



MINNESOTA

DANCER

August 2019

An Official Publication of USA
Dance-Minnesota Chapter #2011

**Meghan Anderson & Igor
Afonkin wowed their
hometown crowd at TCO
with incredible dancing that
won them the Professional
American Smooth and
American Smooth Rising
Star Championships!
Congratulations!**

Massage and Dance

How's Your Dance Frame?

TCO 2019

New Board Member

Don't Sweat It



RYANKENNER
PHOTOGRAPHY

PROFESSIONAL PHOTOGRAPHY FOR BALLROOM DANCERS



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2019 USA Dance-Minnesota Board Members

President - Joyce Thompson
Vice President - Leland Whitney
Treasurer - Russell Alliev
Secretary - Carol Post

Board Members At-Large

Bonnie Burton
Stephanie Clausen
Gary Narducci
Ben Nichols
Gary Stroick
Leslie Whitney



Minnesota Dancer

An Official Publication of USA Dance-Minnesota
Chapter #2011

USA Dance: Who Are We?

We are a nonprofit organization that promotes ballroom dancing. The USA Dance Minnesota Chapter #2011 was formed in 1991. Membership in USA Dance is open to dancers of all levels. USA Dance Minnesota Chapter #2011 sponsors monthly dances and other special dance events. Members receive discounts on admission to monthly dances, as well as other benefits.

The Minnesota Dancer is published monthly by the USA Dance Minnesota Chapter #2011, to provide information and news about ballroom dancing.

Executive Editor: Bonnie Burton

Design & Layout: Julie Johnston

Advertising: Paul Stachour

Contributions: Articles submitted may be edited for length, clarity and content. Photos should be high-resolution jpg, png, or pdf files. Photos should be sent separately not embedded in any Word document. Email submissions to Bonnie Burton at bonnieburton@comcast.net

Send advertising materials: to Paul Stachour at MNDancer.Ads@gmail.com

Contributors: Amy Anderson, Suzi Blumberg, Lorie Hurst, Gary Narducci, Deborah J. Nelson, Carol Post, Ryan Kenner Photography, Joyce Thompson

President: Joyce Thompson, contactjoycethompson@gmail.com

Vice-President: Leland Whitney, 651.690.9367, lrwhitney@msn.com

Treasurer: Russell Alliev, ralliev2@yahoo.com

Secretary: Carol Post, 952.926.7648, carol.postinslp@gmail.com

Please send articles to: Bonnie Burton at bonnieburton@comcast.net

Massage and Dance

By Lorie Hurst

Lorie and her husband CJ are enthusiastic ballroom dance competitors! Lorie is sole proprietor, massage therapist and the owner of Thankful Body Massage. More information about massage for dancers can be found at: www.thankfulbodymassage.com.



I have been a ballroom dancer for 11 years. Three years ago I also became a massage therapist. I was excited thinking about how well my job and my hobby would go together. I envisioned massaging dancers' shoulders and feet every day. Though my experience has shown me that just about everybody's shoulders and feet need some TLC, I have solidified my opinion that dancers really need massage.

Massage school was heavy on the sciences, and I learned more about the human body than I ever thought I'd know. It is fascinating! I don't know if there is a sport out there that can compete with ballroom dance in the way body parts are isolated and targeted in the learning of a step, and then made to work in conjunction with literally every other body part to complete the overall look. Ballroom dancers may not know all the muscle names, but they are achingly familiar with every one of them!

Many sports require athleticism, but ballroom dance impresses me in its capacity to require precision as well. To say we are using our bodies in unconventional ways when we dance would be an understatement. Remember that feeling when you first shovel snow, and you haven't used those particular muscles for months? Dance likes to remind me of that feeling! I remember back when learning bronze steps, all my concentration was in making my feet step when and where they were supposed to. But that brief phase soon gave way to the myriad of steps that required cooperation from

everything else—arms, fingers, neck, head, torso, hips— no body part got a free ride.

In dancing syllabus International Standard, I experienced a lot of neck pain. Keeping my head to the left the entire time felt unnatural, and my muscles did plenty of protesting. My instructor assured me that if I was doing it right, it wouldn't hurt. "Doing it right" is something we all aim for—but there are the weeks, months, or years in between when our bodies are going to let us know we haven't gotten there yet.



Lorie Hurst at Thankful Body Massage.

Photo submitted by Lorie Hurst.

Continued on the following page.

