-brick exterior that points the way to Our Lady of Lourdes, cast in the red-neon glow of another that reads LIQUORS. The best bar in America also saw one of its doormen murdered last summer.

The best bar in America is Nye's Polonaise.

More accurately, it is the two best bars in America – Nye's Bar, known as the "Old Side" to its ancient staff and un-shifting regulars, and the upscale bordello kitsch of the Polonaise Room - connected through their shared fire wall by a pair of swinging doors. When it comes right down to it, you're either Nye's or you're Polonaise, making this place a kind of crossroads inside and out.

http://www.esquire.com/features/best-bars-in-america-2006/ESQ1006BESTBARS_147

[Images for Best Bar in America Nye's Polonaise](#)

Ruth Adams and the World's Most Dangerous Polka Band - Wikipedia

Ruth Adams and the World's Most Dangerous Polka Band are a [senior citizen polka](#) duet who use a rotation of four different drummers. Adams founded the group in 1974, with Joe Hayden joining in 1996. They received national attention when they appeared on the short-lived [Comedy Central](#) series [Let's Bowl](#).^[1]

The group consists of Adams on accordion, accompanied by Hayden on trumpet and lead vocals, with the rotation of drummers using a simple [snare drum](#) and [high-hat](#) percussion setup. Al Ophus was the full-time percussionist until his death in 2003 at the age of 88.^[2] His drums are now on display at the [Minnesota Historical Society](#).^[3]

According to the band's website, they play "a mix of [Polkas](#), [Waltz's](#) [sic], [Foxtrots](#) [sic], [Country](#), [Latin](#), and a little [Dixieland](#)." During their Let's Bowl appearances, Adams and company played [suggestive polka](#) tunes like "She Smoked My Cigar" and "I Told Her No".

They got their start^[4] and still play every Friday and Saturday, at Nye's Polonaise (better known as Nye's Polka Lounge) in northeast Minneapolis.^[5]

Ruth Adams died March 18, 2011 at Hennepin County Medical Center after her battle with cancer. ^[6]

http://en.wikipedia.org/wiki/Ruth_Adams_and_the_World's_Most_Dangerous_Polka_Band

[Images for Ruth Adams and the World's Most Dangerous Polka Band](#)

Ruth Adams and the World's Most Dangerous Polka Band - YouTube

Popular Videos – Ruth Adams and the World's Most Dangerous Polka Band

<https://www.youtube.com/playlist?list=PLDeAYonK0GKZlyNXMvbCGpgOPeOi-pemy>

[Images for Ruth Adams & The World's Most Dangerous Polka Band Tribute - YouTube](#)

The World's Most Dangerous Polka Band (Documentary) Sonya "Sonny" Tormoen (Director) - Amazon.com

The World's Most Dangerous Polka Band (Documentary). Offbeat and Big Time! Starring: Al Ophus, Ruth Adams, and Joe Hayden. Description: Loud music, late nights, and lots of ladies... just a typical weekend night for a nationally recognized recording act, right? Sure, but throw in senior discounts, audiences who bark with the band, and 10,000 rolls of toilet paper. And that's only part of the irresistible, unforgettable charm of "The World's Most Dangerous Polka Band."

Dangerous indeed - for their ability to prove you're never too old to live young! Director: Sonya "Sonny" Tormoen

<https://www.amazon.com/Worlds-Most-Dangerous-Polka-Documentary/dp/B001MSN24A>

[Images for The World's Most Dangerous Polka Band \(Documentary\)](#)

Ruth Adams memorialized with video, photos, and memories - City Pages

We were heartbroken to hear about [the passing of Ruth Adams](#), the accordion player for the World's Most Dangerous Polka Band that held down a longtime regular gig at Nye's Polonaise Room, just a few weeks ago.

Now, thanks to local documentarian Sonya "Sonny" Tormoen, we have a few sweet memories of Adams to share with our readers in honor of her memory.

