



Newsletter

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April 2013

President's Corner

By Bob Olszewski

I hope those who attended our St. Patrick's Day Party and the Fred Astaire Studio night had a great time. Thanks to the members who arranged, decorated, supplied food, and music. I'm sorry, but there is not enough space to name all who helped making these events a success. Thanks to Andrey and his staff at Fred Astaire, they did a very professional job with Studio Night. If you didn't attend, Lacey taught West Coast Swing, Andrey supplied some refreshments, and had all his instructors stay to dance with our members.

I recommend you go on-line and read the article on page 2 of this newsletter reprinted from 2011 about our organization's first 5 years. I have been dancing here for 18 months and was not aware of our history. As I read about the difficulties these members had establishing this great place to dance, I was very impressed with their dedication, endurance, and hard work. They gave us this wonderful place that we all enjoy today through their efforts. We should all be very thankful to them. I hope our board can strive to add to their accomplishments.

We want to keep you informed about what the board is doing. Here are just a few things happening now and I will update you each month.

- Our two CDs matured on March 12th and, as directed by USA Dance, were deposited in a savings account at Wells Fargo Bank.
- A new guest form was developed, so that Barry can more easily follow up. A guest form drawing will be held on the first Saturday of each month.

- We have 14 new members in the first two months this year!
- Shining a light on our outside sign at night.
- Scheduling a time to repair and resurface the wood floor where needed.
- Continuously improving our new website and working on updating policies.
- Evaluating the Saturday night dance hosting.

Happy Birthday!

Jeff Arnold	April 1
Debra Hamilton	April 17
Brenda MacKaness	April 9
Ray Montminy	April 27
Hans Riekerk	April 5
Recci Rock	April 30
Betty Stacks	April 8

Special Events

Board Meeting

Saturday, April 27 5:00

Spring Fling Ball

Saturday, April 20

8:00 Party – No Lesson

\$10 Members/\$15 Non-Members

Semi-Formal, Hors d'oeuvres

Debbie's Showcase

Sunday, June 23

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Mystery Dancer

Be the first to guess the identity of this mystery dancer and win 2 free passes to a regular Friday or Saturday night dance! If you think you know, contact ConnieVance10@gmail.com. (Last month's mystery dancer was Ray Montminy.)



When this mystery person first started dancing, she suffered a foot fracture from dancing five nights a week! Fortunately for all of us, it didn't deter her one bit. After dancing Shag for about 10 years, her ballroom

experience started when her sister-in-law, a competitive dancer, was visiting from California and wanted to go dancing. From the very first night at BDC she was addicted to ballroom! That was in 1995, eighteen years ago.

This lady keeps very busy. Besides dancing and working part-time, she enjoys needlepoint, knitting, gardening, piano, and classical/opera music. She is also the five-star decorator for our special parties!

She was born in Pennsylvania, married a urologist, and had two sons. When her husband joined USAF in 1976, they moved to Charleston but unfortunately, he passed away only two years later in 1978. She liked the area though and continued to live here with her sons. Edmond now lives in New Jersey with his two children. Michael lives in Austin, Texas and works for the IRS.

Nursing has been her career for many years, graduating from Albert Einstein Medical School in Philadelphia. She has worked in the nursing fields of medical, surgical, and heart, but has been in psychiatry since 1990. She currently works part-time at Palmetto Behavioral Low Country Hospital.

Who is she?

Gift Certificates Available!



Contact Connie for gift certificates in any amount you choose. We also have very nice pre-paid admittance cards for \$5 each. connievance10@gmail.com or 843-754-5087.

The First 5 Years

This article first appeared in the July 2011 Newsletter but we have so many new members, it bears repeating. Without these actions and people, we would not have this wonderful place to dance.

1989 It began with an idea. Stewart Flood and Louis Work thought that Charleston needed a place to ballroom dance! Almost immediately after Hurricane Hugo, they found a place located on Highway 17, where the Farm Bureau office is now.

1992 They moved to our present location. People sat on benches around wooden banquet tables and danced on a concrete floor with linoleum. Ouch! Donations were made for a hardwood floor but the money continually had to be diverted to pay rent. Local membership dues were instituted, which helped with the rent and expenses somewhat.

