



*New
slett
er*

Ballroom Dance Charleston SC - USA Dance Chapter
6021

2408 Ashley River Road, Charleston, SC - Pier Pont Crossing Center

Phone: 843-482-0871

Website: <http://www.ballroomdancecharleston.org/>

Photos: <http://charlestonballroomdanceclub.shutterfly.com>

September 2015

In this Issue

- Please [click here](#) for **September calendar**



- President's Corner
 - Luau Dance Party
 - The ladies learning the Hula
- September Birthdays
- Special Events
- National Ballroom Dance Week
- Please Meet Our Newest Approved Instructor
- Name The Mystery Dancer
- September Class and Instructor Profiles
- Use It or Lose It: Dancing Makes You Smarter
- Spotlight on New Members

- Parties and Videos



Luau Dance Party
The men learning the Hula



President's Corner
by Pamela Levi

September 2015

Let me tell you what I think!

The Board and I are hoping that is exactly what you will do! In September, members and non-members who have signed up to receive our emails will be sent a questionnaire. The survey will ask you questions about all aspects of our activities and it will have lots of room for Ballroom Dance Charleston participants to share with the Board their thoughts and opinions. The plans for 2016 and beyond will be greatly influenced by this survey. We are a member driven organization, what matters to you is important and the Board sincerely wants everyone to answer the survey and have their voices heard.



Luau Theme Party
Liza Bickley and
Livia Thomas

And while we are interested in all responses, the responses of people who are members will be separate and it will be the member's answers that will be most important. So, if you are not a member, this is a great time to join! Not only will you receive discounts on classes, parties, workshops and more but you also will have an important voice in the future of Ballroom Dance Charleston!

Shouldn't you be back in school?

Fall is a wonderful time to take some classes! Whether you want to refine skills, learn a new dance or work off some calories, we have a class for you! Not a beginner but not ready for intermediate-advanced (David's Tuesday class) or advanced (Debbie's Monday class) but somewhere between? Why not try Thursday night? David Roland teaches a technique class at 6 that is open to all levels (except the novice), followed by Michael Hogarth's Intermediate class. Great combo of classes guaranteed to improve your enjoyment of dance as well as teach you some new skills. Come to class and don't be tardy! And if you are a beginner, come have a great time Wednesday night at 7. Ballroom Dance Charleston loves beginners, we can't wait to show you how much fun this ballroom stuff really is!

Could you please eat some free pizza to benefit Ballroom Dance Charleston?

Wednesday, September 23rd is a free lesson with free pizza. As part of

National Ballroom Dance Week, this is one of two events we are hosting to showcase what we are all about. Did you know that some people think ballroom dancers are old fogies? Are they ever in for a surprise. Debbie is teaching swing and waltz. Come dance and help us recruit new dancers. Seeing how much fun it is always helps the newbie decide to give us a try. So come to the Wednesday class and help dance with new people and show them what fun is in store for them! And you can help us eat pizza-it is all free. We love our members! By the way, bring a friend or friends. The more the better!

Birthdays

Rhonda Richmond.....September 1
 Pamela LeviSeptember 3
 Laura LaTorre.....September 5
 Dr Joseph Peterson.....September 9
 Roger C Singian.....September 11
 Alfred Turco.....September 11
 Les Peterson.....September 12
 Rebecca Lee.....September 13
 Patricia McNevin.....September 16
 Barbara Pollock.....September 16
 Sharon Keene.....September 20
 Rachele Shearme.....September 22
 Sally Stroud.....September 24
 Beverly Birkhimer.....September 26
 Allen Vance.....September 27
 Jo-Ann Flynn.....September 28
 Urszula Jones.....September 30

Special Events

Little Black Dress Dance Party

Saturday, September 12, 2015
 7:30pm - Samba by Marina Fridmanovich
 8:30pm - Dance Party
 DJ: Susan Grooms
 Reception: Roger Viton
 Host: Carol Ann Bly

In Honor of National Ballroom Dance Week

Wednesday, September 23, 2015
 7:00pm - 8:30pm
 Instructors: Debbie Housand & Mike Hogarth
FREE Beginner East Coast Swing and Waltz

BDC Celebrates Dance

Saturday, September 26, 2015
 7:30pm- Open dancing and Pro-Am class demonstrations and dancing by Instructors: Debbie, David, Mike, Jamie & Monica.
 DJ: Todd Biegger
 Reception: Sharon Keene
 Hosts: Marcia Hessert and Jackie Kohn

Board Meeting

Sunday, September 20, Calhoun Library
 2:00pm

National Ballroom Dance Week

National Ballroom Dance week will be here before you know it. The dates are September 18 - 27, 2015. Our Chapter will participate in this special week long celebration of ballroom dance. There are two reasons we want to celebrate National Ballroom Dance Week - the first is to share with others what we enjoy so much - ballroom dancing.

Secondly, it is also a great opportunity to introduce people to our new facility, increase membership and participation in dancing. Let's show Charleston what ballroom dancing is all about!

