

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter 2011 of USA Dance

August 2013



Photo from the July USA Dance by Zhuojing Liu



INSIDE THIS ISSUE:

VOLUNTEERING, 35 YEARS OF BALLROOM, DANCE DEMOS, AND MORE!

Join us for USA Dance MN's

Upcoming Dances

BECOME A USA DANCE MN MEMBER
AT OUR DANCE AND GET IN FREE!

Hotline: (651) 483-5467
Email: info@usadance-mn.org
Web: www.usadance-mn.org

August

Saturday, August 17th

7-8 pm Quickstep Lesson
Instructor: Jeff Nehrbass

8-11 pm Variety Dance

\$7 USA Dance members
\$10 Non-members

Balance Pointe Studios
5808R West 36th Street
St. Louis Park, MN 55416

September

Saturday, September 17th

7-8 pm Samba Lesson
Instructor: Gene Bersten

8-11 pm Variety Dance

\$7 USA Dance members
\$10 Non-members

Dance with Us America
10 Southdale Center
Edina, MN 55435

DANCERS' NIGHT OUT

Want to dance? Dancers' Night Out lists social dance events in Minnesota. Want to see your dance listed here? Email the details to newsletter@usadance-mn.org.

Fri 8/2 - Tim Patrick and His Blue Eyes
Band; Eagles, 2507 E 25th St,
Minneapolis; Lesson at 7; full band
8-11:30; \$12; www.timpatrickmusic.com

Sun 8/4 - FREE Beginner American
Waltz Class; Tapestry Folkdance
Center, 3748 Minnehaha Ave,
Minneapolis; 1:30-3:00; instructor
Julie Jacobson; 612 722 2914

Sun 8/4 - Tim Patrick and His Blue Eyes
Band; Lake Harriet Bandshell;
Outdoor dance; 5:30-7; www.timpatrickmusic.com

Sun 8/4 - TC Rebels Variety Dance; Social
Dance Studio, 3742 23rd Ave
S, Minneapolis; 7-10:30; \$11, \$7
members; 952 941 0906, info@tcrebels.com, or www.tcrebels.com

Mon 8/5 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin
Ave S, Mpls; Swing Dance;
8-11; \$5; 612 342 0902 or www.fourseasonsdance.com

Wed 8/7 - West Coast Swing Dance Party;
Dancers Studio, 415 Pascal St. N,
St. Paul; 9-10; \$5; 651 641 0777 or
www.dancersstudio.com

Sun 8/11 - FREE Beginner American
Waltz Class; Tapestry Folkdance
Center, 3748 Minnehaha Ave,
Minneapolis; 1:30-3:00; instructor
Julie Jacobson; 612 722 2914

Mon 8/12 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin
Ave S, Mpls; Swing Dance;
8-11; \$5; 612 342 0902 or www.fourseasonsdance.com

Wed 8/14 - West Coast Swing Dance Party;
Dancers Studio, 415 Pascal St. N,
St. Paul; 9-10; \$5; 651 641 0777 or
www.dancersstudio.com

Sat 8/17 - USA Dance; Balance Pointe
Studios, 5808R W. 36th St, St.
Louis Park; Quickstep lesson at
7, dance 8-11; \$10, \$7 USA Dance
members

Sun 8/18 - FREE Beginner American
Waltz Class; Tapestry Folkdance
Center, 3748 Minnehaha Ave,
Minneapolis; 1:30-3:00; instructor
Julie Jacobson; 612 722 2914

Sun 8/18 - TC Rebels Variety Dance;
Social Dance Studio, 3742 23rd
Ave S, Minneapolis; 7-10:30; \$11,
\$7 members; 952 941 0906, info@tcrebels.com, or www.tcrebels.com

Mon 8/19 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin
Ave S, Mpls; Swing Dance;
8-11; \$5; 612 342 0902 or www.fourseasonsdance.com

Wed 8/21 - West Coast Swing Dance Party;
Dancers Studio, 415 Pascal St. N,
St. Paul; 9-10; \$5; 651 641 0777 or
www.dancersstudio.com

Sun 8/25 - FREE Beginner American
Waltz Class; Tapestry Folkdance
Center, 3748 Minnehaha Ave,
Minneapolis; 1:30-3:00; instructor
Julie Jacobson; 612 722 2914

Mon 8/26 - Rhythm Junction; Four Seasons
Dance Studio, 1637 Hennepin
Ave S, Mpls; Swing Dance;
8-11; \$5; 612 342 0902 or www.fourseasonsdance.com

Wed 8/28 - West Coast Swing Dance Party;
Dancers Studio, 415 Pascal St. N,
St. Paul; 9-10; \$5; 651 641 0777 or
www.dancersstudio.com

Sat 8/31 - Tim Patrick and His Blue Eyes
Band; Medina Entertainment
Center, 500 Hwy 55, Medina;
Lesson at 7:30, full band 8:30-
11:30; \$12; 763 478 6661 or www.medinaentertainment.com ■

Ballroom Classes in the North Metro!

Dance Moves Performing Arts School

Classes for all levels with instructor Monica Mohn



Contact us at: dance.moves@comcast.net

Northway Shopping Center
9157 S. Highway Drive
Lexington, MN 55014
763-784-3449

www.dance-moves.com

USA Dance MN HOTLINE
(651) 483-5467
www.usadance-mn.org

Call for information on dance events.
Leave a message for membership information.

USA Dance – MN Chapter #2011 Board Minutes

The board did not meet in July.

Next Meeting:

Tuesday, August 6, 2013

5:30 p.m.

Quixotic Coffee

769 Cleveland Avenue South ■

Inside the Times

Dancers' Night Out	2
USA Dance MN Board Meeting Minutes	3
From the Editor	4
President's Corner	7
Volunteer!	8
The Dancing Life	12
Go, Alan, Go!	13
Life-Changing Potential	14
Look Your Best	16
35 Years of Ballroom Dancing	18
Upcoming Dance Demos	19
26th WI State Dancesport Championships	20
Photos from Project Dance MN	21
Gentlemen Lead	22
Competition Calendar	23
Ask Dr. Dance	24
Swaplines	26
Dance Partner Wanted Ads	26
Dance Contacts	27



Photos from the July USA Dance by
Zhaojing Liu



USA Dance: Who Are We?

We are a nonprofit organization formed to preserve and promote ballroom dancing, both as an art and a healthful sport. The Minnesota chapter, USA Dance MN, was formed in 1991.

Membership in USA Dance is open to dancers of all levels. There are several categories to choose from: Social, Competitor, Junior (17 and under), Collegiate, and Associate (professional/instructor).

USA Dance MN sponsors monthly dances and other special dance events. Members are entitled to discounts on admission to the monthly dances, as well as access to a great network for meeting other dancers.

As a member, you'll have fun dancing and meeting many new friends. For more information, call the USA Dance MN HOTLINE: 651-483-5467.

The Minnesota Dancing Times is published monthly by the members of the Minnesota Chapter of USA Dance, providing information and news of ballroom dancing to members and friends.

Editor: Mary Beth Beckman (612) 424-2228
Design/Layout: Nic Westlake (612) 412-1112
Advertising: Bonnie Burton (952) 454-4620
Mailing: Committee member

Contributors: Mary Beth Beckman, Paul Botes, Bonnie Burton, Cathy Dessert, Elizabeth Dickinson, Jan Dobies-Hein, Donna Edelstein, Marty Faeh, Zhaojing Liu, Jack Munday, Deborah J. Nelson, Daniel O'Connell

Contributions: Articles submitted may be edited for length, clarity, and content. Photos should be high-resolution jpg, png, or pdf files. Email submissions to: newsletter@usadance-mn.org.

Subscriptions: \$22/year. Make checks payable to USA Dance MN and send to Theresa Kimler, 7050 49th St. N, St. Paul, MN 55128 ■

Advertising

DISPLAY ADS: To advertise your event or professional service, submit a digital file (300 dpi pdf or jpeg format ONLY) or camera-ready artwork to bonnieburton@comcast.net (952.454.4620), along with payment to USA Dance MN. Advertising for charge cards, insurance, or travel cannot be accepted. Payment to accompany ad.

Full page	7.5" wide x 10" high	\$130
Half page	7.5" wide x 4.75" high	\$80
	OR 3.5" wide x 9.5" high	
Qtr. page	3.5" wide x 4.75" high	\$60
Business Card	3 consecutive months	\$50

SWAPLINE ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only). Send to: newsletter@usadance-mn.org

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH



FROM THE EDITOR

By Mary Beth Beckman

I just returned from a mid-summer vacation to Las Vegas, which sounds weird, but they have air conditioning and I don't. I saw a bunch of shows, went hiking, met up with my best friend, and basically had a wonderful time. If you find yourself there, I forcefully recommend *Mystere*. It's a gorgeously presented and performed show that balances amazing feats of strength with stunning beauty. I absolutely loved it. (The photo this month is not from Vegas but rather proof that I do sometimes go out and socialize.)