Luckily, members found a bargain on wood flooring and many people donated sizeable amounts to buy the wood. Under the guidance of dance instructor Larry Saunders and wood worker Chuck Shumaker, volunteers worked two weeks to lay the floor.

In the early days, a favorite activity was putting on dance shows at festivals, nursing homes, etc.

1994 Even with local membership dues, they almost went under financially but were bailed out by 18 members, who donated \$250 and 34 members who donated \$100. Half of the members deserted during this tough time, but the rest volunteered and worked hard to keep the doors open and people dancing.

We thank Stewart Flood and Louis Work for their vision. Just as important though, we also thank our 20-year plus members Joop and Rita Peterson, Shelby and Ernie Groome, JoAnn Flynn, Shiko Carter, Allen and Betty Capalungan, Jo Zito, and Paige Wisotzki who have invested both time and money to keep this wonderful dance chapter going and going and going and going.....

Our current and very new board members are well aware of how much work there is behind the scenes—even without financial troubles and no dance floor! MANY HEARTFELT THANKS!

Monthly Dance Classes

Wow! What other dance venue has four group dance classes scheduled every week plus an hour lesson on both Friday and Saturday! The monthly group classes are structured so that there is a different dance featured each month.

Every week, the instructor reviews the previous weeks and adds a new step. This repetitive method is very effective. Because it is a progressive class, it is important to start on the first week of the month to avoid having to catch up with the rest of the class, thereby slowing their progress.

BEGINNER to BRONZE

Thursday

7:00 – 8:00, Stephen Duane



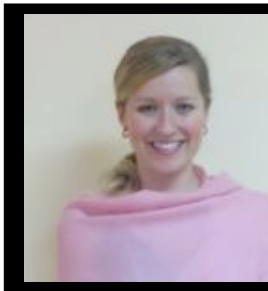
New to the dance floor or maybe you tried but realized that you had two left feet? A beginning dancer focuses on one aspect of dance only, which makes you forget about the music and or timing. You are just trying to move! After a while your feet move in time with the

music. Now you are a basic dancer, beginning to lead and follow takes on new meaning. Beginning dance classes teach the basic frame and body positions, a breakdown of the basic rhythm and steps of the essential ballroom dances such as Waltz, Foxtrot, Tango, Swing, Rumba, and Cha Cha.

INTERMEDIATE

Thursday

8:00 – 9:00, Marina Fridmanovich



You have been dancing for a while, you have the basics down, and you want to perfect your dancing. It's time for Intermediate Class. These classes will teach you how to move around the floor with confidence (sequencing

steps together), how to lead and follow, how to add drive to your steps, how to add styling (Latin movement, contra-body movement, arm styling, etc).

INTERMEDIATE continued

The intermediate dancer needs to be able to change direction at a given moment, know the line of dance, and know the sequence of steps. You are beginning to “drive” your steps and move your own body versus someone moving it for you. You are mastering the components of dance so that you learn new patterns much easier.

ADVANCED INTERMEDIATE

Tuesday

7:00 – 8:30, David Roland



Now that you have become a little more confident and comfortable, you can move on to more advanced technique and styling. Refining good lead and follow is a major part of dance. Without it, true dance cannot happen and

you end up with 2 sets of memorized steps that hopefully happen at the same time. This class will start with a half-hour of lead-follow and technique that will be applied to the dance of the month. The last hour will include advanced intermediate patterns.

ADVANCED – ANYTHING GOES

Monday

7:00–8:00, Debbie Housand



The advanced dancer is someone who already understands directional movement for all dances. You can change direction on a moments notice to avoid obstacles (other dancers). The advanced dancer utilizes sway and contra body where needed

to enhance movement. You can remember about footwork and body position in different movements. This class will incorporate new and creative moves!

