

# Black Sea Odyssey

LANDMARK CENTER AND ETHNIC DANCE THEATRE VIRTUAL EVENT 2022

# Welcome from Don LaCourse

For seven years, Landmark Center and Ethnic Dance Theatre (EDT) have collaborated to create festivals honoring some of the lesser-known ethnic communities that live in the Twin Cities, starting with three years of the Carpathian Mountains Basin and three years focusing on the ethnic groups of the Balkan Peninsula.

In this year's festival, Black Sea Odyssey, we celebrate the unique traditions and history of the many ethnic groups who make the Black Sea their home. In the Twin Cities area, we know of communities of Bulgarians, Romanians, Russians, Ukrainians, Turks and Georgians.

Currently, two of these countries are at war. We at EDT wish to support our Ukrainian friends at this difficult time, without vilifying our Russian friends here. Through our performances, we wish to honor the inherent beauty of all folk cultures. We have been privileged to get to know and learn from them over the last five decades.

Now, along with our sponsors Ecolab, Xcel Energy, Hubbard Broadcasting and Ramsey County, we invite you to enjoy the music and dance, make some of the foods, try the wines, and learn about some of the unique traditions that are observed at this time of the year.

Dobre Doshli! Bine ati venit! Laskovo prosymo! Dobro pozhalovat! Hoş geldin! Mogesalmebit! Welcome!

Virtual Concert and Video Welcome  
from Don LaCourse

*Virtual Concert Part 1:*

[https://youtu.be/ZX1\\_ZJ1MCVA](https://youtu.be/ZX1_ZJ1MCVA)