Basically, being a good dancer is going to require us to take care of our bodies. It will feel different to different age groups, and those young enviably elastic dancers may not notice it as much as we middle aged ones. But prevention, maintenance, and treatment will be necessary, and massage is a perfect companion to dance in this way. Massage is a natural way to realign your soft tissues. It works on muscles, tendons, and ligaments. It irons out scrunched up tissue, works out knots, increases circulation, and prevents tightening and mobility restriction. And, it feels great! In an era where there is a pill for everything, massage is a non-pharmaceutical, non-surgical way to maintain your health and feel better.

If you are a competitive dancer, take note that there is sometimes a massage therapist at competitions. Take advantage of that. Working out the smaller kinks right after your heats prevents them from turning into larger aches and pains. Your feet are workhorses that will thank you for every soothing touch you give them. The restorative benefits of massaging out those muscles are immeasurable.

Thankfully, massage is proliferating, and pulling itself out of the dredges of ill-repute it suffered in yesteryear. There is a massage therapist in almost every chiropractor office now. There are countless spas in every city. There are massage therapists in gyms and fitness centers. Massage Envy, the largest national chain, seems to have a facility on every corner. And many hospitals, clinics, and rehabilitation centers have massage therapists now too. There are even apps called Soothe and Zeel, like Uber and Lyft, which bring massage right to your home with the click of a button. Massage is more accessible than it has ever been. Even doing it once a month will make a difference in how you feel. If you are a regular dancer, I would recommend twice a month massages for ultimate self-care.

I got infrequent massages before I became a therapist myself. Now, seeing it from the other point of view, I find it so much easier to get my own massages. I realize I worried about little things that I now know don't matter at all. So let me take a moment to assure you, especially you ladies: It doesn't matter if you didn't shave your legs that day or the day before. It doesn't matter if your body is sweaty. It doesn't matter if your feet smell. It doesn't matter if you have tattoos or birthmarks you are not proud of. It doesn't matter what body size or shape you are. Please believe me when I say that massage therapists have a love and respect for the human body that goes beyond these details.

Dancers expect a lot out of their bodies. And unlike other sports that have an inherent age limit, dance is something we can participate in well into our golden years. If we want our bodies to be there for us decades from now, we must take care of them. Massage is a practical and easy part of a self-care regime that will give you amazing results. Take care of your muscles so they can make you shine on the dance floor!



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How's Your Dance Frame?

By Gary Narducci

Gary has been dancing since the mid-1990's, primarily as a social dancer. He has competed locally and nationally as an amateur, in addition to participating in many dance showcases in the Twin Cities.



Whether you take only group lessons or private lessons, a very important thing to be aware of is your frame. While many dancers are only interested in social situations, frame is important for a very simple reason: a good frame is easier to follow than a poor frame. For example, when leading an under-arm turn, we do what is referred to as a pre-lead. That would be slightly raising the leader's arm to signal a turn is coming. The direction of the leader's hand would determine if it will be an outside turn or inside turn. As a follower, one must pay attention to which direction the lead is indicating. A good frame for both lead and follow is the easiest way to determine direction. That way it is not a guessing game.

What constitutes a good frame? The first thing is posture. For stable frame, you should picture a long, strong line stretching between your elbows ("almost as if there were two muscle men pulling your arms out"). Recommended is 'locking down your lats,' which means keeping your shoulders back and down. Upright posture is a major part of proper frame.

When I first learned dance posture, the instructor pushed me against a wall and told me, "Posture starts with one simple exercise. Stand with your back against the wall, pressing your feet, calves, buttocks, shoulders and head against it, and then walk away and try to maintain that position—now you're in perfect posture." The

woman/follow should match the man's posture and follow the same rules. There are several more issues, including dance hold. However, good posture is a major contributing factor.



Photos submitted by Gary Narducci

"Dance is for everybody. I believe that the dance came from the people and that it should always be delivered back to the people."

—Alvin Ailey

President's Letter

By Joyce Thompson

Joyce Thompson is a long time volunteer of Minnesota Chapter #2011, and is current President of the chapter.



Congratulations to Ben Nichols and Gary Narducci on being appointed to the USA Dance Minnesota Chapter #2011 Board of Directors. Welcome!



The annual Mall of America USA Dance-Minnesota demo will be held on Sunday, October 13 from 2 pm-3 pm. Do you have your calendar marked to attend sessions to learn the choreography for the Salsa Flash Mob? See the flyer in this newsletter for dates, times, and place the sessions will be held. Take part in the opening number for this annual fun event.