Tormoen is the producer and director of the short documentary, [The World's Most Dangerous Polka Band](#), which has been screened at film festivals around the world. She kindly uploaded some clips of the documentary for us to share,

in addition to giving us some hilarious and touching tidbits that she learned about Adams and the WMDPB while making her film.

http://blogs.citypages.com/gimmense/2011/03/ruth_adams_memo.php
[Images for Ruth Adams memorialized with video, photos, and memories](#)

[Nye's mainstay the World's Most Dangerous Polka Band bring out the big guns](#)

This isn't the kind of polka one would expect reserved for 7 p.m. slots in musty church basements and VFWs. From 10 p.m. until 2 a.m. every weekend, the dance floor at Nye's turns into a sweaty mess of bodies. Young and old bop around, usually without regard to tempo or how ridiculous they look. This is why people keep coming back. What happens at Nye's stays at Nye's. And if a roomful of grown adults wants to gleefully indulge in a rendition of the Chicken Dance, it's more than acceptable—it's encouraged. Ruth Adams is redefining cool, one polka at a time. We recently caught up with accordionist Adams and her trumpet-playing band mate, [Joe Hayden](#), to ask them a few questions about their legendary group.

<http://www.citypages.com/2009-02-04/music/nye-s-mainstay-the-world-s-most-dangerous-polka-band-bring-outthe-big-guns/full/>

[Images for Nye's mainstay the World's Most Polka Band](#)



Ruth Adams

[Grain Belt Nordeast - August Schell Brewing Company: Since 1860](#)

Named after the hardworking neighborhood where the original Grain Belt Brewery established its roots back in 1893. 'Nordeast' is an endearing term, which comes from the Northern and Eastern European immigrants and their language which helped shape Northeast Minneapolis. This amber American Lager is our way of honoring the storied past of Grain Belt and the people who helped to make it legendary! Cheers! Grain Belt Nordeast is an American lager is and is the newest member to the Grain Belt Family. It has a light maltiness and hop aroma with a mild bitterness. Smooth taste with an excellent drinkability.

<http://www.grainbelt.com/history.php>

[Images for Grain Belt Nordeast](#)

[Miller Brewing Company - Wikipedia](#)

The Miller Brewing Company is an American [beer](#) brewing company owned by [SABMiller](#). Its regional headquarters is located in [Milwaukee, Wisconsin](#) and the company has brewing facilities in [Albany, Georgia](#); [Chippewa Falls, Wisconsin](#); [Eden, North Carolina](#); [Fort Worth, Texas](#); [Irwindale, California](#); [Milwaukee, Wisconsin](#); and [Trenton, Ohio](#). On 1 July 2008 the [Miller Coors](#) company was formed as a joint venture with rival [Molson Coors](#) to consolidate the production and distribution of its products in the [United States](#), with each parent company's corporate operations and international operations remaining separate and independent of the joint venture. The stock ticker symbol is [SAB.L](#).

http://en.wikipedia.org/wiki/Miller_Brewing_Company

[Images for Miller Brewing Company](#)

[Texans beat Vikings in preseason match | MPR News](#)

MINNEAPOLIS (AP) - Rookie DeAndre Hopkins caught a 34-yard touchdown pass in Houston's 27-13 victory over Minnesota Friday night at the Metrodome.

<https://www.mprnews.org/story/2013/08/09/sports/vikings-teaxans-preseason>

[Images for Texans beat Vikings in preseason match](#)

good memory

A woman came up to me
shortly after I entered Lee's
and said, "I remember
you from Mayslacks."
I asked another woman,
"Have you heard of Mayslacks?"
She prompted my memory
by telling me of the Polish
bar in Northeast Minneapolis
where I went polka dancing

a few Sunday afternoons.
Evidently, I must've shown something
for her to remember me
some 10+ years earlier.