*Virtual Concert Part 2:*

<https://youtu.be/kdwVwEwHs6I>

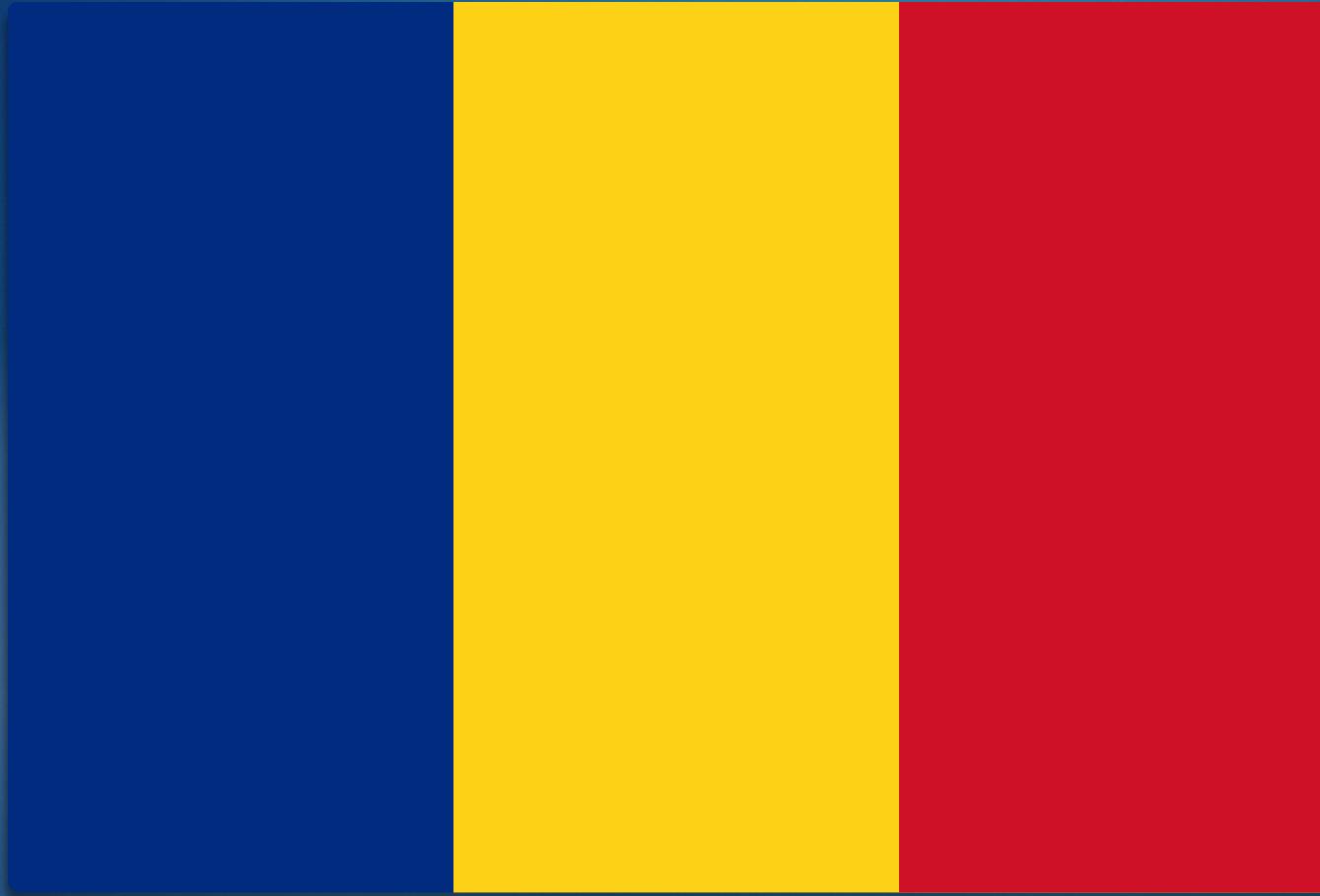
# Black Sea Odyssey

FLAGS OF THE COUNTRIES SURROUNDING THE BLACK SEA

The flag of Bulgaria is displayed as a horizontal bar divided into three equal-width stripes. The top stripe is white, the middle is green, and the bottom is red. It is positioned on the left side of the slide.

Bulgaria





Romania



A large graphic of the Ukrainian flag is positioned on the left side of the slide. It consists of two horizontal stripes: a top blue stripe and a bottom yellow stripe. The yellow stripe is slightly taller than the blue one. The entire graphic is set against a dark blue background.

