



The three sisters: Felicitas (Lizi), Elizabeth (Lisl), Lilia (Lili), 1970s

## Music

The music in this production is excerpted with permission from the CD *Wake Up! Calm Down through rhythm and dance: Fully orchestrated tunes with teacher's guide especially prepared for working with children* by ELIZABETH POLK, ADTR, *Dance Therapist*. Arranged and conducted by John Lesko, produced by Educational Activities, Inc. It may be purchased at [LibbySkala.com/store.html](http://LibbySkala.com/store.html).

## Thank You

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*This work was created in part through The Field's Artward Bound residency program, and Artistic New Directions' Anything Goes.*

## Artistic New Directions

Artistic New Directions is a not-for-profit performance and education facility dedicated to helping performers, writers, and writer/performers achieve their artistic goals. Since 1984 our mission has been to support, assist and encourage the development of artists and their projects through creative laboratory, classes, workshops, retreats and full productions. [www.artisticnewdirections.org](http://www.artisticnewdirections.org)

[www.LibbySkala.com](http://www.LibbySkala.com)

Contributions toward the upcoming DVDs of Libby's plays are tax-deductible and may be made payable to "Artistic New Directions," a 501(c)3 and mailed to 80 Winthrop St. K2, Brooklyn, NY 11225; or donate online at [www.bit.ly/libby](http://www.bit.ly/libby). Thank you!

# a time to dance



written & performed by  
**Libby Skala**

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Produced in association with Artistic New Directions

Music selected & directed by Elizabeth Polk

Arranged & conducted by John Lesko

Produced by Educational Activities, Inc. and used by permission



In 1998, while writing my first solo play *Lilia!* about my late grandmother, Oscar-nominated actress Lilia Skala, I interviewed her younger sister Lisl about my grandmother's youth. Lisl diverted each question about my grandmother with stories from her own life. Not finding the material I sought, the interview tapes were stashed away and forgotten.

When Lisl passed away in 2001, I remembered the tapes and listened, keenly attuned to her memories spanning a century, to her quirky observations and family history. What a gift she gave in that interview! She is indeed a star in her own right. She must have glimpsed that when she accepted her lifetime achievement award from The American Dance Therapy Association.

The scope of her stories impresses upon me the agelessness of humanity at its core. It brings history to the present in vivid color. The selection of stories included in this play comprise mere glimpses into her rich life. What characterizes Lisl to me is her spontaneous joy and impish playfulness. She said, "Honey, I'm still alive at 99 because I can laugh." To me, Lisl is always dancing - even sitting in a chair, the slightest hand gesture is part of her dance. She reminds me of the wondrous gift of music and dance as expressions of Life.

*Libby Skala*

**LIBBY SKALA** (playwright/actress) has enchanted audiences internationally with critically acclaimed solo plays about her notable family members: *Lilia!*, about her grandmother, Oscar-nominated actress Lilia Skala, *A Time to Dance*, about her great aunt, dance therapy pioneer Elizabeth Polk, and *Felicitas*, about her great aunt "Lizi", a tough-love baby nurse. *Lilia!* ran off-Broadway, produced by Mirror Repertory Company at the Arclight Theatre. *A Time to Dance* won "Best Solo Performer Award" at the London Fringe Festival, *Felicitas* received rave reviews at FringeNYC and Freight & Salvage in Berkeley. All three have toured internationally. Libby's newest play *Irena Sendler: Rescuing the Rescuer* premiered at the London Fringe Festival.



Libby's non-solo work includes readings with Rosemary Harris and Marian Seldes from books published by The Feminist Press at the Jewish Museum in NYC. Regionally, she played Viola in *Twelfth Night* at St. Lawrence Shakespeare Festival. Film work includes *Birth* with Nicole Kidman. Libby is a graduate of Oberlin College and is an award recipient of The Pandella Cultural Fund in Switzerland. Upcoming performances and more info at [www.LibbySkala.com](http://www.LibbySkala.com).

**ELIZABETH POLK, ADTR** (subject of the play)

Elizabeth Polk's broad professional background marked her as one of the country's authorities in teaching the joy of movement to emotionally, physically and mentally handicapped children. She had a long and rich career teaching dance at every age level from preschoolers to adult education classes and in settings ranging from housing projects to college campuses.



Born and educated in Vienna, Austria, her early music and dance studies included ballet, Dalcroze eurhythmics, modern dance and gymnastics. She performed as a concert dancer, and later acquired a physical education license enabling her to launch her own dance studio in Austria. In the United States, she pioneered creative dance, became a charter member of the American Dance Therapy Association, co-founded the National Dance Teachers Guild, and taught methodology in teaching dance to children in Adelphi's dance department. In 1995, at the age of 93, she was honored with a lifetime achievement award as a chief pioneer in dance/movement therapy at the American Dance Therapy Association's 30th annual convention.

She directed "Orchestrated Music for Special Children," produced by Hoctor Records, and "Wake Up, Calm Down" for Educational Activities. These recordings remain her legacy to dance therapists of the future.