



Newsletter

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April 2014

President's corner

By Bob Olszewski

What a month with the building fire in the middle of the showcase! We are so fortunate to have dedicated members who worked so hard to get a place for us to dance quickly and who cleaned and move our assets to our new location at St. Andrews Fitness Center or storage.

I have not been at the dance club for months due to my body rusting out, but I am aware of how quickly these members accomplished these huge tasks. I want to thank you all rather than naming each since I don't want to leave anyone out. I also want to thank every one of you for your patience and hope you continue to attend the dances, showing the support we need getting through these difficult times.

The Board is currently considering various options for the future of our club. We are working with St. Andrews on a formal agreement for dancing which will be on a month-to-month basis. They were kind enough to get us in quickly on an informal basis.

David Simmons is the owner of the complex where we have danced for more than 20 years and tells us he may rebuild and wants us back as tenants. If he does rebuild, it could take 6 months or more to complete that. We are also talking with Carolina Dance Sport. We will keep you informed of our progress and your input is always welcome.

Have a wonderful Easter or Passover. Yes, Spring is coming, so enjoy dancing in this new season

Happy birthday!

Hillary Arnold	April 11
Jeff Arnold	April 1
Stephen Duane	April 8
Irv Fisher	April 29
Robert Friedman	April 28
Debra Hamilton	April 17
James Lawrence	April 17
Brenda MacKaness	April 9
Elitza Miltcheva	April 18
Ray Montimy	April 27
Hans Riekerk	April 5
Recci Rock	April 30
Selene Rui	April 1
Betty Stacks	April 8
Tony Grasso	April 19
Susan Riechert	April 12
Chuck Vergona	April 30

Special events

Spring Party – Snack Potluck

Saturday, April 19

7:30 Swing Lesson by Travis, 8:30 Party

DJ – Susan, Hosts – Shelby and Carol Ann

Please bring your favorite snack food!

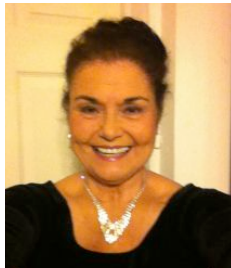
\$5 Members, \$10 Guests

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Welcomg new members!

Charlotte Martinez



For Charlotte, this is a welcome back after a few years off from dancing.

Charlotte is a native Charlestonian. She is the co-founder of the Palmetto Academy, a private high

school, where she taught Spanish among other subjects for 12 years. For now, she works as a private care provider AND has owned a home-based company named Hispanic Services for 20 years. She provides legal services such as immigration aid, tax services, and notary services to non-English speaking people. She and Stephanie Stone both attended Bishop England High School, are sisters-in-laws, and life-long friends.

Other family includes Mom who is 90, two children, four grandchildren, and one great-grandchild. With many of them located in Lake Charles, Louisiana, she spends the month of July with them every year.

Dancing has been a part of her life for many years since she grew up Shagging on the Folly Beach Pier. In high school she danced on a local TV channel's Saturday morning program called "Let's Dance." She says she also had the great honor of being a travel guest with "Bill Pinkney's Original Drifters" until his death. Her favorite dance is Argentine Tango, which she studied on and off for two years in Port-au-Prince, Haiti.

She just turned 70 (unbelievable!) and plans to dance out the rest of her life and right through those "golden gates!" Her dancing advice? Always respect the dancer, no matter what level, and offer your help and encouragement. If you are having fun, so will they.

Charlotte may be 70, but this lady is the fitness role model for us all! She is a master scuba diver and mostly dives shipwrecks with her 16 year-old granddaughter, Emily. She is training for the Cooper River Run now.

She says she looks forward to dancing again with old friends and meeting all the new members at BDC.

Roxanne Montgomery



Roxanne discovered BDC one day when she got "lost" and just happened to drive by the building. She said it took a few months to finally make a phone call and come by for her first class, but now "here I am and feeling like I have found a home." We are so happy you

got "lost" Roxanne!

She was born in Portland, Maine, the oldest of five children, where they lived on a farm and raised dairy goats; selling the milk and kids to the local community. She moved to Taylorsville, NC in 2005, then on to Charlotte, and finally, New Bern on the east coast. About a year ago, she chose to relocate to Charleston for a new job, a new start, and to be nearer to her sister in Bluffton and her father in Florida.

Roxanne spent a lot of her adult years working for the Postal Service and finally, after raising two boys, went on to achieve a BSN in nursing.