You are also welcome to dance in the large group dance numbers that will be part of the annual dance demo. The Mall of America rotunda is a large space and it is great to have a lot of dancers on the floor to help promote ballroom dancing.

Happy Dancing!

“The dance can reveal everything mysterious that is hidden in music, and it has the additional merit of being human and palpable. Dancing is poetry with arms and legs.”

—Charles Baudelaire



**National Ballroom Dance Week
FLASHMOB 2019**

SALSA

**Learn salsa variations and have
fun participating in a
nationwide contest!**

Training sessions at DUENDE DANCE STUDIOS
5808B W. 36th St., St. Louis Park, MN - Entrance & parking in back.
Wednesdays - August 21, 28, September 4, 11 - 7:30-8:30 PM
Free to all USA Dance Minnesota members & Friends. All levels, no partner required. Join us!

Sponsored by USA Dance-Minnesota #2011



National Governing Body of DanceSport, Member Organization of the US Olympic Committee, and the World DanceSport Federation

MINUTES FOR CHAPTER 2011 BOARD MEETING June 4, 2019

Voting Member	Title	In Attendance
Joyce Thompson	President	Yes
Leland Whitney	Vice President	Yes
Carol Post	Secretary	Yes
Russell Alliev	Treasurer	Yes
Bonnie Burton	Board Member at Large	Yes
Stephanie Clausen	Board Member at Large	Yes
Gary Stroick	Board Member at Large	Yes
Leslie Whitney	Board Member at Large	Yes

Roll Call: There are currently 8 filled seats on the Chapter Board. A quorum consists of 5 or more members in attendance. A quorum is present as 7 members are in attendance. Any motion requires a simple majority of the filled seats which is half of the board rounded up to the next highest whole number so 5 votes would be required to pass any motion.

Lund's and Byerly's, Golden Valley, MN 7:00pm-8:20pm

Joyce called the meeting to order at 7:05pm

1. Agenda approved
2. Board Meeting Minutes from June 4, 2019 approved as amended
Project Dance
 - i. Increased profitability attributed to instructing same dance for two months rather than a one month period

3. Board Membership

- a. Candidates for open board seat will need to be active USA Dance members in good standing. Applications for board seats will close June 17. College ballroom students interested in participating.

4. Communications Coordinator Report

- a. Minnesota Dancer
 - i. Interactive format very successful
- b. Monthly News Email (Constant Contact)
 - i. The June 1 monthly news was emailed to 300+ subscribers
 - ii. 145 recipients opened the email as of June 4. After opening/reading the email
 1. 65 recipients clicked the link to look at the board application
 2. 50 recipients clicked the link to view the interactive publication (Minnesota Dancer)
 3. 24 users clicked through to view the Flashmob information
- c. Website
 - i. The Chapter website will be updated to add the newsletter and dance and event information with USA Dance Minnesota events.

5. Social Dance Coordinator Report

- a. 2nd Friday Dance on June 14th co-hosted with Tapestry
- b. 3rd Saturday Dances
 - i. May 18 - Cinema Ballroom-Hustle
 - ii. June 15 - American Classic Ballroom-Tango
 - iii. July 20 - Duende Dance Studio-Cha Cha Cha

Continued on the following page.

- iv. August 17- American Classic Ballroom-Waltz
- v. September 21 - Cinema Ballroom TBD- Rumba
- vi. October 19 - TBD
- vii. Nov 16 - Dancers Studio-Viennese Waltz
- viii. December 21 - TDB
- c. Project Dance
 - i. May 5, 12, 19, June 2, 9, 16, 23 and 30, Duende Dance Studio Waltz
 - ii. August 4, 11, 18, 25, Sept 8, 15, 22, 29, Salsa
 - iii. October 6, 13, 20, 27, November 3, 10, 17, 24, TBD
- 6. Special events:
 - a. Flash mob – Practice space confirmation pending. Salsa choreography released and project dance scheduled to teach Salsa. Joyce will contact potential group leaders.
 - b. National Ballroom Dance week – Mall of America performance dates either Oct 13 or Oct 20.
- 7. Treasurer's Report approved
- 8. Membership Report - Membership 280 holding steady relative to 2018 (261)
- 9. Marketing/Publicity Report–no report
- 10. Collegiate Ballroom Dance Coordinator Report-See #3:
- 11. K-12 Report-no report
- 12. Next Meeting: July 2, 2019 at Lund's and Byerly's St Louis Park, MN from 6:30pm to 8pm

