

MINNESOTA

DANCING TIMES

A publication of the Minnesota Chapter 2011 of USA Dance

December 2012



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Inside this issue:
Blast, Madness, Dancing at the MoA, and More!

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December

Saturday, December 15th

7-8 pm Quickstep Lesson

Instructor: Jeff Nehrbass

8-11 pm Variety Dance

Music DJ: Caroline Olson

\$7 USADance members

\$10 non-members

Retro Ballroom

5810 West 36th Street

St. Louis Park, MN 55416

January

Saturday, January 19th

7-8 pm Swing Lesson

Instructor: Eliecer Ramirez-Vargas

8-11 pm Variety Dance

Music DJ: Eliecer Ramirez-Vargas

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\$10 non-members

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Call for information on dance events.
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information.

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.

Sun 12/2 - Salsa Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 7-8; \$5; call 651 641 0777 or visit www.dancersstudio.com

Mon 12/3 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com

Wed 12/5 - Old-Time Dance; 8595 Central Park Place, Woodbury; Senior citizens dance with Hank Thunander Band; 1-4; \$8; call 651 414 0644 or visit www.tropicalballroom.com

Wed 12/5 - West Coast Swing Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 9-10; \$5; call 651 641 0777 or visit www.dancersstudio.com

Thu 12/6 - Variety Dance; Dancers Studio, 415 Pascal St. N, St. Paul; 8-9; call 651 641 0777 or visit www.dancersstudio.com

Fri 12/7 - Variety Dance; Cinema Ballroom, 1560 St. Clair Ave, St. Paul; Foxtrot and hustle lesson at 7, dance 8-11; \$10; call 651 699 5910 or visit www.cinemaballroom.com

Fri 12/7 - Line Dance Party; Tropical Ballroom, 1750 Weir Drive, Woodbury; Lesson at 7:30, dance 8:15-11; \$10; call 651 414 0644 or visit www.tropicalballroom.com

Sat 12/8 - Cafe Bailer Variety Dance; Tropical Ballroom, 1750 Weir Drive, Woodbury; Foxtrot lesson at 7:30, dance 8:30-11:30; \$10, \$8 CB members; call 651 414 0644 or visit www.tropicalballroom.com

Sun 12/9 - Salsa Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 7-8; \$5; call 651 641 0777 or visit www.dancersstudio.com

Mon 12/10 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com

Wed 12/12 - West Coast Swing Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 9-10; \$5; call 651 641 0777 or visit www.dancersstudio.com

Thu 12/13 - Variety Dance; Dancers Studio, 415 Pascal St. N, St. Paul; 8-9; call 651 641 0777 or visit www.dancersstudio.com

Sat 12/15 - USA Dance; Retro Ballroom, 5810 W 36th St, St. Louis Park; Quickstep lesson at 7, dance 8-11; \$10, \$7 USA Dance members

Sun 12/16 - Salsa Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 7-8; \$5; call 651 641 0777 or visit www.dancersstudio.com

Mon 12/17 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com

Wed 12/19 - West Coast Swing Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 9-10; \$5; call 651 641 0777 or visit www.dancersstudio.com

Thu 12/20 - Variety Dance; Dancers Studio, 415 Pascal St. N, St. Paul; 8-9; call 651 641 0777 or visit www.dancersstudio.com

Fri 12/21 - Line Dance Party; Tropical Ballroom, 1750 Weir Drive, Woodbury; Lesson at 7:30, dance 8:15-11; \$10; call 651 414 0644 or visit www.tropicalballroom.com

Fri 12/21 - Variety Dance; Cinema Ballroom, 1560 St. Clair Ave, St. Paul; Viennese waltz and cha cha lesson at 7, dance 8-11; \$10; call 651 699 5910 or visit www.cinemaballroom.com

Sat 12/22 - Salsa Fusion; Cinema Ballroom, 1560 St. Clair Ave, St. Paul; Salsa and bachata lesson at 7, dance 8-11; \$10; call 651 699 5910 or visit www.cinemaballroom.com

Sun 12/23 - Salsa Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 7-8; \$5; call 651 641 0777 or visit www.dancersstudio.com