As promised last month, I'm going to spend a bit of time talking about volunteering. This is a topic that's very important to me as someone who does a lot of volunteer work. It's something I think everyone should commit themselves to at some point in life because it really is a set of experiences you can't find elsewhere, and you will learn a lot about time management, navigating values, and how to be respectful.

Bonnie Burton has compiled an excellent list of volunteer opportunities for Star of the North, which you can find in this issue, and there are other, more immediate opportunities for Project Dance Minnesota and Minnesota Ballroom Blast. We really need volunteers to make our initiatives work. Whatever your skills or disposition, there's something you can do that will add immense value to the work of USA Dance Minnesota. Contact info@usadance-mn.org if you're interested in volunteering.

Here are some reasons you should consider volunteering:

- It's the perfect way to give back to the dance community.
- You can introduce new people to the world of dance, helping them improve their social skills and their physical and mental health.
- It will help you acquire new skills in a low-risk environment.
- You will meet skilled, generous people who will teach you many valuable lessons.

- Working without monetary incentives will teach you a lot about yourself and other people.
- You can change people's lives for the better.
- You will definitely change your own life for the better.

Volunteering will also give you some insight on how to interact with volunteers. But if you're not a volunteer and you have no intention of becoming one, here are some general guidelines about how to maximize the quality of interactions with volunteers:

- Be respectful. It sounds obvious, but people who feel frustrated often forget about respect.
- Understand that their time does not belong to you. Volunteers have their own lives and jobs and hobbies, and volunteering is something they choose to fit into that. They decide their schedule and level of commitment; you do not, no matter how much you might like to.
- Do not feel entitled. Use your manners. Even if you're paying for an event, remember that volunteers are not the ones receiving that money. That's going to pay for all of the operating costs, which are much lower (and therefore the event is much cheaper for you) because people have chosen to volunteer to run the event.
- Communicate. Instead of feeling upset, gossiping, and letting a misunderstanding sour your experience, have a calm, reasonable discussion with the volunteers responsible for whatever is upsetting you. We want to know how to improve, and we want people to have a good experience, so use your words and be direct.

- Listen. Pay attention. You don't know better than the volunteers do. The vast majority of your questions will be answered if you just listen and read the materials provided to you the first time.
- Be patient and understanding. Volunteers burn out. They operate on very little sleep. They answer the same questions over and over again. They carry heavy things all over the place. They haven't had enough food or caffeine. They deal with show-stopping crises. And they don't get paid for any of it. They do it so that you can have a great experience.
- Volunteers are like icebergs. You see a tiny, tiny portion of the work they do.
- Volunteers are not equipment. You owe them gratitude.
- Think you could do a volunteer's job better? Offer your services. Many volunteers are in one of the positions they're in because no one else stepped forward to do the work.
- Wheaton's law.

Always, always, always remember that volunteers are *donating* their time and can choose to stop whenever they like. If you mistreat a volunteer, not only are you a special kind of scumbag but you're likely encouraging them to no longer provide their time and skills free of charge. The dollar value of USA Dance Minnesota's volunteers is insurmountable. The cost of our chapter's various websites alone would be well over \$10,000, not including maintenance. I typically charge \$50 an hour for the type of work I do for USA Dance Minnesota, but I volunteer because I hope that, through my efforts, the local dance community will grow and improve.

All of this may make it sound like volunteering is just dealing with people who are mean to you. And I won't lie: that is a part of it, because people can be stunningly careless. But if that were all of it, I wouldn't still be doing it as much as I do. It's experience and skill-building and camaraderie and being able to step back and look at something and say, "I made that." Creation and order are the value of volunteering for me. Try it out and see what it does for you.

Are you a USA Dance volunteer? Tell us about your experiences and why you choose to stay involved.

Everyone, please submit articles and photos by August 10th, and I will see you in September. ■



Love to Dance? Come dance with the Rebels!

**Classes and Dances on Sundays at
Social Dance Studio**

Classes

Sundays, 5:00-7:00 p.m. at Social Dance Studio.

Single Specialty Classes: \$15 for members & students w/ID; \$20 guests

August 18: *West Coast Swing: Lead and Follow Styling* with Lynette Mahowald and Tim Eide.

August 25: *Country 2-Step* with Caroline Olson and Loel Brandstrom

Series Classes: \$45 for members & students w/ID; \$60 guests (3 weeks; 2 hours each)

Sept. 15, 22, and 29: *Beginning West Coast Swing* with Liz Hanson and Bob Zimmerman or *Tuck Turns* with Caroline Olson and Tim Eide.

Oct. 6, 13, and 27: *6 Count Variations* with Caroline Olson and Bob Zimmerman or *Intermediate WCS: Lead and Follow Variations* with Kathy Compo and Tim Eide.



Put it on your calendar!
**The fabulous Masquerade Ball with
workshops by Pro Dancer and
Instructor Melissa Rutz.**
October 19 & 20, 2013

Dances

Sundays, 7:00 – 10:30 p.m. at Social Dance Studio.

\$7 members & students w/ID; \$11 guests

August 18: West Coast Swing and Variety Dance

September 1: West Coast Swing and Variety Dance

September 15: West Coast Swing and Variety Dance

September 29: *Variety Dance with DJ Caroline Olson!*

October 6: West Coast Swing and Variety Dance

Social Dance Studio is located at 3742-23rd Avenue South, Minneapolis, MN 55407.



More information is available
online or by calling the hotline at
952.941.0204.

www.tcrebels.com



Email: info@usadance-mn.org
Website: www.usadance-mn.org

FREE Beginner American Waltz Classes with Julie Jacobson at the Tapestry Folkdance Center!

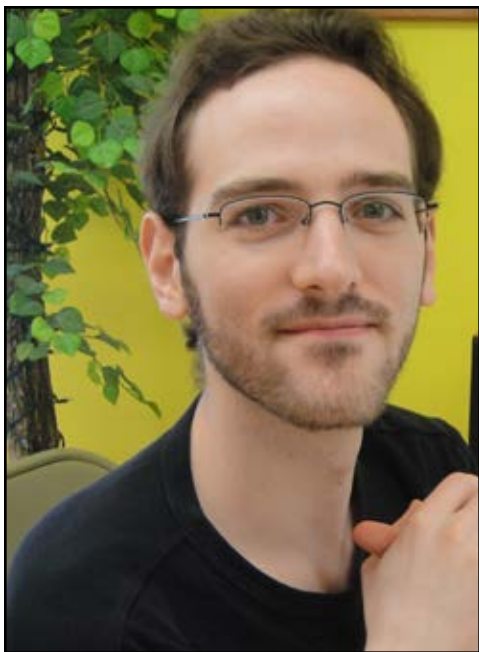


Sunday, August 4th – 1:30 p.m.
Sunday, August 11th – 1:30 p.m.
Sunday, August 18th – 1:30 p.m.
Sunday, August 25th – 1:30 p.m.



3748 Minnehaha Ave S
Minneapolis, MN 55406
612.722.2914

Project Dance Minnesota offers free quality ballroom dance instruction. A different professional instructor teaches a new dance at a different location every month.



Daniel O'Connell is the president of USA Dance Minnesota and competes nationwide with his amateur partner, Rosemary O'Connell. Did you know that you can take a class in extreme underwater basket-weaving?

PRESIDENT'S CORNER

By Daniel O'Connell

The mission of USA Dance Minnesota is to expand the quality and quantity of ballroom dancing in our community. Since you're reading this, odds are pretty good that this mission appeals to you. However, I think sometimes the *what*, *how* and *why* of accomplishing this mission are not well known in the community. Why should a competitive dancer care about the free weekly beginner lessons? How does Star of the North positively impact the lives of professionals? With that in mind, I have decided to devote my future "President's Corner" articles towards explaining what initiatives we're taking, how they accomplish the mission, and why these initiatives are a positive contribution to the community.

October 13th will mark the second annual Minnesota Ballroom Blast, or Blast for short. This event is put on jointly by USA Dance Minnesota and the University of Minnesota Ballroom Dance Team. The format is similar to a competition, but instead of marks, you receive feedback on each of your dances from four professionals. The atmosphere of the event is meant to be laid-back, stress-free, and welcoming. We intentionally keep the heat sizes very small and encourage the professionals to provide constructive and meaningful feedback. We also run dance games and Jack and Jill events throughout the day. Last year, there was also a giveaway for a free makeup session with our makeup vendor, as well as a free lecture for how to apply competition makeup that was open to all participants.

So how does any of this accomplish the mission? First and foremost, it is one more event members of the community can participate in to have a fun time dancing. In addition, Blast improves accessibility of professional feedback, which improves the general level of dancing in the community. It

also provides a low-cost, low-stress opportunity to explore the world of competitive dancing for those new to dance, or dancers who have never competed before.

That's all well and good, but you're probably wondering why *you* should care about Minnesota Ballroom Blast. That depends on the kind of dancer you are.