Monthly Class Price List	
1 Monday Class - (5 weeks)	\$40
1 Tuesday Class - (5 weeks)	40
1 Monday, 1 Tuesday	70
1 Thursday Class (4 weeks)	30
2 Thursday Classes (4 weeks)	50
Non-members add \$10 per class for M, T	

Monthly Group Classes

Mondays – Anything Goes Lessons

Debbie Housand, 7:00-8:00

Advanced Cha Cha 5 weeks)

Stephen Duane 4:15-5:15

Youth Swing, Lindy Hop \$5 Person

Tuesdays – Intermediate to Advanced Lessons

David Roland, 7:00-8:30

Foxtrot (5 weeks)

Thursdays – Lessons

Stephen Duane, 7:00-8:00

Bronze Cha Cha (4 weeks)

Marina Fridmanovich, 8:00-9:00

Intermediate Foxtrot (4 weeks)

Saturdays – Youth International Lessons

Sandrina, 11:30-12:30, \$5

Sundays – Advanced Youth Lessons

David Roland 1:00–2:00

Parties

By Betsy Beldner

Wow, what fun at the Fred Astaire Studio Night! Packed house, fabulous food, incredible music and Dance, Dance, Dance! If you were there, you know what a beautiful night it was, if not, we missed you! Thanks to Normandie, Cheryl, Skip, Bob, and Jan who coordinated that delicious food and spun such a variety of music. A huge THANK YOU to Andrey and Staff for our feast and fete!



The Spring Fling Ball is DRESS-UP TIME! This is happening Saturday, April 20, at 8:00: \$10 for members, \$15 for guests. Marcia (843-270-5897), Jake, and Tina are planning this great event. Phone

Betsy 843-795-8680, to be involved! Always need those ideas and hands!

May 18 is in Debra Ebeling's hands! Search out your prom or graduation photos and share your 'song' from those fabulous days! Again, call Betsy or Debra 843-819-1286 to join the planning fun!

June 15 we'd like to honor all our members who served in uniform. We need a coordinator to do it properly!



Dance Floor Available For Practice

Our dance floor is available to members for private lessons and practice. All private lesson students and members using the floor for practice should enter this information on the sign-in sheet located at the front desk.

- ✓ The floor-use charge for practice is \$10 per hour for members. (Private lessons already include the cost of floor use.)
- ✓ Payment envelopes are on the sign-in sheet clipboard at the front desk (place \$ in safe).
- ✓ Prepaid discount rates are available for practice.

Practice Rates

\$10 per hour, \$5 per Half-Hour

\$200 for 25 Hours of Prepaid Practice (\$8 Hour)

\$350 for 50 Hours of Prepaid Practice (\$7 Hour)

If you would like to schedule practice time, please put your name in the schedule book at the DJ booth and contact Toni at 330-416-1712 for a door access code. With the showcase coming up in June, floor time will fill up fast!

Dance Parties

Friday/Saturdays Lessons vary every week--see the calendar for details. There is an hour-long lesson before the regular dance AND it is included in the price of party admission! Light snack food, sodas, and coffee are included as well. Admission is \$5 for members and \$10 for non-members. Dress code is always your choice!

Sunday night parties include a great band most of the time – check out our website for details every week. While they do focus on the Charleston and Lindy Hop dances, there is also music for ballroom dancers as well – especially on Big Band night!

Dance Host Survey

If you are one of the many ladies who frequently come to the parties without a dance partner and have not been given a dance host survey, please ask for one. We want to know what you think about having a dance host available on Saturday nights.

The dance host will be a rotating instructor whose only job is to dance with ladies who come to the dance without a partner. Your opinion matters!



USA DANCE
DANCING *for* AMERICA™

The Benefits of Dancing

Dancing is a good way to keep yourself physically active. Other advantages and benefits of dance include, but are not limited to, the development of discipline, self-esteem, team work, creativity, and participation in the performing arts as listed in this chart.

PHYSICAL	INTELLECTUAL	ARTISTIC	SOCIAL	INDIVIDUAL
Fitness	Intellectual Stimulation	Arts Appreciation	Teamwork	Confidence
Coordination	Calculation & Planning	Musicality	Communication	Listening Skills
Cardiovascular Conditioning	Sequential Learning	Creative Expression	Camaraderie	Self-Discipline
Flexibility	Patterns	Imagination	Cooperation	Sense of Accomplishment
Core Strength	Spatial Development	Innovation	Enjoyment	Persistence
Reduces Stress	Increased Motivation to Learn	Rhythmic Expression	Reduces Depression	Self-esteem
Balance	Mental Flexibility, Problem Solving	Music Variety	Interaction	Weight Control
Stamina	Right & Left Brain Inclusion (Holistic Thinking)	Music Appreciation	Meet New Friends	Open to New Ideas

Please walk around the dance floor to avoid food spills and bumps!