Mon 12/24 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com

Wed 12/26 - West Coast Swing Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 9-10; \$5; call 651 641 0777 or visit www.dancersstudio.com

Thu 12/27 - Variety Dance; Dancers Studio, 415 Pascal St. N, St. Paul; 8-9; call 651 641 0777 or visit www.dancersstudio.com

Sun 12/30 - Salsa Dance Party; Dancers Studio, 415 Pascal St. N, St. Paul; 7-8; \$5; call 651 641 0777 or visit www.dancersstudio.com

Mon 12/31 - Rhythm Junction; Four Seasons Dance Studio, 1637 Hennepin Ave S, Mpls; Swing Dance; 8-11; \$5; call 612 342 0902 or visit www.fourseasonsdance.com ■

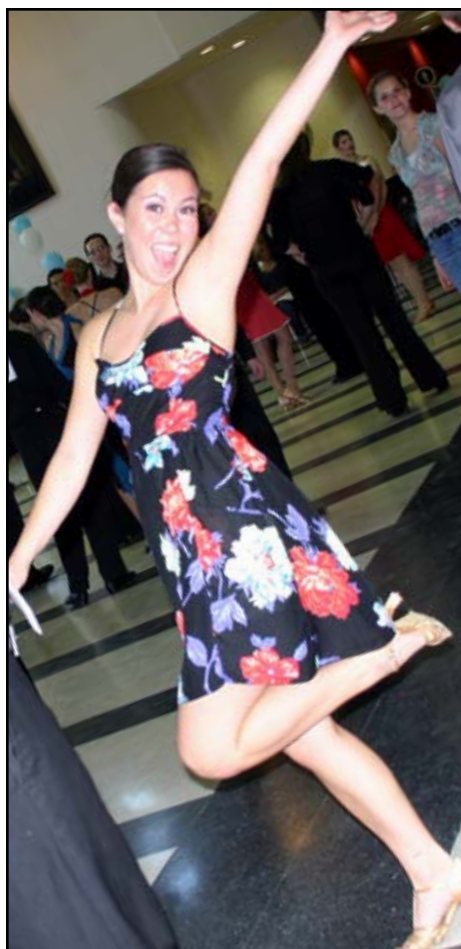


Photo from Minnesota Ballroom Blast. See more on page 6!

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USA Dance – MN Chapter #2011 Board Minutes

Tuesday, November 6, 2012

Submitted by Leslie Whitney

In attendance: Cathy Dessert (Vice President), Leslie Whitney (Secretary), Jane Phipps (Treasurer), Zhuojing Liu, Mike Jones, Yeun Chou, Julie Elholm, Pete Westlake

Location: Quixotic Coffee, 769 Cleveland Ave S, St. Paul

Call to Order: Quorum established. Agenda approved. October minutes approved.

ORGANIZATIONAL MATTERS

Treasurer's Report

- Jane distributed a financial report as of October 31, 2012.
- The treasurer's report was approved.

Board Meeting Date and Time

- Our monthly meeting will begin at 5:30.

PROJECTS

Appoint New Board Member

- A motion was made and seconded to accept Pete Westlake as a new board member and to appoint him to the position of interim president.

Star of the North

- Registration for this event is online.
- Cathy and Jane will review the budget from 2012, and the board will work on this event next month.

Elections

- Ballots are in the mail and to be returned to Chris Trask. Thank you, Chris, for working on this project.

Project Dance Minnesota

- This event is on hiatus because of the holidays. It will resume in January.

Chicago Meeting Report

- Corissa attended this meeting. Minutes of the National Board Meeting are available.

December Dance Demos/Music

- Please contact Yvonne at danvman@aol.com. She needs volunteer dancers for the many opportunities during the holidays to share our love of dance.

Minnesota Ballroom Blast

- More than 100 dancers participated.
- More than 200 spectators enjoyed the event.
- A budget of the event—income and expenses—was presented.
- Planning for Minnesota Ballroom Blast 2013 is under way!