Adjourn

Respectfully Submitted,

Carol Post

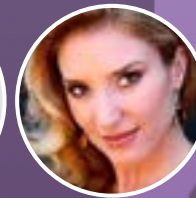
Chapter Secretary

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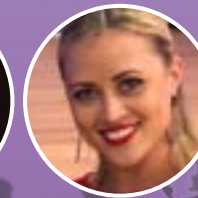
Benji Schwimmer
So You Think You Can Dance,
Season 2 Winner and US
Open Swing Champion



Toni Redpath
US National and World
American Smooth Champion



Michael Mead
US National and World
American Smooth Champion



Irina Kudryashova
US National and World Rhythm
Champion



Thomas Lewandowski
US National and World Latin
Champion

OCTOBER 25-27

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OUR SPONSORS!**



Why attend the Minnesota Ballroom Dance Camp?

- Unique opportunity to work with some of the best coaches in the US in one weekend
- Private coaching lessons are available for you and your students
- Convenient central location in the upper midwest

**SEE MNBALLROOMDANCECAMP.COM FOR
MORE INFORMATION AND TO REGISTER**

Second Friday Dances to be Discontinued

By Suzi Blumberg

I've been a member of our USA Dance-Minnesota Chapter #2011 for many years and every time they put on an event, I know it's going to be really great! I've been enjoying the dances they put on at Tapestry each month – the second Friday of every month. It's always a great time!!

Last month at the July dance, Caroline Olson gave a very nice rumba lesson and everyone enjoyed the pattern she put together. The music was USA Dance-Minnesota's own music, so you know it was great!

Included in all of this is the beautiful floor at Tapestry and their wonderful air conditioning. I feel Tapestry keeps it the coolest on our warm summer nights. It's not the closest ballroom for me, but it's one of my favorites!!

Sadly, the last Friday dance to be held at Tapestry Folkdance Center will be Friday, August 9. The 2nd Friday dances were under-attended, especially in the summer. Friday dances will resume next year, January 2020, on the 4th Fridays of each month. We hope to see you August 9 and again next year starting in January. Thank you to all of you who supported the Friday night dances!



AN EVENT WORTH THE WAIT
SATURDAY & SUNDAY, SEPTEMBER 7 - 8, 2019

AMATEUR BALLROOM AT ITS BEST!
**7TH ANNUAL
KANSAS CITY
Dance Classic**

A Premier Ballroom Dance
Competition Featuring Amateur Couples
Including Student/Teacher Events

Join Us in creating an exciting day and a half full of fun dancing and lasting memories.
Dust off your ruby slippers and prepare to show us your best moves!
MAKE PLANS TO ATTEND!

This exciting event will be held **SATURDAY and SUNDAY, SEPTEMBER 7 - 8, 2019**
at the **MARRIOTT OVERLAND PARK BALLROOM**. Dancers will compete in a variety
of American and International Styles.

Please check our website for more information, entry fees, dances offered,
workshops and other important details. The website is updated regularly.

Follow Us: www.kansascitydanceclassic.com | Please contact kansascitydanceclassic@gmail.com with any questions.

A circular logo for USA Dance Registered Event, featuring a stylized figure of a person in a dynamic pose.



USA DANCE CHAPTER #2011 MONTHLY EVENTS

August

2nd Friday Dance

Friday, August 9
Tapestry Folkdance Center

3748 Minnehaha Ave. S., Mpls.
7–8 pm lesson
8–10:30 pm Variety Dance

Monthly Dance

Saturday, August 17
American Classic Ballroom

1495 Steiger Lake Lane, Victoria
7–8 pm Waltz lesson
by Paul Botes
8–11 pm Variety Dance

Project Dance

August 4, 11, 18, 25
Tapestry Folkdance Center

3748 Minnehaha Ave. S., Mpls.
Salsa
lessons by Byron Johnson
1:30–2:30 pm
2:30–3:00 pm is practice time

September

Monthly Dance

Saturday, September 21
Cinema Ballroom

1560 St. Clair Ave.
7–8 pm Rumba lesson
8–11 pm Variety Dance

Project Dance

September 8, 15, 22, 29
Tapestry Folkdance Center

3748 Minnehaha Ave. S., Mpls.
Salsa
lessons by Byron Johnson
1:30–2:30 pm
2:30–3:00 pm is practice time

October

Monthly Dance

Saturday, October 19
'nMotion Dance Center

7988 University Ave. N.E., Fridley
7–8 pm East Coast Swing lesson
by Jennelle Donnay
8–11 pm Variety Dance

SPECIAL EVENTS

Flash Mob Training

Wednesdays, August 21 & 28,
September 4 & 11
Duende Dance Studio

5808B West 36th Street
St. Louis Park, MN
7:30–8:30 pm
Free to USA Dance members and
friends.
All levels, no partner required.