She loves dancing, and was first introduced to ballroom when she was in college. After the first class, she was hooked! Roxanne was also a member of an exhibition clogging team that was a lot of fun – the youngest members was 4 and the oldest was 71.

Tango has always been her favorite dance with swing a close second. She also enjoys trying new cuisine, biking, and gardening. For now, she is spending a lot of time putting together a new home in West Ashley.

Barry Hasell



Barry is also a native Charlestonian and single. He lives downtown and found BDC on the Internet.

Besides his newfound interest of dancing, he enjoys figure skating, golf, riding horses, and croquet to name a few. His favorite dance so far is the Foxtrot.

He is currently a property manager and says his priority right now is early retirement!

Welcome new members continued



Ashley Jones

Ashley said she feels that she finally found her dancing family at BDC! Dancing has always been an important part of her life. She was a professional ballet dancer with the Joffrey Ballet as well as

Broadway. Eventually, she found ballroom dance and even competed while living in Sarasota, FL.

Born in Raleigh, NC, Ashley has lived all up and down the east coast plus some time in London, England. She has been back to the Charleston area for about a year after living in New York City, Boston, Washington DC, Sarasota, FL, and London.

Ashley is currently working at the Beaufort Memorial Hospital. When she has time off, she likes to scuba dive, windsurf, garden, and dance of course!

Dancing makes you smarter

A major study added to the growing evidence that stimulating one's mind by dancing can ward off Alzheimer's disease and other dementia, much as physical exercise can keep the body fit. **Dancing also increases cognitive acuity at all ages.**

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

They discovered that some activities had a significant beneficial brain effect. Other activities had none.

The only physical activity to offer protection against dementia was frequent dancing!!

Reading - 35% reduced risk of dementia

Bicycling and swimming - 0%

Crossword puzzles at least four days a week - 47%

Playing golf - 0%

Dancing frequently - 76%. That was the greatest risk reduction of any activity studied, cognitive or physical!!

Ballroom dancing benefits

Is It Exercise? The TV show's contestants are often winded after their routines. One dancer from last season said he lost 15 pounds.

How typical is that? It depends on the type of dancing and your skill level, says exercise physiologist Catherine Cram, MS, of Comprehensive Fitness Consulting in Middleton, Wis.

"Once someone gets to the point where they're getting their heart rate up, they're actually getting a terrific workout," says Cram.

Dance is a weight-bearing activity, which builds bones. It's also "wonderful" for your upper body and strength, says Cram.

Would-be dancers should consult their doctors first, especially if they have any health problems, says Cram.

Calorie Check How many calories will you burn? That depends on your body and how vigorously you dance.

Dance is a "moderate activity," say the USDA's physical activity guidelines. Adults should get at least 30 minutes of moderate to vigorous activity daily, according to the guidelines.

It can be easier to stick to that with fun activities, says Cram.

Muscles Worked New ballroom dancers may feel muscles they didn't know they had. That often happens with a new activity, says Ken Richards, spokesman for USA Dance, the national governing body of Dance Sport -- the competitive version of ballroom dancing.

Ballroom dancing often means moving backward, especially for women, says Richards, a professional ballroom dancing veteran.

"If you're dancing the foxtrot, you're taking long, sweeping steps backwards. That's very different than walking forward on a treadmill or taking a jog around the neighborhood," he says.

Ballroom dancing works the backs of the thighs and buttock muscles differently from many other types of exercise, says Richards.

Monthly dance classes

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 pattern. 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 – Playground Road Annex

7:00 – 8:00, Stephen Duane, 843-557-7690



Beginning dance classes teach the basic frame and body positions, a breakdown of the basic rhythm and steps. This class is open enrollment, with either a reduced rate by the month at \$30 for 4 weeks or by the week at \$10. The April class is Cha Cha.

BEGINNER

Wednesday – St. Andrews Fitness Center

7:30 – 8:30, Debbie Housand, 843-991-3601



This class is at the same dance level as the Thursday class listed above. Students should enroll in this class at the beginning of the month so that everyone will be on the same “page” every week. \$40 for 5 weeks. The April class repeats Salsa.

INTERMEDIATE TECHNIQUE

Wednesday – St. Andrews Fitness Center

8:30 – 9:30 David Roland, 843-568-6888



This class will help all levels of dancers correct form and function to maximize ease and enjoyment in dance. It is an excellent combination with the Wednesday Beginner class at

7:30. In April, David will teach smooth dance technique and will choose techniques common to all smooth dances with a weekly emphasis on a different dance. \$40 for 5 weeks. The April class is Smooth Dance Technique.