Ukraine



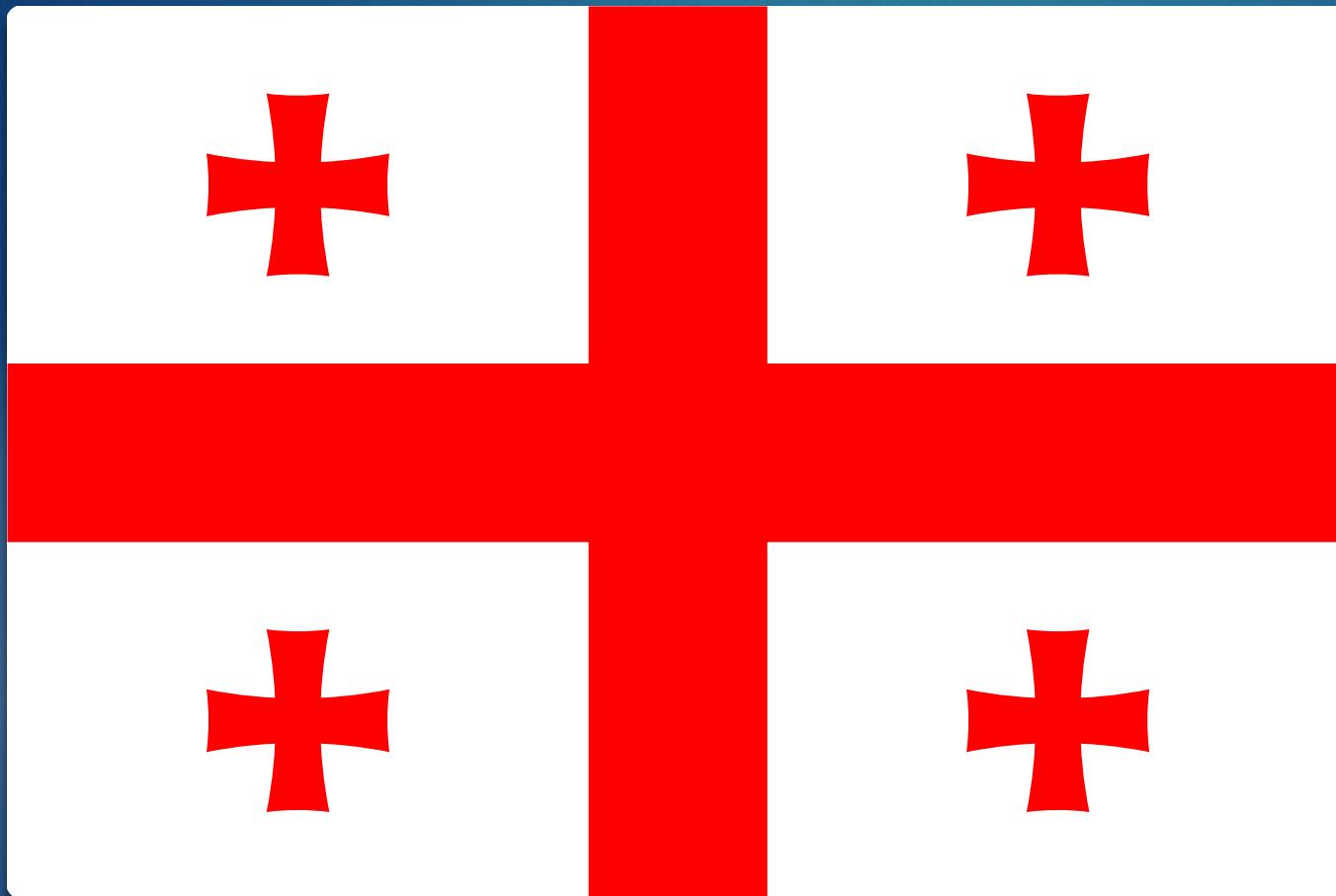


# Russia





Turkey



Georgia

# Recipes to Try at Home

## **Ukrainian Holubtsi or Stuffed Cabbage Rolls**

[https://www.youtube.com/watch?v=LmHpoqvrzhs&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=1&t=25s](https://www.youtube.com/watch?v=LmHpoqvrzhs&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=1&t=25s)

## **Turkish Piyaz / White bean salad / Vegan**

[https://www.youtube.com/watch?v=LFRxu0abXIA&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=2](https://www.youtube.com/watch?v=LFRxu0abXIA&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=2)

## **How To Make Romanian Mămăligă**

[https://www.youtube.com/watch?v=U1Li-qWh\\_co&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=3](https://www.youtube.com/watch?v=U1Li-qWh_co&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=3)

# Recipes to Try at Home cont.

## Easy Georgian Khachapuri Recipe

[https://www.youtube.com/watch?v=w-gNRze8jnc&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=4](https://www.youtube.com/watch?v=w-gNRze8jnc&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=4)

## The Traditional Bulgarian salad / Shopska salata

[https://www.youtube.com/watch?v=KEF2DqG5pc0&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=9](https://www.youtube.com/watch?v=KEF2DqG5pc0&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=9)

## How To Make Russian Pelmeni

<https://www.youtube.com/watch?v=ZRRVsePBx4U>



# Adult Beverages

Georgia's Ancient Wine History

<https://www.youtube.com/watch?v=PhHPxpiTqR8>

My grandma's recipes: hot rakia with honey (Bulgarian brandy)

[https://www.youtube.com/watch?v=O-RZlog82gw&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHycln&index=6](https://www.youtube.com/watch?v=O-RZlog82gw&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHycln&index=6)

Wines of Romania - Four Thousand Years in the Making

<https://www.youtube.com/watch?v=C5isioQlftQ>

# Adult Beverages cont.

Bulgarian Wine: Melnik Region

<https://www.youtube.com/watch?v=uIr8gpMn4BA&t=58s>

How to make Rakia (Plum Brandy)