Admission to Project Dance:

\$5 USA Dance Members
\$10 Non-Members

You can sign up to become
a member at Project Dance!
Yearly membership is only
\$35⁰⁰.

Admission to USA Dances:

\$5 Students under 25 with ID
\$10 USA Dance Members—
\$15 Non-Members

If you join USA Dance at a
monthly dance,
you attend that dance for free!

Twin Cities Open Ballroom Championships 2019

By Amy Anderson

With over 300 dancers this year's Twin Cities Open was one of the largest ever! Dancers came from all over the country- many to experience TCO for the very first time. The new 'shortened' scheduled made for packed days, but it also made for a packed ballroom!



Scott and I take pride in providing a dance experience complete with professional lighting and a huge LED screen with fabulous images throughout the weekend. In addition, we hire a world class panel of judges - many of whom it was their first time in Minnesota! Slawek Sochacki (CA) and Steven Dougherty (CT) both remarked on how beautiful our downtown area is.

There were many photo-ops at the Twin Cities Open as well. Not only did the ballroom serve as a beautiful backdrop for pictures, but there were several "step n' repeats" complete with a "TCO Rocks!" theme as well.

One of the exciting things this year was the addition of several scholarship events. We also added "Gentlemen Only" events which are becoming very popular around the country. Many of the Gents' events were even semi-finals!! Winners included Tom Hirata (IN), Scott Skinner (CO), Anjel Ortega (CA), Jon Zimmerman (MN), Abdallah Karam (IL), and Larry Wittig (MN).

Friday Evening at TCO was very exciting! It started with Pro/Am and Amateur competing in the Night Club dances. Our DJ, Rick Popp of Michigan was absolutely fabulous providing fun music for the dancers. One of the highlights of TCO is the Formation





competition. This year we had ten (10) Formations and they all were so well rehearsed, original, and entertaining. The top three formations were ... 1st- The International Latin Dance Club (St. Paul); 2nd – Heart & Soul Dance Team (Minneapolis); 3rd- Lady Legends Team (IM Dance Studio).

Friday Evening was also the Professional Rising Star Events which were filled with talented professionals from around the country! The winners were Igor Afonkin & Meghan Anderson (Smooth); Oleksandr Kozhukhar & Rachel Sayotovich (Latin); Aleksei & Elena Minaeva (Ballroom); and Senzo Makhaye & Agneiszja Strojek (Rhythm).

Saturday daytime was filled with a ton of excitement as the Ballroom & Latin events took place. Several children – most from Dance With Us America Studio in Edina – graced the floor. It is so fun to see what the future looks like - and it is very strong in the Twin Cities area! The youngest dancers were only four (4) years old!

Saturday Evening at TCO has always been one of the best nights of dancing all year here in the Twin Cities. Again, the theme is always TCO Rocks! Everyone took part – even the judges dressed to the nines! A sold out audience was treated to an opening video created by Marc Anderson that featured iconic rock stars and dancers from the weekend. Following the professional competition in all styles including Cabaret/Theatre Arts, was the “TCO Rocks! Show”. Not only did the professional champions dance to classic rock n’ roll songs, but there were also special performances by dancers from Larkin Studio of Woodbury. One of the performances was from Ava Wagner who (with her sister Ellie) was a semi-finalist on the show “World of Dance.” (Ellie was injured and unable to perform at TCO.)

Scott and I would like to thank the team of people we had working the Twin Cities Open—“it takes a village” and that is the truth. We are blessed to have the best in the business help us produce this event! Next year is our “30th Anniversary” and we hope you will all put July 9-12, 2020, on your calendar NOW!