Social Dancers:

If you want to know more about how you can improve your social dance skills, this event is a low-cost opportunity to receive feedback from not one but *four* professionals. In addition, if you've ever been curious about what the competitive format is like, this is a fun, low-stress environment to get to know the ropes before you go out and compete at an actual competition. The evening show is a great opportunity to see wonderful dancing by members of the community, so if you are looking for something cheap to do or a place to take a date, you should consider dropping by.

Competitive Dancers:

The event is scheduled at a great time of year for many competitors to receive feedback. It sits early in the fall/winter competitive cycle and about half a year out from many of the big events in the spring. That means that regardless of what competitions you attend, Blast can be used either as a warm-up to start off your competitive season or as a check-in point. It is also a great environment to experiment with new costuming or choreography and find out how it fares.

If you're interested in finding out more about Minnesota Ballroom Blast, check out the website at www.mnballroomblast.com. Hopefully we'll see you there! ■

VOLUNTEER!

Star of the North Volunteers Needed

By Bonnie Burton

Dancers (and friends and relatives of dancers), it's hard to think about next winter when we're in the midst of a summer heat wave, but what are you doing next March 1-2, 2014? USA Dance Minnesota hopes you'll consider devoting some of your time to helping make the 2014 Star of the North DanceSport Classic the best yet!

The work has already started, but we have lots to do to prepare for one of the most exciting local dance competitions we have. Your help is really, really needed to make it happen. Take a look at some of the tasks below and decide where you would like to offer your interests, skills, and abilities and be part of a fun team. Whether you have a few hours available on the day of the competition or a few days a week available on a regular basis, please consider participating. Interested volunteers should send an email to info@usadance-mn.org or talk to any board member.

Marketing Committee – VOLUNTEER OPPORTUNITIES

- Makes advertising plan.
- Implements advertising plan.

- Develops cost of advertising plan for use in budget.
- Develops and sends emails, letters, and postcards according to the advertising plan.
- Coordinates design of advertising materials, including postcards, posters, flyers, etc.
- Makes sure ad is submitted each month to the *Dancing Times*, as well as any articles or other information, according to advertising plan.
- Distributes advertising materials, according to advertising plan, with help from others.

Registration Committee – Mary Beth Beckman & VOLUNTEER OPPORTUNITIES

- Assist registrar with registration as requested.
- Check each registration to ensure accuracy.
- Send notices to registrants to confirm their registration.
- Make sure necessary materials are given to registration packet coordinator and the program coordinator for inclusion in the program and registration packets.

- Registration packet assembly, including collecting and ordering materials for registration packets from others who are responsible for producing them, such as the survey, registration details for each competitor, etc.

Awards Committee – VOLUNTEER OPPORTUNITIES

- Makes sure awards and trophies get ordered and certificates get printed (and picked up from printer).
- Determines number of awards, trophies, and certificates necessary.
- Determines cost of awards, trophies, and certificates for use in budget.
- Purchases awards and trophies.
- Coordinates with designer for design of certificate (and awards, if necessary).
- Distributes awards, trophies, and certificates at the event.



Satin Stitches® Ltd
DESIGNED FOR A SENSATIONAL PERFORMANCE!

Social & Competition Ballroom
Dance Costumes

Also restyling, alterations & consulting
Our retail location or your studio
Call 763-323-9507 for appointment
www.satinstitches.com



Cotillion Dance Club
Join us for the 2013-2014 Dance Season

Beginning in October at the Mermaid Event Center, November at the Stone Ridge Golf Club, February at Indian Hills Gold Club and April at Dellwood Hills Country Club.



Elegant Dining & Ballroom Dancing to live music

Membership is \$85.00 per couple
Contact Scott & Maggie Paynter
paynter@charter.net for more information

Volunteer Recruitment Committee – VOLUNTEER OPPORTUNITIES

- Recruits volunteers to assist with behind-the-scenes planning leading up to the event.
- Recruits day-of volunteers.
- Schedules volunteers.
- Manages all aspects of volunteers at the competition.

Scholarship Fundraising & Logistics Committee - VOLUNTEER OPPORTUNITIES

- Makes information packet/brochure for potential donors.
- Discusses scholarships with potential donors.
- Helps other team members solicit scholarships with potential donors.
- Manages design of scholarship certificates.
- Keeps track of how many scholarships have been pledged by donors.
- Determines cost of scholarship materials for use in budget.

- Procures scholarship materials, including certificates, thank-you cards, envelopes, etc.
- Assigns scholarship money to specific events.
- Makes scholarship recognition page for competition program and gives scholarship information to registrar for inclusion on the program's schedule.
- Communicates which events have scholarships to the scrutineer.
- Responsible for obtaining checks from treasurer.
- Makes pre-addressed thank-you cards to give to scholarship recipients.
- Puts scholarship packets together: the checks with the certificates and thank-you cards, labeled with each event and placement.
- Distributes scholarships at the event.
- Is persistent about making sure that scholarship donors have names spelled correctly in materials and that the MCs know how to pronounce donors' names.

Design Committee – Nic Westlake & VOLUNTEER OPPORTUNITIES

- Writes copy for materials to be distributed: postcards, posters, printed materials for advertising, banner, tickets, scholarship certificates, award certificates, medals, program components, letterhead for web and print, T-shirt.
- Communicates goals and deadlines to designer.

Website Committee – Nic Westlake, Mary Beth Beckman & VOLUNTEER OPPORTUNITIES

- Composes web copy.
- Designs website layout, content, functionality, and appearance and posts materials.
- Takes initiative to make sure website is updated with necessary information.
- Provides information to USA Dance Minnesota website coordinator for inclusion on the chapter website.

Facebook – Cathy Dessert

- Makes pages for competition.

Cheek to Cheek Ballroom Dance Studio

Quality Private Lesson: by appointment
Group Lessons: Monday-Thursday
Friday Night Lesson and Dance Party

Life is sweet when you're dancing
Cheek to Cheek!

11415 Foley Boulevard NW; Coon Rapids, MN 55448
www.cheektocheekdancestudio.com; 763-755-3644





Grand Jeté

651-227-0331 www.grandjete.com

10% OFF!

one pair of ballroom shoes
WITH THIS COUPON

975 Grand Avenue, St. Paul
Just 2 blks. East of Lexington
Open Mon-Sat 10-5:30
Tuesday 'til 8pm

- Promotes competition through Facebook.
- Makes sure pages are updated as necessary.

Judges/Officials Committee – VOLUNTEER OPPORTUNITIES

- Help recruit and contract with officials.
- Arrange for hotel for officials.
- Arrange officials' schedules, including at the competition and outside of the competition, as necessary.
- Play host to officials as needed, or arrange for others to do so, including transportation, meals, etc.
- Manage collection of officials' expense reports for delivery to treasurer.
- Meets the hospitality needs of officials and makes them feel welcome.

Vendors Committee – VOLUNTEER OPPORTUNITIES

- Responsible for recruiting and contacting vendors for the competition, including photographer, T-shirts, hair, dresses, makeup, shoes, jewelry.

- Determines cost and revenues of vendors for use in budget.
- Coordinates the space/layout at the facility for the needs of vendors.
- Meets vendors as they arrive at the competition and makes sure they have what they need to set up.
- Meets the hospitality needs of vendors and makes them feel welcome.

Ambiance Committee – VOLUNTEER OPPORTUNITIES

- Responsible for decorations, making the facility look terrific.
- Determines cost of decorations for use in budget.
- Responsible for getting banner updated with correct year.
- Purchases decorations.
- Responsible for arch for marking entrance to floor.

Competition Program – Mary Beth Beckman, Nic Westlake & VOLUNTEER OPPORTUNITIES

- Coordinates the development of the competition program book.

- Develops outline for program.
- Determines cost and revenues of programs for use in budget.
- Obtains materials for program from those responsible for creating/collecting their own items and submits them to program designer. Items include advertisements, acknowledgments, introductory comments, etc.
- Works with program designer.
- Responsible for getting program from designer to printer.
- Responsible for picking program up at printer and getting it to the people putting competitors' packets together and to the competition.

Competition Program Advertising – Bonnie Burton & VOLUNTEER OPPORTUNITIES

- Responsible for recruiting advertisements for program.
- Keeps track of who is advertising, which sizes, and for how much.
- Provides advertisement guidelines to advertisers.
- Collects advertisements by deadline and forwards to program coordinator.



Photos from Project Dance Minnesota at the Tapestry Folkdance Center by Cathy Dessert

- Updates budget keeper with who has agreed to provide advertising and for how much money.

Collegiate Liaison

Committee – Daniel

O'Connell & VOLUNTEER OPPORTUNITIES

- Reaches out to collegiate teams, recruiting collegiate teams for competition and meeting their hospitality needs during the competition weekend.