Lee's Liquor Lounge

<http://www.leesliquorlounge.com/>
[Images for Lee's Liquor Lounge](#)

Dan Lund - Becky Thompson and Old School

Dan Lund & Buffaloaf - rockabilly, classic country, '50s rock 'n' roll
<http://www.beckythompsonandoldschool.com/danbio.html>
[Images for Dan Lund - Becky Thompson and Old School](#)
<http://www.youtube.com/watch?v=pfCCzk8-cok> jackson2 – YouTube. Dan Lund & Buffaloaf at Lee's Liquor Lounge, Minneapolis MN 11/12/12.
<http://www.youtube.com/watch?v=DxEBWC7Jy5q> Guitar Boogie Shuffle – YouTube. Brandon Petron sitting in with Dan Lund's guitar and Buffaloaf at Lee's Liquor Lounge 2012.
<http://www.youtube.com/watch?v=xKqXXw-p9qs> Rock This Town – YouTube. Brandon Petron sitting in with Dan Lund's guitar and Buffaloaf at Lee's Liquor Lounge. Minneapolis. 2012.

Mayslacks | Music Calendar

Mayslacks Bar and Grill in Historic NE Minneapolis
<http://www.mayslacksbar.com/slaxncalendar.html>
[Images for Mayslacks | Music Calendar](#)



polish meals and music

Eat a Polish pierogi and
dance to Polish polka
on Thursdays at Marinos.

Lynne's Dance News

THURSDAY, JULY 25 (a 3rd Thur.)
POLKA & OLDE-TYME MUSIC to research:
- Fridley Amer. Legion, 7365 Old Central Ave. N.E., 6-9pm, confirm at 763-784-9824
<https://www.lynnesdancenews.com/thu>
[Images for Lynne's Dance News POLKA & OLDE-TYME MUSIC](#)

Fridley American Legion

<http://www.fridleylegion.org/>
<https://www.facebook.com/FridleyLegion>
<http://www.eatmarinos.com/lunchdinner/> EVENING SPECIALS Thursday – Polish Meals
[Images for Fridley American Legion](#)

Pierogi - Wikipedia

Polish pierogi are often filled with fresh quark, boiled and minced potatoes, and fried onions. This type is called in Polish pierogi ruskie, which literally means "Ruthenian pierogi" (sometimes being mistranslated as "Russian pierogi"). Ruskie pierogi are probably the most popular kind of pierogi in North America.
<https://en.wikipedia.org/wiki/Pierogi>
[Images for Pierogi](#)

Craig Ebel & DyVersaCo - It's Polka Time!

Craig Ebel & DyVersaCo is a polka variety band based out of Minneapolis, Minnesota. The band plays a wide variety of music from polkas, waltzes, and schottisches to country and Cajun. DyVersaCo is a crowd pleaser no matter where they perform, as they are fun to watch and provide a unique song selection with a solid beat.



<http://www.itspolkatime.com/dymeat.html>

Images for Craig Ebel & DyVersaCo - It's Polka Time!

<http://www.ipapolkas.com/directory/listings/craig-ebel-dyversaco/>

<https://polkajammernetwork.org/pjn-archives/craig-ebel/>

Images for craig ebel polka band

<https://www.youtube.com/watch?v=mOoKx6Mrh3w> Life Together Polka - Craig Ebel & DyVersaCo - Twin Cities Polish Festival – YouTube

https://www.youtube.com/watch?v=Db8kT3n_ig8 Polish Sausage Polka - Craig Ebel & DyVersaCo - Twin Cities Polish Festival - YouTube

<https://www.youtube.com/watch?v=F9xRiAD0kGo> Jailbird Polka - Craig Ebel & DyVersaCo - Twin Cities Polish Festival

<https://www.youtube.com/watch?v=sNWg0BYikbl> We love Polka music! (Polish vocals) - Craig Ebel and friends! - YouTube

https://www.youtube.com/watch?v=7tClgK_IJ3w Christopher - The Very Best Polish Music! - YouTube

Images for Craig Ebel & DyVersaCo - Polish Polka - YouTube

do you do the hop?

Some women dancers particularly in certain areas want to know if a man does the hop or the shuffle. If a man does the latter and not the former, the woman isn't interested.