2019 COMPETITION CALENDAR

September

7-8

**Kansas City Dance Classic -
Registered Event**
Overland Park, KS
Organized by Matt & Ellen Pansing

November

16

**California State DanceSport
Championships - NQE**
Hosted by NorCal USA Dance
Chapter # 4004

October

4-6

**2019 Carolina Fall Classic
DanceSport Championships-
NQE**
Charlotte, NC
Organized by Wayne & Marie
Crowder

25-27

**Chicago DanceSport Challenge-
NQE**
Chicago, IL
Hosted by Chicagoland USA
Dance Chapter #2001



2020 COMPETITION CALENDAR

January

10-12

Snowball
Minneapolis, MN
Hosted by Donna Edelstein

February

14-16

**Mid-Atlantic Championships-
NQE**
Bethesda, MD

January

18-19

Manhattan Classic-NQE
New Jersey

February

28-29

**Royal Palm DanceSport
Championships-NQE**
Coconut Creek, FL

January-
February

31-2

**Southeastern DanceSport
Championships-NQE**
Dunwoody, GA
Organized by Wayne & Marie
Crowder

March

21-22

Charlotte Star Ball-NQE
Charlotte, NC

SAVE THE DATE!

Sunday, October 13, 2019

2:00 PM—3:00 PM

THE USA DANCE-MINNESOTA #2011 ANNUAL SHOWCASE

To be held at:

THE MALL OF AMERICA ROTUNDA

Please join us as we celebrate National Ballroom Dance Week and spread a little dance fever! We are excited to return to the Mall of America for a 60-minute showcase of some of the best amateur dancing in the Midwest. We need dancers of silver level or above to perform for the mall patrons, so find your dance partner, alert your formation team, and tell all of your friends and family.

Let's bring our best dancing to the MOA!

If you would like to participate,
please contact USA Dance-Minnesota
#2011 Dance Demo Coordinator:

Yvonne Viehman, 763.245.7936



**National Ballroom
Dance Week**

Welcome Gary Narducci: New USA Dance-Minnesota Board Member

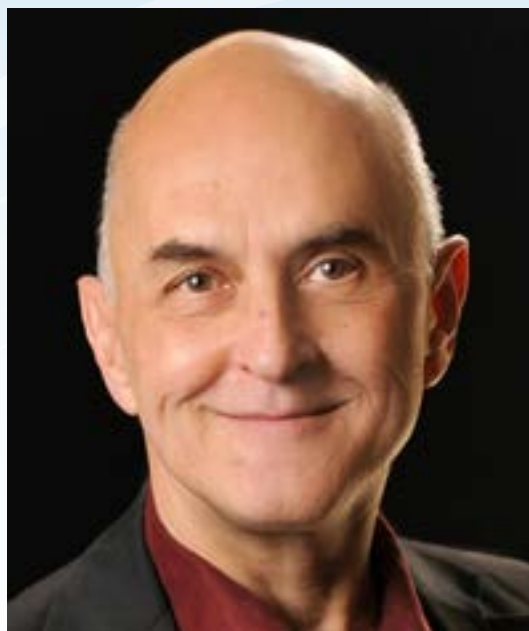
By Suzi Blumberg

Last April at the annual USA Dance-Minnesota Tea Dance, Joyce Thompson talked to Gary about their need for another Board Member. Gary had been on the Board as Secretary back in the 1990's. He told Joyce he would be happy to serve again. He was appointed to the Board at their July meeting and his term starts this month. His first meeting is the first Tuesday in August.

Gary started dancing after getting a divorce in 1996. He was getting depressed and had driven by Dancers Studio many times and thought it looked like lots of fun. One week after his divorce was final, he stopped in and signed up for a six-lesson package at a cost of \$350. He loved it from the start. His instructor was Jill Ableman and he took lessons from her for about 12-14 years until she retired.

It was July and their summer showcase was coming up but he wasn't ready. He decided to sign up for the fall showcase, however. As an obsessive perfectionist, Gary decided he would concentrate on one dance, the Cha-Cha, and perfect it so he could feel confident.

He loved performing and his first competition was the Star of the North at the US Bank & Trust Center in downtown St. Paul. He danced all five American rhythm dances and won a couple of second places. It surprised him that he even placed because he didn't think



he was that good. His partner was Jill Ableman, his instructor from Dancers Studio.

Gary competed in 2009-2010, again at Star of the North at the Ukrainian Hall. Mary Mack was his amateur partner and they took first place. After that, Mary and Gary taught Continuing Adult Education classes at St. Andrews church in Mahtomedi. They taught three to four social dances for awhile.

Gary's last competitions were Twin Cities Open (TCO) and Wisconsin State against national challengers. At these competitions, he and Jill always took first or second place!

On occasion, Gary would donate six dance lessons for charity at the silent auction at the 'Hats and Mittens Ball' held in Minnetonka. He would teach whatever the person wanted to learn.

After his instructor retired, Gary put dancing on hold for a while and then became committed to social dancing.