Evening Program & Seminars

Committee – VOLUNTEER OPPORTUNITIES

- Recruits performers for the evening shows during the competition.
- Provides information about performers to the registrar for inclusion in the schedule.
- Provides information about performers to the program coordinator for inclusion in the printed program.
- Meets performers as they arrive and makes sure their hospitality needs are met.
- Works with officials lead to determine who to approach about giving seminars.

- Works with seminar providers to determine what the seminars will be.
- Provides seminar information to volunteers responsible for advertising.
- Makes posters to advertise seminars at competition.
- Tells MC at competition about seminars.
- Works with volunteer coordinator to make sure there are volunteers to help at the seminars.
- Makes sure seminars have equipment that they need, such as a music system and music.
- Helps at seminars as needed.

Competition Day

Roles – VOLUNTEER OPPORTUNITIES

- Officials: scrutineer, judges, chairperson of judges, announcers, music
- On-deck captains
- Photographers
- Registration
- Event setup and takedown
- Awards
- Gopher
- Driver

Miscellaneous Roles

– VOLUNTEER OPPORTUNITIES

- Survey – Makes feedback survey for competitors and spectators. Gives survey to competitor packet coordinator, volunteer coordinator, and others who may need it.
- Tickets – Coordinate the design of the tickets, get a budget number for the tickets, and make sure they are ordered from the printer, picked up, and delivered to the competitor packet coordinator.
- Technology Coordinator – Communicates with competition software manager to obtain a list of devices required for the event and obtains these items. Makes sure that there is a computer, projector, and screen to display heats and results during the competition. Prices and rents devices, if necessary. Sets up, monitors, and takes down equipment at competition.
- Dance Floor Committee - In charge of managing our floating dance floor, including recruiting volunteers to help set it up and tear it down. ■





Elizabeth Dickinson is a life/executive coach and amateur ballroom dancer. If you enjoy her writing and would like to receive her weekly emailed coaching newsletter, please go to www.pursueyourpath.com and sign up.

THE DANCING LIFE

Turning Weakness and Weirdness into Worth

By Elizabeth Dickinson

Bob Fosse is one of the most celebrated American musical theatre dancer / choreographers. Distinctive characteristics associated with him include finger-snapping, tilted bowler hats, fishnet stockings, splayed gloved fingers, turned-in knees and toes, and shoulder rolls. (If you've seen *Chicago*, *Sweet Charity* or the semi-autobiographical *All That Jazz*, you'll get a sense of his stylized, somewhat cynical, sexual style.) Some see echoes of it in Michael Jackson's choreography.

Fosse's choreographic style arose from his life experiences and musical tastes but also from his own physical quirks and limitations. Fosse didn't like his balding head, so he wore hats. He was slightly round-shouldered (note the shrugs) and pigeon-toed (watch for turned-in feet).

Quite simply, he emphasized what were considered limitations in traditional culture and dance (especially ballet) and created a style that celebrated and elevated those deficiencies into artistry. As a teenager, my jazz ballet teacher incorporated some Fosse elements in my group routine that are also now in my open foxtrot.

Many people's strengths don't fit a culture that values homogeneity. They seem on the outside or feel on the inside like misfits because of how they look or act.

There are many different kinds of sensitivities in the world.

Some people are told, "You're too sensitive," when in fact they have an amazing empathy that makes them able to read, tune into, and share others' pain and pleasure.

On the other hand, there are forms of autism which cause some people to be incredibly sensitive to external stimuli but devoid of normal social skills. Those people may seem weird to others, but that very sensitivity to external stimuli makes them able to excel in areas most of us never think about.

Like Temple Grandin, a famous autistic, they must be taught social rules of engagement. However, Temple's early weakness (inability to talk until she was almost four) and its accompanying strength (her ability to think in pictures) made her able to relate to animals and revolutionize the way stock animals are treated. Her books now help both animals and the parents of autistic kids. Kindness counts, wherever it manifests.

All of us have differences we may have been taught are weird. However, the origin of the word *weird* gives some clues to reframing our weakness/weirdness into strength. Prior to the eleventh century, *weird* related to the words *worth* and *become*.

What if, like Fosse and Temple Grandin, your weakness or your weirdness was inherently worthy? Like them, could your weakness or weirdness become your greatest strength? ■

GO, ALAN, GO!

By Cathy Dessert

Alan Bersten has been dancing since he was seven years old, at his mother's suggestion. Now he has made it past the four-week mark on *So You Think You Can Dance*. Do you think he's thanking his mother? I think his mother and his lucky stars! I also believe he is thanking his brother, Gene, who is with him as much as possible to support him on his journey. He was handing out cards with voting information for Alan at their studio when I met Alan today.

Truly, Alan is exactly where he is because of commitment, hard work, and the support of his family. When I asked Alan how he prepared for the show besides working on ballroom (because there are other styles danced), he said that he, Gene, and

Elena took a few lessons in hip-hop and contemporary. Now after four weeks of dancing two group numbers and a partnered piece each week, Alan has danced contemporary, Argentine tango, and jazz, besides his own style of ballroom.

I wanted to know something about his life in Los Angeles, so I asked for a bit of information people may not know unrelated to dancing. He told me he stays in an apartment while doing the show and that his roommate is Blueprint.

I also asked Alan how he hoped to benefit from this experience. What he told me was that he hoped to grow in his dancing ability, open doors for dancing opportunities, and begin building his career. That sounds

a great deal like what every young person with a life goal does when they head out after high school graduation. Alan has been chosen for a unique dance college on *SYTYCD*.

Currently, Alan has been home on a break for a few days taking a rest and pointedly telling me he is *not* dancing. He has been meeting people and doing some local public relations to get the word out that he still needs votes.

Alan is a home-grown amateur dancer on a nationally syndicated dance show. Come on, Minnesota. Let's show him some love! I vote on Facebook using the Fox Now app, but you can call for two hours after the show to vote as well. ■



Photo from the July USA Dance by Zhuojing Liu

LIFE-CHANGING POTENTIAL

By Cathy Dessert

A young man waltzing with his grandmother at a wedding ... a young woman twirling around the dance floor with her father ... a prom-attired young person burning up the dance floor with a prom date ... a young person dancing at a business meeting or charity event ... the bride and groom at their wedding dancing their hearts out with smiles all around

These are the things I envision when I go to a school to teach students there to dance. I had this pleasure again this spring, when the charming and talented Jeff Knickerbocker asked me to be his partner and co-teacher for the rhythm requirement in the gym classes at Edgewood Middle School.

These students are in eighth grade. That makes them around fourteen years old. Do you remember this age? They are adapting to body changes, can't stand to be without a phone, and talk *all* the time. Peer interaction is front and center before anything else, including learning—a challenging time in their lives! They come to a gym class and are introduced to partner dancing, i.e. "I have to touch him/her? I'm not doing *that!*"

The first few minutes are interesting because Jeff talks about the behavior we expect, hands out breath mints to anyone who will take them, and talks about things like smelling good, being respectful, and how much fun this will be. The general consensus is eye-rolling as a polite response and asking to be excused from this activity in the extreme cases. Good humor, patience, and a great gym teacher to support and believe in the activity quickly make things fun. Once they are on their feet, moving, and told they will dance with everyone, they settle into a, "Hey, I can do this" mindset. We also tell the classes who have learned most quickly and how well they did. This turns into a friendly competition among each class. Because Jeff is a staff member at the school, he gets the inside story and shares some fun anecdotes with me. For example, he goes into the staff lounge only to be greeted by groans and eye rolling. The reason? The kids have no mind for anything except who's the best class at dancing and if Mr. K is dancing with his wife or his girlfriend. Typical eighth-grade concerns.

Jeff is mobbed (Jeff's words) every ten minutes in the hallway and during

classes by girls who want to be excused from their regularly scheduled classes so they can come to the dance classes and even out the numbers.

I am always cheerfully greeted and thanked for the time I volunteer for the students. I experience this firsthand.

The budding dancers learn quickly and even begin to show some signs of enjoyment. Jeff and I both dress to teach, and sometimes we are imitated by the kids. Girls put on dresses or skirts, and the boys may even show up in a suit and tie.

This being my second year, I am filled with gratitude and honor for the kids who teach me every day, the committed staff that supports and understands the value of this activity, and the wonderful and talented partner I teach with. Sharing the joy of movement, learning how two people move as one to music, the pride the students have in their newly acquired skills, and the knowledge that learning to dance may ignite some sparks in the brains of these young people make me thrilled at the prospect of doing this again. ■



KARIN LYNN
photography

FAMILIES-WEDDINGS-DANCE-EVENTS-BOUDOIR-MATERNITY

612.242.2188

KARINLYNNPHOTOGRAPHY@YAHOO.COM
KARINLYNNPHOTOGRAPHY.COM



StudioJeff

Ballroom Dancing in St.Cloud

Private and Group Lessons
Dance Parties

Jeff@studiojeff.com
www.studiojeff.com
320-266-4137

701 St.Germain St. W. Suite 201



Beyond Ballroom Dance Company

2013- 2014 Season

September 27, 2013

Please join us for our

11th Annual Benefit Ball & Show

Dancers Studio, St. Paul.

