

## *Ellie Konitshek*

*I started English Country Dancing (and contra dancing) in 1984 in Connecticut, New York, and Massachusetts. I was drawn to English Country Dance by the hauntingly beautiful music and the intricate patterns of movements that flow with the music. One aspect of English Country Dance that is particularly wonderful and unique is the eye contact and connection the dancers can make with their partners, neighbors and other dancers.*

*I started calling about 2 years ago. Instructing and calling English Country Dance with our group in Poway has been a lot of fun, and a great learning experience. I feel that my background in teaching has helped me with calling.*

*I am an Occupational Therapist at Grossmont Hospital where I work with stroke patients, some brain injury patients, patients who have difficulty breathing and some pediatric patients. This work has been extremely rewarding for me and it is exciting to see and help patients improve and progress. And every once in a while, I run across a patient that has actually done some kind of folk dancing (American square dancing, contra, some Scandinavian dancing, etc.)*

*Other interests that I have, besides dancing, include: entertaining and planning parties and hikes, sewing, gardening and cooking. I am married to Dean and we have 2 cats that constantly entertain us.*