Next Meeting:

5:30 P.M. - Tuesday, December 4, 2012

Quixotic Coffee

769 Cleveland Ave

St. Paul, MN 55116 ■

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.

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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 ■

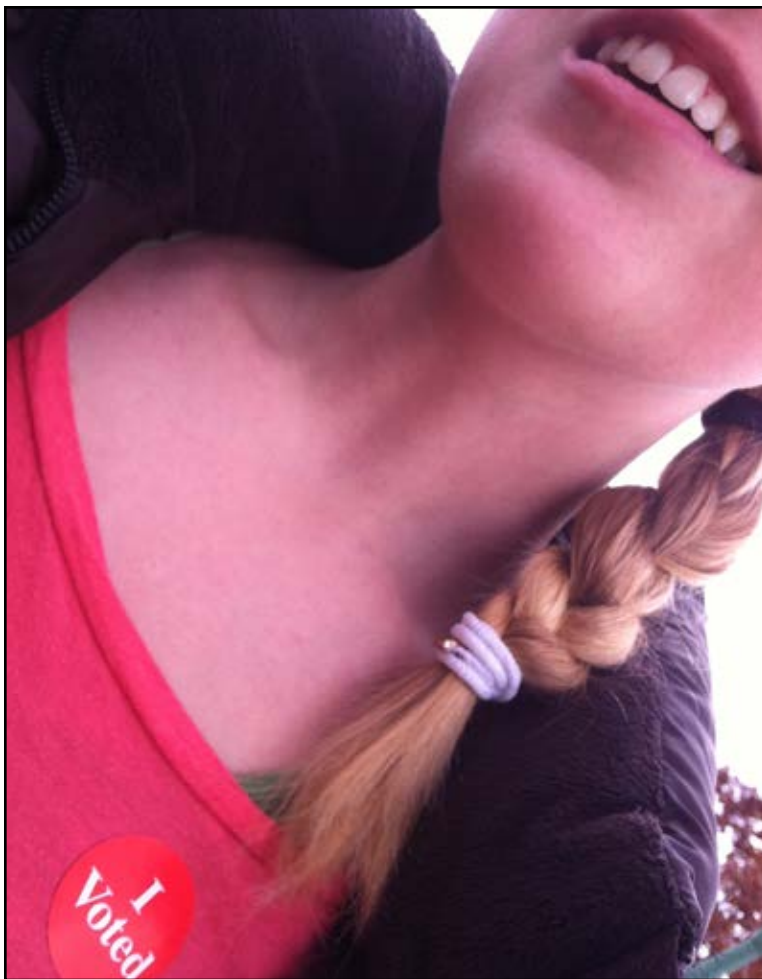
Advertising

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 Suzi Blumberg (email: suzi.b@usfamily.net phone: 612-869-4416) 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
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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

November was top-notch. We got to vote for the leaders of our local and national governments, and we elected the new USA Dance Minnesota board. I managed to drag myself away from my keyboard long enough to attend a dance event for once. I spent Thanksgiving with friends and a complex, delicious meal. I turned in a thirty-thousand-word piece of fiction I'd been working on since mid-October. Brag, brag, brag. November was awesome for me. Here's hoping it rocked for you, too. But if it didn't, there's always December!

We've got a huge issue this month, so I'll skip my usual babbling and get right to an overview of the content in this, 2012's final issue of the *Dancing Times*.

Our regular feature writers are as fascinating as ever. USA Dance Minnesota's new president, Peter Westlake, tells a heartwarming story of how volunteering touched his life. In the same vein, Elizabeth Dickinson discusses the sacrifices we make for endeavors we're passionate about. Jack Munday muses on the way his grandparents may have danced at the turn of the 20th century, and Deborah J. Nelson gives us an essential guide for keeping our costumes clean and in good repair. Paul Botes, Donna Edelstein, and this month's Dance Medic answer an arresting question about how to get ahead without putting in the hours.