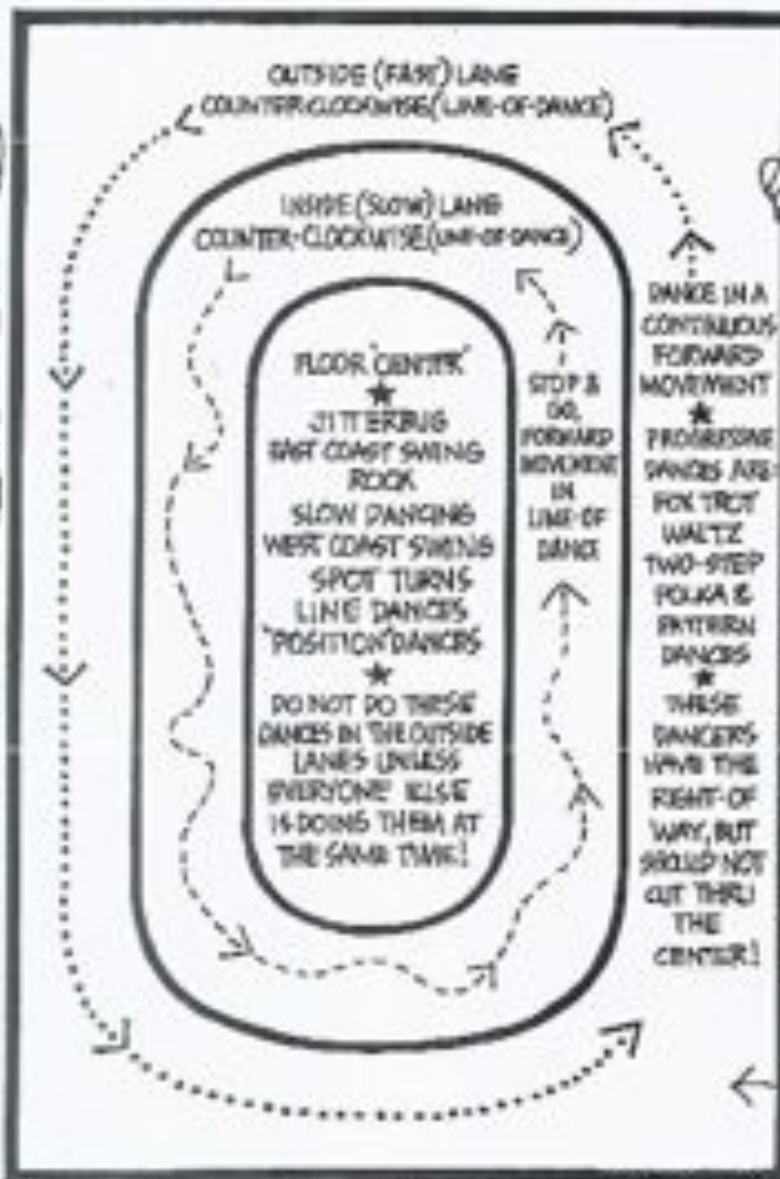
Let's All Practice Dance Floor Etiquette!

MANY DANCERS AND MANY STYLES OF DANCING CAN BE ACCOMMODATED ON THE FLOOR AT THE SAME TIME, IF TRADITIONAL DANCE FLOOR ETIQUETTE IS FOLLOWED. LET'S ALWAYS BE COURTEOUS, AND WE'LL ALL HAVE A GREAT TIME DANCING!

OH, IT'S GETTING ROUGH ON THE DANCE FLOOR THESE DAYS, FOLKS!



WHEN DANCING IN THE OUTSIDE LANES, DO NOT BACK UP, DO NOT DANCE ACROSS THE FLOW. KEEP A LOOKOUT FOR OTHER DANCERS TO AVOID COLLISIONS! IF YOU WISH TO SWING, OR DANCE NON "LINE-OF-DANCE" STEPS, GO TO THE CENTER!



WHEN DANCING THE OSA-OSA OR KUMBA, DANCE IN YOUR OWN SMALL AREA AND IGNORE THE DIAGRAM!



DANCE FLOOR