As a new USA Dance-Minnesota Board member, Gary would like to see membership expand to what it was when he joined over 20 years ago. At that time, there were thirty people on the board, now there are ten. Gary would like to see more courtesy on the dance floor and will be writing articles in Minnesota Dancer about this in the near future.



Dance Contacts

If you would like to be listed on this page, send your contact information to bonnieburton@comcast.net

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Continued on the following page.

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DANCE INSTRUCTORS

Meghan Anderson and

Igor Afonkin..... 612.816.5904

Scott Anderson..... 612.816.4446

Nathan Daniels 763.464.1021

Jennelle Donnay... 651.357.2060

Loisa Donnay 612.822.8436

Julie Delene 612.598.5355

Donna Edelstein... 612.910.2690

Jennifer Foster 952.922.8316

Robert Foster 952.922.8316

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Deanne Michael ... 612.508.9255

Monica Mohn 612.874.0747

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PROGRESSIVE SALSA



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Sunday, September 08 — 1:30 pm

Sunday, September 15 — 1:30 pm

Sunday, September 22 — 1:30 pm

Sunday, September 29 — 1:30 pm

Instructor

Byron Johnson,
of Duende Dance Studio



CLASSES WILL BE HELD AT:
Tapestry Folkdance Center
3748 Minnehaha Ave. So.
Mpls., MN

www.usadance-minnesota.org

info@usadance-minnesota.org

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USA Dance Minnesota offers dance instruction to members for \$5. Non-members pay \$10.

Become a member of USA Dance at membership.usadance.org or fill out a membership form available at class. A different professional instructor teaches a new dance at a different location every month.

Don't Sweat It!

© Deborah J. Nelson/Satin Stitches Ltd.

Sweating. Not a fun thing for dance costume. Besides causing unsightly 'wet spots' and eventually staining, it can also cause embarrassing odors. So, what can we do?



There are options for perspiration control. The first and most obvious choice is finding a deodorant/antiperspirant that works with your body chemistry (yes, bodies react differently to different products). Did you know that you can also use your antiperspirant on all other areas of your body, to control your excessive sweating? This procedure has controlled my personal, excessive sweating during our hot and humid summer days. I no longer suffer from 'heat rash' because I am very generous with my antiperspirant application!

For extra protection, you can use an underarm perspiration-control pad. This was a staple, decades ago, and was sold in drug stores and department stores. Today, you can still find fabric versions of this item and also disposable pads. A local Minnesota company, Hollywood Fashion Secrets, became internationally famous for their 'Hollywood Fashion Tape'. This same company sells Garment Shields, which keep you fresh and save you money by:

- Preventing embarrassing underarm wetness
- Protecting fabrics from permanent stains
- Keeping underarm odors off of clothing
- Saving on dry cleaning bills

Their unique moisture-wicking, quick-dry fabric is "unbeatable for stopping wetness and protecting clothing", according to the folks at Hollywood Fashion Tape. This is one of two products that I personally endorse and resell, as these products actually WORK.

Another method for controlling perspiration in a dance costume would be to add a moisture-wicking lining to the garment itself. Your perspiration can soak into this fabric, keeping out of the outer fabrics. Sheer mesh sleeves, rather than non-sheer sleeves, might be another suggestion for excessive sweating.

Camouflage is also something to consider. Solid fabrics will show perspiration much more than a printed fabric will. If you must use a solid fabric, add a distraction, such as a rhinestoned area, you won't see sweat patches as much.

If you are prone to excessive sweating, become aware of the preventative measures for your body and your dance costumes. Then, you can minimize any unsightly underarm (or back, chest or anywhere else) stains and draw attention to yourself for all the right reasons! Just because your body chemistry creates more than your fair share of perspiration, you don't need to advertise it with your poor costume planning.

Once you have perspiration set in to our dance costumes, I highly recommend and resell "Fresh Again[®]", an odor-eliminating spray that is available in 8-oz, 32-oz spray bottles and gallon jugs that you can refill your smaller spray bottles with. This product does NOT add a fragrances (which I personally appreciate, as I am sensitive to all fragrances), it removes the odor molecules. Does it work instantly? NO. But if you spray the inside of your dance costume (and it works on shoes, too!) and let the garment dry overnight, the odors will be gone the next morning!

Continued on the following page.

At Satin Stitches Ltd, we have tested this product on as many fabrics that we have access to, as well as trims. This product does not harm fragile costume fabrics or trims. It also does not harm people – it is totally SAFE. This product has been around, and in use, for decades. It has been under-marketed. Broadway shows use it, costume rental companies use it, and fire departments use it. You should, too!