On Wednesday, September 23, there will be a free beginner lesson with Instructors, Debbie Housand and Mike Hogarth. The lesson will be from 7:00 pm - 8:30pm. Debbie and Mike will teach Beginner East Coast Swing and Waltz. As supporters of BDC, please tell your friends about this exciting free class. We hope to interest many new ballroom dancers.

We will end National Ballroom Dance Week with a party, "BDC Celebrates Dance," on Saturday, September 26. Our Instructors, David Roland, Debbie Housand, Mike Hogarth, Jamie Emerine and Monica Emerine will be demonstrating different levels of ballroom dance with their students. We will have a very special performance of the Paso Doble with Instructor, James Jiang and students Donna Brouthers, Todd Biegger and Roxanne Montgomery. The festivities will begin at 7:30pm with open dancing. The demonstrations will be throughout the evening. We are promising exciting performances, wonderful food and plenty of open dancing to celebrate this great event.

If you want to perform either with an instructor or another student, please contact an instructor or Pam Levi @ 843-276-7050.

Please Meet Our Newest Approved Instructor

Ballroom Dance Charleston welcomes **Anya Kwan** as the newest independent instructor approved by the BDC Board at its August meeting. Anya is a studio owner with her husband in Cleveland and has danced since a very young child in her native Russia. Anya has three little boys and now makes Charleston her home. Anya will be offering a workshop on Ladies dance Styling on Sunday October 4th. Anya can be reached at 843 352 8060.



*Name the Mystery Dancer
Win a free pass for Friday or Saturday*

night party

I was born in Charleston, SC but also lived in Lakeland, FL. I absolutely love Charleston with its rich colonial history that is preserved in the architecture of the homes, the Battery and Fort Sumter.

I am a high school graduate with an Associate Degree in Business Administration. I do something very detailed and special in the Radiology Department at Roper Hospital. I am a very diversified person and have also worked in a sewing factory, a juice canning plant, car wash, accounting and management. I am very versatile don't you think?

I have a son and a daughter. I am so fortunate to have a wonderful 13-year-old grandson.

My family is the most important thing to me with health being second. I feel like dancing has been excellent for my health. It has also built my self-esteem and confidence which also enhances the time I spend with my family.

My hobbies include dancing (of course), crafts, fishing, shooting pool and bowling.

Who am I?



September Class and Instructor Profiles

Please [click here](#) for complete Class and Instructor Profiles for September.

Use It or Lose It: Dancing Makes You Smarter

(by Richard Powers)

For centuries, dance manuals and other writings have lauded the health benefits of dancing, usually as physical exercise. More recently we've seen research on further health benefits of dancing, such as stress reduction and increased serotonin level, with its sense of well-being.

Most recently we've heard of another benefit: Frequent dancing apparently

makes us 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.

You may have heard about the [New England Journal of Medicine](#) report on the effects of recreational activities on mental acuity in aging. Here it is in a nutshell.

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. Their method for objectively measuring mental acuity in aging was to monitor rates of dementia, including Alzheimer's disease.

The study wanted to see if any physical or cognitive recreational activities influenced mental acuity. They discovered that some activities had a significant beneficial effect. Other activities had none.

They studied cognitive activities such as reading books, writing for pleasure, doing crossword puzzles, playing cards and playing musical instruments. And they studied physical activities like playing tennis or golf, swimming, bicycling, dancing, walking for exercise and doing housework.

One of the surprises of the study was that almost none of the physical activities appeared to offer any protection against dementia. There can be cardiovascular benefits of course, but the focus of this study was the mind.

There was one important exception: the only physical activity to offer protection against dementia was frequent dancing.

Reading - 35% reduced risk of dementia

Bicycling and swimming - 0%

Doing 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.

What could cause these significant cognitive benefits?

In this study, neurologist Dr. Robert Katzman proposed that these persons are

more resistant to the effects of dementia as a result of having greater cognitive reserve and increased complexity of neuronal synapses. Like education, participation in mentally engaging activities lowers the risk of dementia by improving these neural qualities.

As Harvard Medical School psychiatrist Dr. Joseph Coyle explains in an accompanying commentary: "The cerebral cortex and hippocampus, which are critical to these activities, are remarkably plastic, and they rewire themselves based upon their use."

Our brain constantly rewires its neural pathways, **as needed**. If it doesn't need to, then it won't.

Spotlight on New Members

We would like to extend a warm welcome to **Jani and Roger Elliott**.

They are both retired and live in Mt. Pleasant. Jani was born in Prague and Roger in the USA. We don't know where they met but they have lived all over - everywhere - Europe and the United States. Jani had her first dance experience when she was 17. Roger didn't share his first dance experience with us, so we need to get to know him better so we can find out.

Roger, also loves sailing and was previously in Corporate Finance. Jani's hobby is home improvement. Be looking for Jani and Roger around the ballroom. They said they like dancing on Friday and Saturday nights so we hope to see a lot of them. Again, welcome to BDC.



Parties and Videos

Please [click here](#) for parties and videos.