BBDC is a 501(c)(3) organization.

Proceeds from this event support programming for the 2014 season.

January 31- February 2, 2014

The Cowles Center for Dance and the Performing Arts

February 15, 2014

The Paramount Theater, St. Cloud, Minnesota

For Ticket Information Visit www.beyondballroom.org



like us on Facebook

follow us on Twitter



Deborah J. Nelson is the founder, president, and head designer of Satin Stitches Ltd. See more costuming tips at www.satinstitches.com.

LOOK YOUR BEST

Debuting a New Look

By Deborah J. Nelson

Have you purchased a new costume or do you have plans to restyle an old costume? Do you plan on upgrading your makeup, hair, or accessories for an upcoming competition or showcase?

Follow the advice for a bride for her upcoming wedding, which is: test any new do before the big day. Never assume that your new look will be perfect; assume that it might need some tweaking.

For a new or updated costume, be sure to schedule plenty of time for a dress rehearsal so that you know that your new costume moves correctly with you and doesn't shift peculiarly on your body when you're dancing. You don't want to feel restrained in your dance togs.

Make sure that your undergarments are staying invisible and where they belong. Is your costume skirt showing all the movement you hoped for? Is it revealing too much? Only if you take the time to perform your routine with your new costume will you know if the costume is successful.

You should be worrying about your dance posture, footwork, arm and hand positions and movements, facial expressions, and not stepping on your partner's toes, not feeling restricted or anxious about your costume. Sorting out your costume in advance will truly help your performance. A past Satin Stitches tagline was "enhance your dance." Your costume, hair, and makeup, along with your chosen accessories (including your dance shoes), should enhance your dance.

If practical, I would also suggest doing a dress rehearsal with your new performance hair and makeup. Always check to see that your eye shadow, blusher, and lipstick

coordinate and create a pleasing effect. Obviously your makeup colors should flatter your skin tone, eye color, and hair color, but it is also important that they coordinate (and definitely not clash) with any new costume. For example, purplish-red lip colors do not go with an orangey-red costume and vice versa. If you aren't sure when you look in the mirror, ask your dance instructor, your family, or your friends for honest feedback. Purchasing a new lipstick is an inexpensive option to perfect your performance appearance.

Different hairstyles (and colors) can also coordinate and enhance your total performance look. It is always wise to consider if your hairstyle is too severe or not severe enough for your costume package and routine. Slight alterations to your hairstyle, regardless of length, can enhance your performance look or detract from it.

Earrings, necklaces, and bracelets are very important to enhance your overall style. The ready-to-wear, less-is-more maxim usually doesn't apply to ballroom dance performances, but everything-but-the-kitchen-sink is also not a wise plan.

There are many options for jewelry. If you feel unsure of what is best, try on your costume amongst friends or dance colleagues and bring a variety of pieces, trying on your accessories in front of a mirror and seeing what you and your associates like the best. Or maybe you will imagine another option that you might borrow or buy before your big performance.

Editing is always important and can make or break your dance performance look. The best time to do so is *before* the big day, via a dress rehearsal. ■

MINNESOTA BALLROOM BLAST

13 OCTOBER 2013

BALLROOM DANCING
CRITIQUED ALL DAY.
SOCIAL DANCING, GAMES,
AND MUSIC ALL EVENING.

**BEGINNERS WELCOME
(AND PREFERRED)**

DANCERS

Dance your heart out.
Get critiqued by pros.
Have a blast.

SPECTATORS

See some great dancing.
Enjoy the games.
Rock out.

Admission is \$5 per session.

WHEN

Day Session: 9 AM to 5 PM

- Critiqued dancing

Evening Session: 6 PM to 9 PM

- Dance performances
- Social dancing & games

WHERE

Coffman Memorial Union
300 Washington Ave SE
Minneapolis MN 55455

MORE INFORMATION AT
MNBALLROOMBLAST.COM



35 YEARS OF BALLROOM DANCING

By Jan Dobies-Hein

Thirty-five years ago on August 1, 1978, I walked into the Arthur Murray Dance Studio in Edina, at that time on Hazelton Road in the Yorktown Mall, and asked to have one hustle lesson. I had recently seen the John Travolta movie *Saturday Night Fever*. I loved the music in it and wanted to learn how to move to it.

"Don't you want to learn how to do the waltz?" the friendly studio manager asked.

"No. I can fake doing the waltz," I said, having learned a few waltz steps in my junior high physical education class.

"Well, how about the cha cha?" she asked encouragingly.

"I suppose I could learn the cha cha," I said, since I didn't know anything about cha cha.

With that response, I purchased a two-week package of lessons which included four half-hour individual lessons, all the group classes I could fit into my schedule, and two practice parties. At the end of those two weeks, I was hooked on dance—for twenty-five years as an Arthur Murray student and ten years at other studios and with independent instructors. When I started dancing, there were two franchised studios (Arthur Murray and Fred Astaire) at two locations each, plus a few independent instructors. Now, of course, there are many more studios and independent instructors and opportunities for learning ballroom dance.

As a clinical psychologist then, my work involved sitting and listening to others. At the end of a long workday, I barely had the energy to walk our family dog half a city block—too tired! By the end of a few weeks of dancing, I was walking the dog farther and farther. The more I danced, the more energy I had.

Over the years, I've had approximately twenty-five (I've stopped counting) individual instructors—Roy Kinsell, Nathan Daniels, Jesse Smith, Eric Hudson, and Michael Bang, to name a few—and coaching from well-known professionals such as Dan Messenger, Nick Kosovich, and others. Although I've competed in many pro/am competitions (MN Open, Twin Cities Open, Snow Ball, MN Star Ball, Ohio Star Ball, and the Costa Rica Open), I consider myself to be primarily a



social dancer. In 1999, I graduated as a full silver (level IV) dancer from the Arthur Murray syllabus in ten American smooth and rhythm dances. I enjoy dancing, whenever possible, at that level to maintain that degree of learning.

I am now retired professionally. I still consider dance to be my exercise, physical and mental therapy, and social time. The ballroom dance community is a wonderful group of people with whom to have fun. Over the years, dance, for me, has helped make difficult times less difficult: divorce, surgery, chemotherapy, radiation, loss of loved ones, career adjustments.

August 1, 2013, begins my thirty-sixth year as a ballroom dancer. Some reading this article with whom I've had the pleasure of dancing may be half

that number in age. What is it about ballroom dancing that makes one, at any age, want to continue doing it? I think it may be a different reason for each dancer. For me, it has always been about the music and moving to and with it, and about the partnering with a wonderful dance instructor or social dancer. For me, it is also about those positive ions that seem to be released when one has that feeling of exhilaration, excitement, and energy that comes from expressing oneself in the moment to a wonderful piece of music.

I am thankful and grateful for the blessing ballroom dancing has been in my life. I never imagined on August 1, 1978, that wanting to take one hustle dance lesson would have such a powerful and lasting influence on my life

moving forward for the next thirty-five years.

Do I have any advice for beginning dancers? Yes. Listen to the music. And always accept an invitation to dance, no matter how much more advanced the person asking you may be. That will motivate you to keep learning.

Any advice for advanced dancers? Yes. Accept an invitation to dance with a less-experienced dancer. That is your opportunity to help and encourage that person to become a better dancer.

Any advice for male dancers in general? Please remember to take care of your female partner on the dance floor with clear and appropriate (gentle) leads so that, together, you have an equally enjoyable dance time.

Happy dancing to everyone! ■

UPCOMING DANCE DEMOS

If you're looking for a non-competitive opportunity to showcase your talent, how about joining a dance demo sponsored by USA Dance? We're always looking for silver- to open-level dancers to entertain the crowds at local malls. Grab a dance partner or your formation team and dance your hearts out!

If you'd like to participate, please contact Yvonne Viehman at (763) 553-1202 or danvman@aol.com for more information. All formation team routines will be previewed. Appropriate costuming is always appreciated, as we put on family-friendly shows. Join the fun!

SAVE THE DATE!

Monday, October 28 — 7:30-8:30 p.m.

Mall of America Rotunda. Couples and formation teams welcome to participate in smooth and/or rhythm.

Sunday, November 24 — 1-1:30, 2-2:30 p.m.

Rosedale Mall

Sunday, December 1st — 1-1:30, 2-2:30 p.m.

Rosedale Mall

26TH ANNUAL WISCONSIN STATE DANCESPORT CHAMPIONSHIPS

By Marty Faeh



My, how the time flies when one is focused and disciplined in their passion to learn dance. It was just a year ago I attended the Wisconsin State Dancesport Championships to observe and learn as a bystander as I was nursing my torn abs back to health, and this was the first major pro/am event I witnessed and attended. I was like a racehorse tied to a tree when the bell rings. A year later, seemed like only yesterday. I found myself stepping onto the Wisconsin dance floor, flooded with confidence from my two new pro partners: for rhythm, Kate Bratt, and standard, Michelle Haley Hudson.