Lynne's Dance News

Dance events for every day of the week.

Updated daily.



for a comprehensive list of dance events in the Twin Cities and surrounding area see:

www.lynnesdancenews.com



Royal Palm DanceSport Championships - NQE

February 28-29, 2020
In Sunny South Florida



USA Dance National Qualifying Event And WDSF Open!

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RATES STARTING AT \$930 PER PERSON

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7 Night Cruise / 3 Day/2 Night Land
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September 2nd - September 13th, 2020

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SPAIN • ITALY • FRANCE

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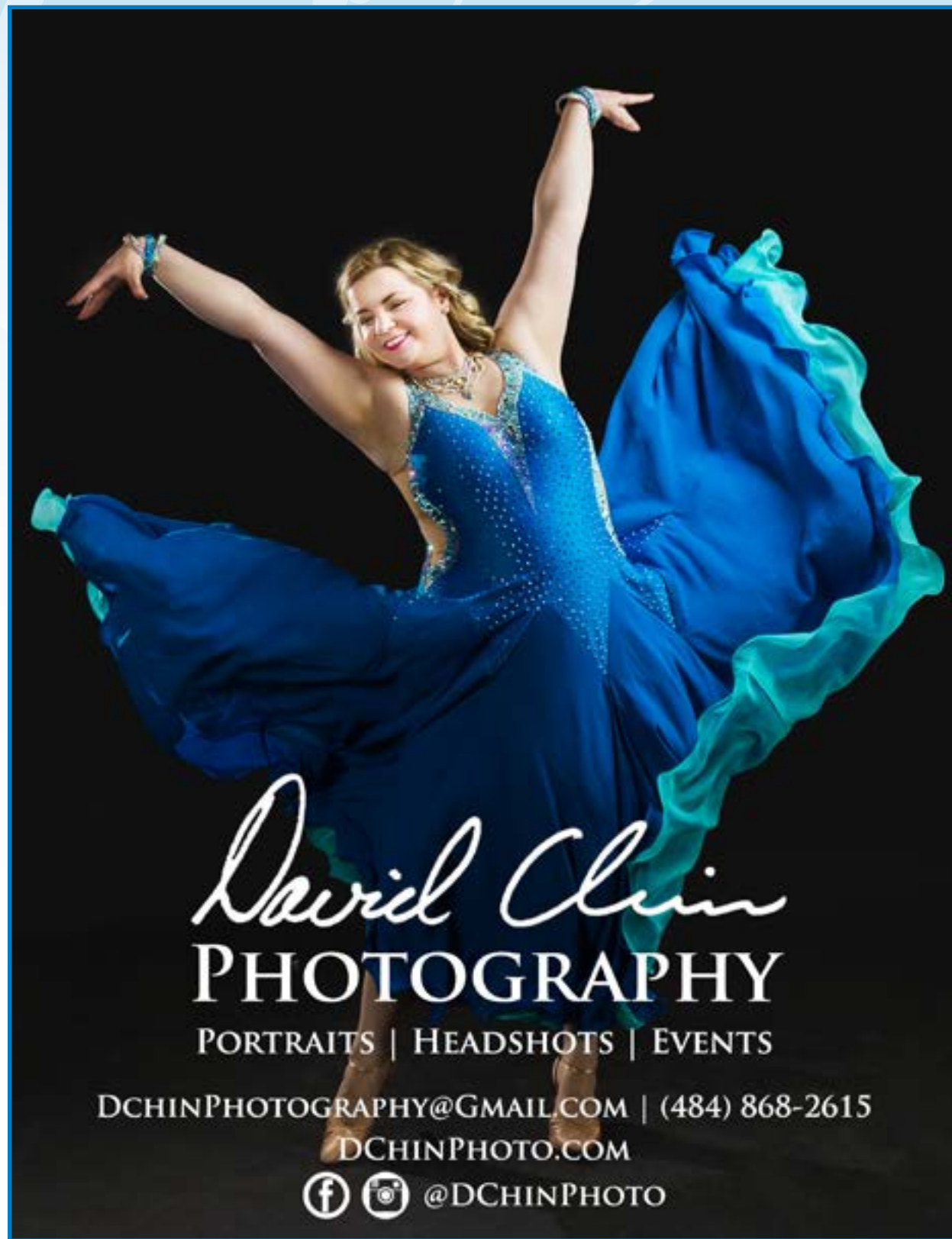
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