DancePolka - Google Sites

Polish Hop Polka Instruction Video

<https://sites.google.com/site/dancepolka/>

Images for DancePolka - Polish Hop Polka Instruction Video



warm reception

When I asked him where he'd been dancing, he related how he'd been to Pulaski for their polka fest. He explained, "I'd dance with a young woman, and then her sisters would come to ask me to dance. At the end an entire family came to my car in the parking lot to thank me for coming."

Singles Connection Halloween Dance - Volume One Magazine

Halloween dance at the Brick House Labor Temple. Dance lessons at 7pm, dance 8pm-midnight featuring Black Sheep band. Prizes for best costumes.

http://volumeone.org/events/2013/10/19/89288_singles_connection_halloween_dance

Images for Singles Connection Eau Claire Halloween Dance

Annual Pulaski Polka Days Music Festival

Pulaski Polka Days is an annual polka festival that lasts four days. Pulaski Polka Days brings thousands of visitors each year from all over the world.

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

<https://www.facebook.com/pages/Pulaski-Polka-Days/125854546119>

<http://www.youtube.com/watch?v=JuKr115Zhjs> New Generation - 2013 Pulaski Polka Days – YouTube

Images for Annual Pulaski Polka Days Music Festival

combustion

Combine Polish Polka and Mexican Ranchero, and you've got some energetic music.

Norteño (music) - Wikipedia

Norteño (Spanish pronunciation: [nor'teño], *northern*), also *musica norteña*, is a genre of Mexican music.

The accordion and the *bajo sexto* are norteño's most characteristic instruments. The genre is popular in both Mexico and the United States, especially among the Mexican and Mexican-American community, and it has become popular in many Latin American countries as far as Chile and Colombia. Though originating from rural areas, norteño is popular in urban as well as rural areas.

[http://en.wikipedia.org/wiki/Norte%C3%B1o_\(music\)](http://en.wikipedia.org/wiki/Norte%C3%B1o_(music))

[Images for Norteño \(music\)](#)

Norteñas y Rancheras mix 01 - YouTube

<http://www.youtube.com/watch?v=lzZNkjYU1UY>

[Images for Norteñas y Rancheras mix 01 - YouTube](#)



Why does Mexican music sound like Polish polkas? | Yahoo Answers

Best Answer **Voter's Choice**

TXm42 answered 7 years ago

Mexican Polka is called Conjunto or Norteno, it is actually originally Polka.

They use a diatonic accordion, and a thing called a bajo sexton - a sorta mexican 12 string bass guitar.

Mexicans got the Polka from Bohemians mostly.

Texas is full of Germans, Czechs, Bohemians, Poles, etc.

Mexico also has a BUNCH of German, East European heritage going way back.

Even S. America -

I had a lady friend who was Brazilian, but PURE Polish, her family had been in Brazil since late 1800's.

Her Ex-husband was German, with just about same family background, Pure German bloodline, but many generations Brazilian nationality.

The Mexican variations of Polka is not very old, 100 years at most, maybe less???

And was not very popular till last 20~30 years or so.

Popularity gained, and the music evolved very quickly, developed its own sorta flavor, added more instruments, more players began innovating, And it became jazzier in a Latino sorta way.

Me personally, and no offense to any's tastes & preferences, I'm not a big fan of Polka Music.

Even so, I can appreciate it, it's fun, happy music - and that can't be bad.

Mexican Polka started out pretty true-to-form, which was "weak" Polka at best.

I think it went downhill from there when they tried to make some kinda Mexican Jazz Polka Fusion, or whatever the heck it is they're doing with it now.

Crazy to imagine it, but that Mexican music that Sounds like Polka, really IS Polka (or, it was)

If you ever get a chance to listen to some very early Mexican Norteno music, from even the 40's or 50's...

The only way you'll know it's from Mexico and not Chicago is that they typically weren't very good musicians. It'll sound like just any regular, amateur Polka Band

<http://answers.yahoo.com/question/index?qid=20061105230213AAGU9sT>

[Images for Mexican music sounds like Polish polkas?](#)