This was my third major pro/am competition. Even though I had all

brand-new routines in both styles, my pro instructors had prepared me well. The biggest thing on my mind was to stand tall and smile—sounds easy, right? Thursday was a goof-off day: watch other dancers, workshops, vendors, happy hour, meet new dancers, lesson, etc. Being a bronze dancer, of course, the reward is to start at 8:00 a.m. sharp each morning. The plan was to go to bed early. Right I think I finally fell asleep around 2:00 a.m. and got up at my usual 4:30 a.m. It's probably a good thing I'm a morning person. I jumped up, got ready, and headed down for breakfast so I could practice at 7:00 a.m. I was relaxed and having fun. Kate walked out onto the dance floor in a brand-new rhythm dress designed by my friend Zhanna Kens down in Tampa, Florida. It was beautiful, the stonework breathtaking, the fit, color, everything—perfection. Kate and I danced our best yet and were having a ball on the floor. We ended up taking first place in the C1 bronze rhythm scholarship, and yes, I could not stop grinning. All of the practice, lessons, sweat, and more came down to that moment of accomplishment.

Friday night consisted of watching all the wonderful dancers on the floor. I could sugarcoat my story at this point, but that's not my style. Dance has been life-changing for me, but it is also important to point out the challenges, feelings, and emotions—good and bad—that come with it, as with anything we pursue in life. That evening, I got a bit stirred up as I was watching the dancers. It was a time where the past was intersecting with the future, and I was caught in the middle. Needless to say, I didn't sleep much that night, and again, I had to be ready to dance at 8 a.m. sharp.

I woke up at my usual 4:30 a.m. after about two hours of sleep. Caffeine is not my friend when it comes to dancing, but I was so tired that I loaded up, thinking it would wear off by the time Michelle and I danced. Guess again. She took one look at me and knew we had some challenges ahead of us. I was exhausted and wound up at the same time. We were practicing. My heart was racing. I couldn't focus. It happens. We talked, regrouped, I started pounding the water, and by the second rounds, I finally started to calm down and find my dance—the dance we work so hard on for competition day.

Michelle was wearing a gorgeous Doré ballroom gown. It flowed and moved nicely with our dance steps. The old Marty was back, confident and dancing his heart out. Each heat got easier and easier. My instructor said the right things at the right times to keep me focused and get me back on track. By the end of the day, we made the finals in both standard bronze championship and scholarship against a very competitive group of dancers.

All in all, what a wonderful dance experience. I did my best and was pleased with the outcome. I am blessed to have Kate Bratt and Michelle Haley Hudson as my pro partners. They have taught me much more than dance: how to take care of myself, diet, sleep, conditioning, rest, balance, and a zillion other things that all come into play when dancing in partnership at a competitive level. As I drive home from Wisconsin with the biggest grin ever, I think about all of the things I learned about myself over the weekend. I leave a stronger, wiser human being than when I arrived, and I can't wait for the Twin Cities Open Ballroom Championships. ■





John S. Munday is a writer and lawyer who lives in Isanti County, Minnesota, with his wife, Fran. Together, they found ballroom dancing at Cheek to Cheek Studio, where Jack takes lessons with Monica Mohn. Jack's book, *Beauty in Partnership*, A Memoir of Ballroom Dancing, is available at www.johnsmunday.com and several dance studios.

GENTLEMEN LEAD

By Jack Munday

Back on June 1, 2008, more than five years ago, I wrote a column that contained this: "I am a beginner at ballroom dancing, and some of the long-time dancers are amused by my presumption in writing on these topics in this column. One friend said, 'It is interesting to see your newcomer perspective, and it will be interesting to see what you write four years from now.' Another friend wondered if I would be dancing four years from now."

Over five years later, I am still dancing and still find that it takes me to the land of beauty and grace. As far as any transition from my newcomer perspective to my current perspective, I leave that to my readers to determine. In 2011, my memoir on ballroom dancing titled *Beauty in Partnership* was published. The endorsements by Anne LaTourelle and Amy and Scott Anderson and reviews were quite favorable. Recently, one of Monica's other students bought a copy and was very kind in his comments.

In August 2009, I made a discovery at a lesson with Monica. In my September 2009 column, I wrote: "A defining moment came when I released my right hand and opened my left hand so that we were only connected by my fingers on my left hand and her fingers on her right hand. But because the frames were each solid, my body weight communicated to her and we went through a number of patterns with only those fingers being in contact.

"During our lessons, Monica will sometimes ask, 'How did you like that?' when everything seemed to work well and I felt *that*. I've been asking her to explain to me what *that* is. This time, she pointed to our fingers and said, 'There is the *that* you've been asking about.'"

That is not the only transition I have noted as I read through my columns. An obvious transition is that the columns talk less about what I learn, such as in a lesson like above, and more about our dancing experiences. I have described portions of showcase performances, social dancing, weddings, competitions, and performing on a formation team. Dancing on cruises also found its way into the columns. What more could there be? Then Fran and I went to a performance of Beyond Ballroom Dance Company. Beyond Ballroom is one transition I did not make, but we truly admire the performances and will not miss them for any reason.

What does the future hold for Fran and for me? No one knows the future, but there is one promise we have made to each other. We will dance as long as we are able. We take great pleasure in seeing dancers with even more age than we have dancing, sometimes with their regular partner, other times with a professional instructor. If others can do it, so can we. As I write this, it is the fourth day of my retirement from practicing law. Now I have much more time to dance and write. ■

COMPETITION CALENDAR

Aug 10 - 11, 2013

2013 Heartland Classic - NOE

Hosted by Heartland, IN USA Dance Chapter #2022.
Qualifying Event for 2014 Nationals.

Sep 7, 2013

Kansas City Dance Classic

Organized by Matt & Ellen Pansing in Overland Park, KS.
Will not accrue proficiency points and may not follow all rules in the rulebook.

Sep 28, 2013

New England DanceSport Championships - NOE

Hosted by MASSabda USA Dance Chapter #3002 in Danvers, MA. Qualifying event for 2014 Nationals.

Oct 4 - 6, 2013

Carolina Fall Classic - NOE

Organized by Wayne & Marie Crowder in Charlotte, NC.
Qualifying event for 2014 Nationals.

Oct 12 - 13, 2013

Northwest DanceSport Championships - NOE

Hosted by Portland USA Dance Chapter #1006.
Qualifying event for 2014 Nationals.

Nov 1 - 3, 2013

Chicago DanceSport Challenge - NOE

Hosted by Chicagoland USA Dance Chapter #2001.
Qualifying event for 2014 Nationals.

Nov 9, 2013

California State DanceSport Competition - NOE

Hosted by NorCal USA Dance Chapter #4004 in Emeryville, CA. Qualifying event for 2014 Nationals.

Feb 15 - 16, 2014

Mid-Atlantic Championships - NOE

Hosted by Mid-Eastern USA Dance Chapter #6001 in Bethesda, MD. Qualifying event for 2014 Nationals.

Mar 1 - 2, 2014

Star of the North DanceSport Classic

Hosted by USA Dance Minnesota Chapter #2011 at the Crowne Plaza Hotel in St. Paul, MN. www.sotncomp.com

Mar 28 - 30, 2014

2014 National DanceSport Championships.

To be held in Baltimore, MD.

Aug 1 - 3, 2014

Derby City DanceSport Championships - NOE

Sponsored by Greater Louisville USA Dance Chapter #2021 in Louisville, KY. Qualifying event for 2015 Nationals.

Oct 31 - Nov 2, 2014

Chicago DanceSport Challenge - NOE

Hosted by Chicagoland USA Dance Chapter #2001.
Qualifying event for 2015 Nationals.

SUPPORT THE **MINNESOTA DANCING TIMES!**

The *Dancing Times* is put together every month by the volunteer efforts of people across the Minnesota dance community. Help us continue to distribute this publication by advertising in the *Dancing Times* or by donating to our printing fund. Email Bonnie Burton at bonnieburton@comcast.net or call (952) 454-4620 to learn more about opportunities for advertising in the *Dancing Times*.

MADE FOR MOVEMENT

- * Used Ballgowns and Latin Gowns
- * Men's Smooth and Latin Wear Always in Stock
- * Custom Design Service for Twin Cities Dancers

Call for information or an appointment at 952-595-0003
Visit us on the web at: www.made4movement.com

Celebrating more than 20 years of Experience and Success!

ASK DR. DANCE

Submit your questions to Dr. Dance: newsletter@usadance-mn.org.

Q: Do you have any advice for how to keep my dancing sharp when I'm injured? I have an ankle sprain that's keeping me from practice right now, and I don't want to be totally rusty when I get back to it. I dance all styles.

Donna Said:

The best thing to do when you are injured is to put your full effort into recovery. Rest, go to physical therapy if you are able, walk in a warm pool, and eat nutritious foods and take supplementation to help you heal more quickly.