ADVANCED INTERMEDIATE

Tuesday – Playground Road Annex

7:00 – 8:00 David, 843-568-6888



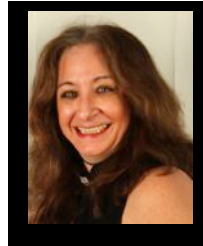
Refining good lead and follow is a major part of dance. This class will start with lead-follow and technique that will be applied to the dance of the month then go on to advanced

intermediate patterns. \$40 for 5 weeks. The April class is Tango.

ADVANCED – ANYTHING GOES

Monday – St. Andrews Fitness Center

7:30–8:30, Debbie Housand, 843-991-3601



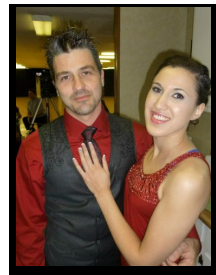
The advanced dancer is someone who already understands directional movement for all dances. The advanced dancer utilizes sway and contra-body where needed to enhance movement. You can remember about footwork and body position.

This class will incorporate new and creative moves! \$30 for 4 weeks. The April class is Merengue.

JASON & SHEELA’S CLASS!

Monday – St. Andrews Fitness Center

8:30 – 9:30 Jason and Sheela (256) 348-6700



(256) 566-6222

Jason Creel and Sheela Agrawal will be offering classes open to all level dancers. In April they will be teaching Salsa and later plans are for them to teach West Coast Swing, Bachata, Country Two-Step, and more!

If you have a dance suggestion, let Pam know! (843-276-7050) \$30 for 4 weeks. The April Class is Salsa.

Friday progressive series

The April Progressive series will be a 4-week series on Country Two-Step with Jason and Sheela. April 4, 11, 18, 25. Regular party price of \$5 Members, \$10 Guests and that includes the party and snacks!

Monthly group classes

Monthly Class Price List Members - April	One Class	Multiple Classes
*Monday Classes – 4 Weeks	30	\$25
Monday Classes By the Week <i>By Instructor Discretion Only</i>	10	
*Tuesday Class – 5 Weeks	40	35
Tuesday Class By the Week <i>By Instructor Discretion Only</i>	10	
Wednesday Class – 5 weeks	40	35
Wednesday Class By the Week <i>By Instructor Discretion Only</i>	10	
Thursday Classes – 4 Weeks	30	25
Thursday Classes Each Week	10	
*Non-Members Mon, Tues	+10	+10

Class and instructor evaluations

We now have paper forms at the check-in desk for you to evaluate classes and instructors as often as you like. These forms are short and quick, but very helpful. After completing the form, please place the form in the box provided. The forms are confidential and only composite information will be shared with the instructors. Regular evaluations will be after every Saturday lesson and at the end of the month for Monday-Thursday Classes and the Friday Progressive Lessons.

Your opinion matters, please help us improve our instruction, music, dance environment, and club viability by completing these forms as often as possible. The backs of the forms are available for you to make suggestions and comments. Thank you for your help!

Regular dance parties

Fridays April has been reserved for a series of Country Two-Step lessons with Jason and Sheela. These are progressive, meaning that every week the previous weeks are reviewed and new patterns added. There is an hour-long lesson from 7:30 to 8:30 and then a dance party. Admission for the lesson and the party is the usual \$5 for members and \$10 for guests.

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! Snack food, sodas, and coffee are included as well. Admission is \$5 for members and \$10 for guests.

Sundays Unfortunately, we were unable to secure a time slot for the Sunday night parties. These dances are being held at Trudy's Studio on Folly Road. See www.roaringtwentieshotjazzdanceclub.com for more information.

Party photos and vidgos

We have a nice selection of class and workshop videos to help us all remember what we learned!

www.charlestonballroomdanceclub.shutterfly.com

Videos Posted on Shutterfly

Night Club 2-Step Workshop by Sam and Denise M.
Quickstep Workshop by David Roland
Beginner Cha Cha Workshop by Debbie Housand
Viennese Waltz Class by David Roland
Bolero Progressive Series by Debbie Housand
American Tango Progressive Series by David Roland
Argentine Tango Workshop by Linda Scott
Rumba Progressive Series by Debbie Housand
From a Fire to Recovery – February 23 – March 7
Waltz Progressive Series by David Rowland - April

Let's party!