<https://www.youtube.com/watch?v=w0irzi1qByI>



# Costumes of the Countries on the Black Sea

## Georgian Woman's Traditional Clothing

[https://www.youtube.com/watch?v=YA9Px8GzO6k&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=11&t=33s](https://www.youtube.com/watch?v=YA9Px8GzO6k&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=11&t=33s)

## Ukrainian folk costume presentation

[https://www.youtube.com/watch?v=Bc8kccoCkdM&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=17](https://www.youtube.com/watch?v=Bc8kccoCkdM&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=17)

## Romanian folk traditional clothing part 1

[https://www.youtube.com/watch?v=tmOYdEhBa\\_g&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=12](https://www.youtube.com/watch?v=tmOYdEhBa_g&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=12)

## Romanian folk traditional clothing part 2

[https://www.youtube.com/watch?v=\\_Pi0I46FUg&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHyctn&index=13](https://www.youtube.com/watch?v=-_Pi0I46FUg&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHyctn&index=13)

# Costumes of the Countries on the Black Sea cont.

## Bulgarian Folk Costumes

[https://www.youtube.com/watch?v=Krlt24aCSmw&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHycln&index=14](https://www.youtube.com/watch?v=Krlt24aCSmw&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHycln&index=14)

## Russia: Impressive Folk Costumes brings witness to history

[https://www.youtube.com/watch?v=dZBAjcMD9MM&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHycln&index=16](https://www.youtube.com/watch?v=dZBAjcMD9MM&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHycln&index=16)

## Traditional Turkish clothes

[https://www.youtube.com/watch?v=b2\\_0tYCLwxM&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHycln&index=22](https://www.youtube.com/watch?v=b2_0tYCLwxM&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHycln&index=22)

# Arts and Traditions

## Martisor

[https://www.youtube.com/watch?v=UehbqJYK1j0&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHycln&index=18](https://www.youtube.com/watch?v=UehbqJYK1j0&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHycln&index=18)

## Lazaruvane Gamzovo (Bulgarian Easter Custom)

[https://www.youtube.com/watch?v=zv-Y9pN62O0&list=PLuFzNHfvcdcxhC2\\_cogS7K9bdETBHycln&index=7](https://www.youtube.com/watch?v=zv-Y9pN62O0&list=PLuFzNHfvcdcxhC2_cogS7K9bdETBHycln&index=7)

## Russian Holidays - Maslenitsa

[https://www.youtube.com/watch?v=QmM9\\_28d1VY](https://www.youtube.com/watch?v=QmM9_28d1VY)

# Arts and Traditions cont.

**Turkish Spring celebration, Hıdrellez**

[https://www.youtube.com/watch?v=vT4\\_4aOAD6E](https://www.youtube.com/watch?v=vT4_4aOAD6E)

**Rituals and Romance: Ivan Kupala in Ukraine**

[https://www.youtube.com/watch?v=6d2WR\\_hUK5I](https://www.youtube.com/watch?v=6d2WR_hUK5I)

**Four Georgian Traditions**

<https://www.youtube.com/watch?v=gwEevd1Qya4>

# Local Community Churches, Organizations and Supermarkets of Black Sea Countries

- St. Mary Romanian Orthodox Church
- St. Stefan Romanian Orthodox Church
- St. Panteleimon Russian Orthodox Church
- St. Constantine Ukrainian Catholic Church
- St. Katherine Ukrainian Orthodox Church
- St. Michael & St. George Ukrainian Orthodox Church
- Ukrainian American Community Center
- Turkish American Association of Minnesota
- Turkish American Society of Minnesota
- Bulgarian School of Minnesota – “Saints Cyril and Methodius”
- Balkanicus Institute for Balkan Art, Culture and History (BIBACH)
- Heritage Organization of Romanians in Minnesota
- Bill's Imported Foods