Accept the fact that when you are not able to dance daily, you do get rusty, but once you are well, you should quickly regain your abilities.

In the meantime, watch DVDs and videos of great competitive dancers, watch some of the classic old movies with fabulous dancing, and refresh your creativity and mental image of what dance can be.

Get well soon.

Paul Said:

There is no real substitute for practicing, but mentally practicing your routines and thinking about problems in your dancing will certainly help

to keep you focused. Look at videos of yourself, try to identify areas that need attention, and plan on how to accomplish improvement in those areas. Perhaps a lesson where you just brainstorm about your dancing and how to improve may prove beneficial. Remember: out of sight, out of mind. Good luck and keep dancing!

The Dance Medic Said:

Here's my advice from experience as a dancer (not as a medical professional).

Rest and nourish muscles and bones when they are really damaged.

If you have an injury that prevents you from standing comfortably, you should put your effort into rest and nourishment. When you practice controlled, deliberate use of a painful limb, you'll end up modifying your movement to avoid pain. It will be more work later to break this new bad habit than if you had just rested and

only needed to relearn your old good habits.

Don't reflexively identify any achy or weak muscle as damaged.

If you can stand comfortably and walk fairly comfortably, I'd encourage you to ease back into dancing. Before you try with a partner, dance alone a few times to get your bearings. Try your warmup exercises and your routines in slow motion. Be careful to balance yourself and distribute your weight evenly. This will be more difficult than you remember if you're dancing on a newly weak muscle. If you find any movement increases your pain beyond the pain of exercising a weak muscle, stop. See how you feel the next day. You want dancing to be strengthening you, not re-injuring you. If you have success alone, try with a partner. Keep in mind that jerky, imbalanced movement is more likely to put strain on your atrophied muscles. Control and balance are your top priorities.

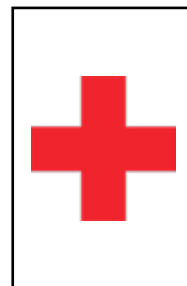
Happy healing. ■



Donna Edelstein is a coach, judge, and organizer of the Snow Ball DanceSport Competition. donnawrites@msn.com 763-557-6006



Paul Botes is a dance instructor, coach, choreographer, and judge. He is an owner of American Classic Ballroom, located in Chanhassen, MN.



The Dance Medic is a member of the Minnesota dance community chosen each month based on his or her unique insight on the question.



Justin D. Sundberg, CPA

(651) 689-4789

justin@sundbergtc.com

www.sundbergtc.com

Trust Your Accounting Efficiency To Us

So you can focus on running your business

We specialize in accounting services you need for your business:

- Accounting System Setup
- Accounting Catch-up
- Accounting Software Education/Training
- Business Startup Assistance
- Partnership Agreement Tax & Allocation Considerations
- Established Accounting System Improvement
- Business Entity Selection

Let us help you do things right from the beginning!
Contact us for your **FREE** consultation today!

You know your business...

We know business tax & accounting

Stardust Dance

(95th Weekend Getaway)

Friday, Sept. 20th to Sunday, Sept. 22nd, 2013

at the Elegant

HONOR'S HAVEN

RESORT & SPA ELLENVILLE, NY 12428

HOSTS ARE AVAILABLE
FOR YOUR DANCING PLEASURE

RATES INCLUDE:

ALL MEALS, ENTERTAINMENT, & OVER 50 DANCE WORKSHOPS!

Rates starting at **\$385.00pp**

Stardust Dance Cruise IX

Costa Luminosa

January 26 - February 5, 2014

Departs: Miami, Florida

Ports: Bahamas, Grand Turks, Jamaica, Cayman Islands, Honduras, Mexico

DAY PACKAGES AVAILABLE

Rates starting at **\$35.00pp**

Stardust in the City

A Summer Evening of Ballroom Dance

Dance Manhattan - Saturday, August 17, 2013

8:00pm - Midnight • Adm. at door \$12

Includes: Dancing, Light Refreshments, Show. Hosts Available

FUTURE DANCE WEEKEND: November 22 - 24, 2013

HONOR'S HAVEN RESORT & SPA

ELLENVILLE, NY 12428

CALL FOR COMPLETE BROCHURE **(800) 537-2797** (Outside USA & Canada) • **(845) 794-4982**

Email to: **info@stardustdance.com** **www.stardustdance.com**

SWAPLINES

Swaplines offers members and subscribers the chance to sell their dancewear. Submit ads of a maximum of three lines to newsletter@usadance-mn.org. Please include area code with any phone number.

➤ **Contact Anne 612.280.7818**

Contact for photos.

Size 6-10: White Smooth Gown with Gold and Turquoise Accents

Designed to accentuate your figure with ruching and sleek lines. Great flared skirt at the bottom for maximum impact. Gorgeous belt and arm bands. Made by Marsha Wiest-Hines.

➤ **Contact Cheri 763.544.6724 artncheri@aol.com**

Contact for details and photos.

Size 2-6: American Smooth Gowns

\$500-\$700.

➤ **Contact Janie 763.797.5230 janienordberg@comcast.net**

Contact for photos. More gowns available to purchase and rent.

Payment plans accepted.

Size 2-8: Gorgeous Peach Championship Gown

One of a kind! Beautiful open back, stretch satin skirt with godets add fullness to movement. Fully stoned bodice and elegant gloves to match! Like new! Made by Marsha Wiest-Hines. \$1200.

Size 2-8: Beautiful Pink/Metallic Gold Smooth Gown

Very feminine look with lace trim on neckline, bodice, long sleeves and hems. Full coverage in AB multicolor stones! Like new—worn only twice! \$1100.

Size 2-8: Elegant Black Championship Gown

Luxurious maribu boa on hem and neckline. Beautifully designed with open back and long sleeves. Shows off curves. Covered in AB multicolor stones. \$1100 OBO.

Size 2-8: Black Gown with Hot Orange & Yellow Accents

Stunning gown has fiery orange and yellow accents, drapes on long sleeves, bodice, and chiffon layers of skirt. Sexy slit shows off legs. Beautiful color rhinestones. \$800 OBO.

Size 2-8: Sexy Pink & White Rhythm Dress

This stunning dress has tons of stones, beautiful pearl beading, and flirty skirt! Bracelets, necklace, and accessories included. A showstopper! \$700.

➤ **Contact Bernice 952.936.2185 or 952.545.2989**

Size 7 ½ to 8N: Ladies' Smooth Capezio Dance Shoes

Closed-toe pumps. Flesh-colored. Worn once. \$50.

➤ **Contact Theresa Kimler 612.414.3099 theresakimler@yahoo.com**

Most dresses also for rent for \$250-\$300. Photos and more information: www.narrowcouture.com/#!/users/tkm/items

Size 2-8: Marilyn Monroe-Inspired Ballgown

White gown with gold waist accent shaped perfectly to create a slim silhouette. Silk skirt, slit on right leg, mid-height backline. Made by Doré. \$2800.

Size 2-6: Trendy Gold Ballgown

Super-shiny with rhinestone accent design to complement any figure. Best on someone who wants to stand out in a crowd. Classic design meets the latest trend in fabrics! Includes super-sparkly armbands. \$2800.

Size 2-8: White & Black Couture Ballgown

Designed by Chanel, brought to life by Jordy. Look for the signature crossing-C design. Black sheer over nude top with full rhinestones, long sleeves, white skirt. Mid-height backline. Great for standard or smooth. \$2400.

Size 2-8: 2 Elegant Smooth Gowns with Long Sleeves and Fox-Fur Cuff

1) Black mesh peeks through an intricate velvet pattern overlay. Cobalt blue rhinestones. Made by Doré. \$2000.

2) Gorgeous sheer navy blue with rhinestones from top to bottom. Made by Randall Designs. \$2000.

Size 2-8: The Ultimate White Designs to Shine Gown

Multiple blue-shaded stone pattern. 3-layer skirt, armbands, amazing necklace, hair accessory. Must-see. Worn twice. \$4000.

Size 2-8: Latin/Rhythm Dress - Black with Red Scarves

Jet stones, silk chiffon skirt, 3/4-length sleeves, sweetheart neckline, bracelet, earrings, hair decoration. Made by Doré. \$1000.

Size 2-8: Latin/Rhythm Gown

Black stretch velvet bodice. Multi-layered silk skirt that ends at knees when still. A great dress for the classic, movie-star type dancer. Effortless wear. Made by Doré. \$1000.

Size 35.5 (US 6.5): Dance Naturals Tan Satin Latin/Rhythm Shoes
2-1/2" heel. Brand-new. \$75.

Size 5EU (US 7 to 7.5): Supadance 1026 Beige Leather Practice Shoe
Worn once. \$75.

➤ **Contact Gail 651.387.0885 gailmulcahey@yahoo.com**

Size 5: Elegance Shoe Company Ladies Open-Toe Shoes

2 1/2 inch heel. Flesh-colored. Great quality; no longer fit due to pregnancy. \$45.