Dance Etiquette

This is a summary of good dance etiquette and below that, is a more detailed version from USA Dance.

- ✓ The dancers move counter-clockwise around the floor
- ✓ When things go wrong on the dance floor always apologize. Generally it does not matter who is at fault.
- ✓ If you are moving more slowly than other dancers keep to the center of the floor.
- ✓ If you are engaged in conversation move off the dance floor.
- ✓ To cross the room, either dance across the floor or walk around the perimeter.
- ✓ Carry food and beverages around the perimeter. Wipe up your own spills.
- ✓ A request for a dance must be accepted under almost all circumstances. If you decline a dance, you should not dance until the end of that song.
- ✓ If a Beginner wants to watch, don't insist on them joining a lesson.
- ✓ No unsolicited teaching on the dance floor! There is a good chance this will make your partner feel small and humiliated.
- ✓ Do not monopolize a partner on the dance floor.
- ✓ On the floor, be considerate of the other couples. Exercise good floorcraft; do not cut other couples off; no aerials or choreographed steps on the dance floor

Social Dance Etiquette

MAY I HAVE THIS DANCE?

When you ask someone to dance, be sure to make **eye contact** with your prospective partner, offer our hand, and ask clearly, "**Would you like to dance?**" If your partner says yes, smile, offer your hand, and escort him or her onto the dance floor and into dance position. This will make your partner feel supported and at ease.

YES, THANK YOU, I'D LOVE TO DANCE

When someone asks you to dance, your response should be, "**Yes, thank you, I'd love to.**" In a social dance environment, it is customary to say "yes" when someone asks you to dance. In order for dancing to be a joyous activity, it is important that social dancers are supportive and kind to each other at all skill levels.

YOU DANCE DIVINELY!

During the dance, be sure to be aware of your partner. Smile and make eye contact, *but don't stare*. It is fun to dance with a partner who is gracious and appreciative. At the end of the dance, **ALWAYS** say THANK YOU to your partner and begin to escort them off the floor.

WHEN TO SAY NO

When a person asks you to dance, it is appropriate to say no if you have danced with this person before and he or she has been physically or verbally abusive. It is also appropriate to say no if the person is obviously drunk or threatening in some way. If you feel that a dancer is physically dangerous to the other dancers, you should report the situation immediately to a Chapter Board member.

Unless someone is truly offensive, it is not appropriate to say no because your partner may have poor dance technique. While dancing with this person may not be

one of life's peak experiences, a dance is only three minutes long and the experience will not kill you.

CIRCULATING

In a social dance situation it is appropriate to dance with a variety of people. It is generally poor dance etiquette to partner up and dance with the same person all evening long. Naturally, some people will prefer certain dance partners to others, but this should not prevent them from accepting an offer to dance from a new person. If the same person asks you to dance repeatedly, for several dances in a row, it is acceptable to tell that person, "thank you, but I'd like to meet and dance with some other people for awhile. I'll be happy to dance with you again late in the evening."

CLEANLINESS IS HEAVEN AT A DANCE

Social dancing is a quasi-intimate activity that requires a certain degree of physical closeness. Good hygiene shows respect and consideration for the other dancers. Dancers should bathe, use deodorant, **use breath mints**, and wear clean clothes that will not be too hot. Some dancers sweat a great deal while dancing. In this case, it is considerate to bring a towel and/or change of clothes. If you find yourself getting too sweaty on the dance floor, you should stop, dry off, and cool down for a few minutes. Your partners will thank you for it. Dancers should also use a **light touch applying perfume or cologne**. Some people may be sensitive to fragrances.

YOUR PARTNER'S TECHNIQUE

Unless someone asks you directly to make a correction of their dancing, **you should never volunteer** criticisms of your dance partner's technique. Know that your dance partner is doing the best he or she can.

If your partner is dancing off time, you should view the situation as a challenge to dance to the same internal rhythms as your partner. Your partner is not dancing off time intentionally. Again, he or she is doing the best he or she can. Do your best to respect each others rhythms. If your partner is physically hurting you, it is probably

inadvertent. You should stop dancing for a second, and say "I'm sorry, but you're holding my hand a little tightly. Could we try again?" If you receive an inconsiderate response or your partner seems unwilling to modify his behavior, it is then appropriate to say, "thank you, but I'd like to stop now." Social dancing should never be physically painful or dangerous.

FLOOR CRAFT

In order for a social dance to be enjoyable for all participants, it is crucial to be considerate and aware in your floor craft. No matter how much you may want to *swing out*, on a crowded dance floor your primary consideration should be **respect for the other couples on the floor**. You don't have to dance big to have fun.