DANCE PARTNER WANTED ADS

Looking for a practice partner? Compose an ad letting potential partners know what you're looking for and how to contact you. Submit ads of a maximum of three lines to newsletter@usadance-mn.org. Please include area code with any phone number.

➤ **Vee Hammond 651.206.9890 vee.hammond@comcast.net**

Follow, 5' 2", seeks practice partner for bronze/some silver-level Latin and smooth styles. Takes private lessons periodically. Loves to perform. Possible lesson sharing, showcases, or competitions.

➤ **Jane Phipps 612.859.5245**

janep1951@gmail.com

Follow, 5' 5", seeks practice partner for bronze/silver competition-level smooth and rhythm. 3 years' dance experience. Takes lessons regularly. Any practice location okay.

➤ **Justin Sundberg 612.964.1741**

justin@jdsundberg.com

Lead, 5' 10", 28, seeks practice partner for smooth, rhythm, and WCS. Open to all styles and possible lessons or competition. 3 years' experience. Will provide floor time at a major studio.

DANCE CONTACTS

A collection of businesses and clubs of interest to Minnesota dancers. If you'd like to be listed on this page, send your contact information to newsletter@usadance-mn.org.

STUDIOS

AMERICAN CLASSIC BALLROOM
550 Market Street, Chanhassen

952.934.0900
www.acballroom.com

Instructors:
Natalie Palmer Botes, Paul Botes

ARTHUR MURRAY DANCE STUDIO
534 Selby Avenue, St. Paul
651.227.3200

BALANCE POINTE STUDIOS
5808R W 36th Street, St. Louis Park
952.922.8612
www.balancepointestudios.com

Instructors:
Cindy Nehrbass, Jeff Nehrbass

BALLROOM & WEDDING DANCE STUDIO
2717 42nd St E, Minneapolis
612.371.0300
www.myballroomdancestudio.com

Instructor:
Tom Larson

BLUE MOON BALLROOM
2030 Hwy 14 E, Rochester
507.288.0556
www.BlueMoonBallroom.com

CHEEK TO CHEEK STUDIO
11415 Foley Blvd NW, Coon Rapids
763.755.3644
cheektocheekdancestudio.com

Instructor:
Harry Benson

CINEMA BALLROOM
1560 St. Clair Ave, St. Paul
651.699.5910
www.cinemaballroom.com

Instructors:
Jonathan Chen, Dustin Donelan,
Eric Hudson, Michelle Hudson,
Kirsten McCloskey, Nadine
Messenger, Shane Meuwissen,
Martin Pickering, Dipendra
Thakur, Douglas Wallock

DAHL DANCE CENTER
River Center Plaza, 1619 North
Broadway, Rochester
507.252.1848
www.dahldance.com

DANCE AND ENTERTAINMENT
651.605.5784
tricia@danceandentertainment.com
www.danceandentertainment.com

Instructors:
James Wood, Tricia Wood

DANCE WITH US AMERICA
10 Southdale Center, Edina
612.564.5483
www.dancewithusamerica.com

Instructors:
Elena Bersten, Gene Bersten

DANCERS STUDIO
415 Pascal Street N, Saint Paul
651.641.0777
www.dancersstudio.com

Instructors:
Etta Berkland, Jeff Halverson,
Bonnie Inveen, Chris Kempainen,
Troy Lerum, Marcy McHenry

**E.R.V. DANCE STUDIOS BALLROOM
& DANCE SPORT**
816 Mainstreet, Hopkins
952.303.3339
ERVdancestudios@yahoo.com
www.ERVDancestudios.com

Instructors:
Amber Anderson, Rachelika
Baruch, Shailyn Fonseca, Sayoni
Haldar, Aiden Mamedov, Eliecer
Ramirez Vargas, Rebecca Rae
Ramirez, Will Weaver

FOUR SEASONS DANCE STUDIO
1637 Hennepin Ave S, Minneapolis
612.342.0902
www.fourseasonsdance.com

Instructors:
Bruce Abas, Rebecca Abas

FRED ASTAIRE DANCE STUDIO
1975 Seneca Road, Suite #700,
Eagan, MN 55122

651.451.6300
www.FredAstaireMN.com

NORTH STAR DANCE STUDIO
Bloomington, MN
612.799.4147
facebook.com/northstar.dancestudio

Instructors:
Michael D. Bang, Laia Olivier

RENDEZVOUS DANCE STUDIO
711 W Lake Street, Suite B,
Minneapolis

612.872.1562
www.theplacetodance.com

SOCIAL DANCE STUDIO
3742 23rd Ave S, Minneapolis
612.353.4445
www.socialdancestudio.com

Instructors:
Joy Davina, Todd Paulus
STUDIOJEFF
701 St. Germain St W Suite 201, St.
Cloud

320.266.4137
www.studiojeff.com

Instructors:
Jeffrey Ringer

CLUBS

AQUA GLIDERS DANCE CLUB
612.869.3062

CAFÉ BAILAR
www.cafebailar.com

**COTILLION DANCE CLUB OF
STILLWATER**
P.O. Box 102, Stillwater, MN 55082
651.388.1231
paynter@charter.net

Contacts:
Scott and Maggie Paynter

LaDANZA DANCE CLUB
Stillwater, MN
651.439.3152
facebook.com/LaDanzaDanceClub

Contacts:
Mark and Wanda Bierbrauer

LINDEN HILLS DANCING CLUB
Lake Harriet United Methodist
Church, 4901 Chowen Avenue
South, Minneapolis

952.412.7230
www.lindenhillsdancingclub.org

**MN WEST COAST SWING DANCE
CLUB**
B-Dale Club, 2100 N Dale St,
Roseville
651.487.6821
mnwestcoastswingdanceclub.com

REBELS SWING DANCE CLUB
952.941.0906
www.tcrebels.com

STARDUST DANCE CLUB
Dine and Dance
stardustdanceclub@gmail.com

SUBURBAN-WINTERSET DANCE CLUB
Woman's Club of Minneapolis, 410
Oak Grove Street, Minneapolis
952.894.1412
www.suburbanwinterset.com

TANGO SOCIETY OF MINNESOTA
612.224.2905
www.mntango.org

TAPESTRY FOLKDANCE CENTER
3748 Minnehaha Ave, Minneapolis
612-722-2914
www.tapestryfolkdance.org

**UNIVERSITY OF MINNESOTA
BALLROOM DANCE CLUB**
bdc@umn.edu
is.gd/umnbd

USA DANCE, MINNESOTA CHAPTER
651.483.5467
www.usadance-mn.org

SERVICES

MADE FOR MOVEMENT
952-595-0003
www.made4movement.com

Contact:
Marsha Wiest Hines

Services:
Costume design, production, and
tailoring

OH SEW SPECIAL
7300 South France Avenue Suite
323, Edina
952-746-5539
www.ohsewspecial.net

Contact:
Susan Richardson

Services:
Tailoring, alterations, and redesign

SATIN STITCHES LTD.
11894 Round Lake Blvd NW,
Minneapolis
763.323.9507
1.800.48SATIN
www.satinstitches.com

Contact:
Deborah J. Nelson

Services:
Custom-designed dancewear

INSTRUCTORS

Scott Anderson 612.816.4446
Rachel Damiani 612.718.6823
Nathan Daniels 763.545.8690
Jennelle Donnay 651.357.2060
Julie Delene 612.598.5355
Donna Edelstein 612.910.2690
Jennifer Foster 952.922.8316
Robert Foster 952.922.8316
Esther Granbois 612.872.1562
Lindsey Rebecca Hall 612.940.9546
David Hanson 218.722.0742
Julie Jacobson 651.261.6442
Jay Larson 651.387.3886
Kristina Lee 715.821.9039
Shinya McHenry 808.294.1983
Deanne Michael 612.508.9255
Monica Mohn 612.874.0747
Mariusz Olszewski 612.242.5159
Karin Rice 612.242.2188
Mary Rosenstiel 612.720.2584
Lisa Vogel 651.208.0818

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter 2011 of USA Dance

7050 49th St. N • St. Paul MN 55128

Yes! I want to receive the USA Dance MN Dancing Times newsletter!

Please send my one-year subscription to:

Name Phone _____

Address _____

City/State/Zip _____

Please mail your check for \$22 along with this form to:

Theresa Kimler, 7050 49th St. N, St. Paul, MN 55128 theresakimler@yahoo.com

***Note:** paying for a subscription is separate from paying USA Dance for your membership.*



**INTRODUCING
PROMOTIONAL
PRODUCT
SOLUTIONS**

*Your one stop shop for
all your printing &
promotional product needs.*

- **WRITING INSTRUMENTS**
- **DRINKWARE**
- **APPAREL:**
JACKETS, SHIRTS, HATS
- **CORPORATE GIFTS**
- **TRADE SHOW GIVEAWAYS**
- **EVENT PROMOTIONS**

Bill Dessert 651-633-4600

Next Newsletter Deadline: August 10th, 2013