At times, collisions do occasionally occur in the heat of the moment. When there is a collision, everyone involved should **stop and apologize**, regardless of whose "fault" it was. If someone has been hurt, you should make sure that person is okay before you resume dancing. Sometimes people are not okay after a collision. In this case, you should escort the person off the floor to a chair and see if that person needs ice, a drink of water or medical attention.

Careful observation of the traffic lanes in a ballroom can prevent mishaps. In Waltz, Foxtrot, tango, Quickstep and Samba, dancers move in a counterclockwise circle around the floor. This circle is known as "**line of dance**". The very outside lane of the line of dance is the "fast lane"; it is generally used by very experienced dancers who cover a great deal of ground. The inside lane is for less experienced dancers who may be moving a bit more slowly. Beginners and those who would like to practice the basic steps without traveling can stay on the inside of the circle, out of the line of dance completely.

In addition -- It is considered inappropriate to cut across the dance floor, especially when carrying food or drink. And also, remember to move off the dance floor when engaged in conversation.



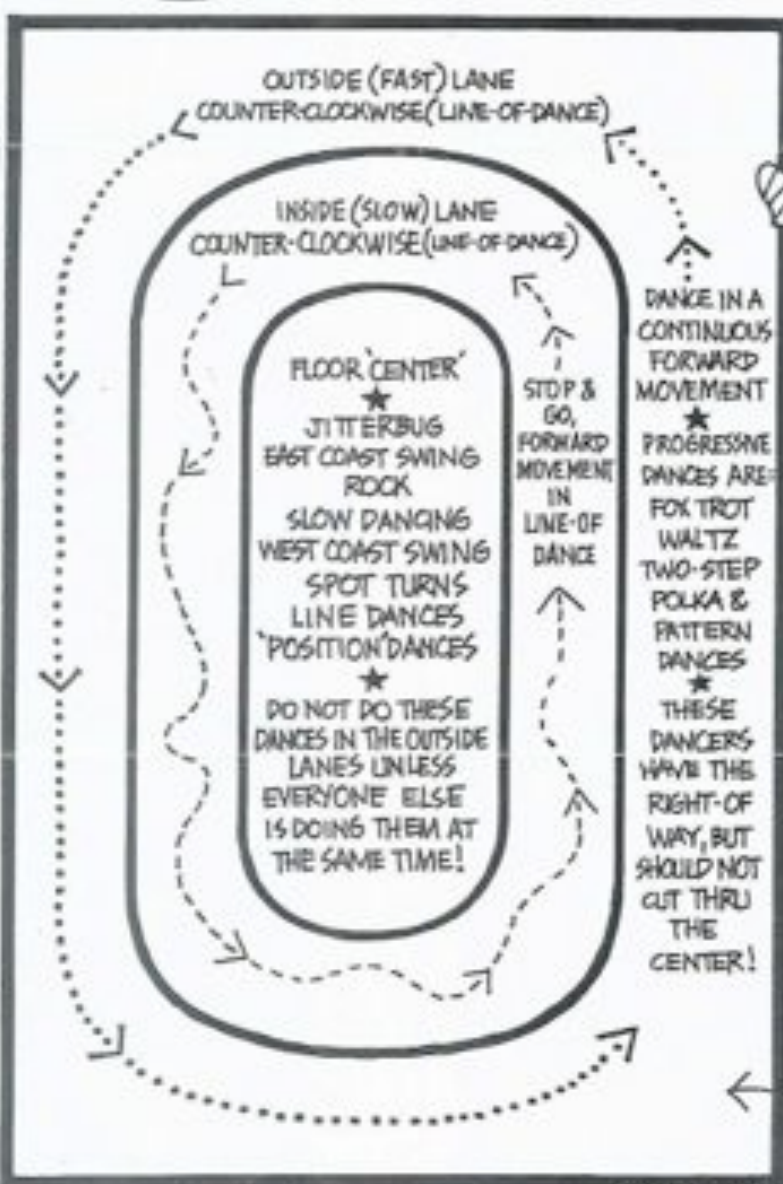
DANCERS! ENJOY DANCING TO THE FULLEST!
Let's All Practice Dance Floor Etiquette!

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!

SEE, 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 CHA-CHA OR RUMBA, DANCE IN YOUR OWN SMALL AREA AND IGNORE THE DIAGRAM!



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