Our guest writers this month cover a variety of topics. Amy Anderson shares an overview of this year's Minnesota Madness while Joel Torgeson gives an enthusiastic review of the first annual Minnesota Ballroom Blast. Cathy Dessert shares about the dance demo at the Mall of America on November 1st, and Lorie Hurst regales us with the tale of her experience this year at the Chicago DanceSport Challenge. Paul Stachour invites us all to join him for three dance events outside the Twin Cities, and Chris Trask tells the story of going fishing with her former dance instructor.

Don't miss the detailed results of the USA Dance Minnesota board election, and check out a bonus piece by your favorite *Dancing Times* editor telling you how to get involved with Star of the North. It's like falling off a log but infinitely more rewarding.

Whatever you do to celebrate the end of a year, do it up right. And by "do it up right," I of course mean you should submit articles and photos for the January issue by December 10th. We'll see you in 2013. ■

To solicit Mary Beth's editing services, ask questions about the newsletter, or submit content, contact her at newsletter@usadance-mn.org.

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The President's Corner

By Peter Westlake



Peter Westlake is currently president of USA Dance Minnesota and has been elected to the board for the next term. He is also an accomplished competitive dancer with his partner, Sehyun Oh.

USA Dance Minnesota Board Election Results

The *Dancing Times* is happy to congratulate our new board: Bonnie Burton, Cathy Dessert, Marty Faeh, Tracy Frazee, Zhuojing Liu, Jane Phipps, Corissa Ranum, Peter Westlake, and Leslie Whitney.

Individual positions and responsibilities will be agreed upon by the board at the January meeting.

Total votes received:

- Bonnie Burton - 116
- Cathy Dessert - 116
- Julie Elholm - 26
- Marty Faeh - 99
- Tracy Frazee - 93
- Mike Jones - 45
- Zhuojing Liu - 117
- Jane Phipps - 113
- Corissa Ranum - 112
- Peter Westlake - 119
- Leslie Whitney - 112

Thank you to everyone who voted.

The board of USA Dance Minnesota has graciously appointed me to a position on the board as president to fill our vacancy. I'm excited to contribute for this period, and I've been reelected to the board for 2013. Thank you to the board and USA Dance for giving me this opportunity.

"Thank you for being here," she said to us from her wheelchair at the back of the recreation room in this comfortable nursing home. We had just finished our quickstep demo on a sticky floor in a tiny room (it was not our finest performance), and we took a minute to talk with this sweet woman sitting at the back. "You remind me of the lovely times when my husband and I used to go dancing. Thank you for being here," she said again as she wiped away a couple of tears from her eyes. I'll never forget those words and how much it meant to be appreciated.

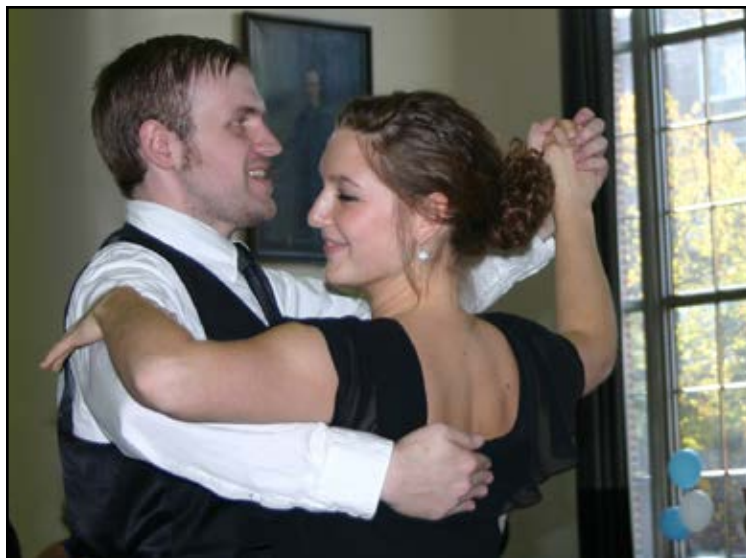
In the spirit of this experience, and the spirit of the season, I'd like to offer another resounding *thank you* to all of the volunteers that contribute their time, energy, and resources to make USA Dance flourish in the Twin Cities. The generosity of these people can be seen in everything this chapter does. Our volunteers are responsible for organizing the dance demonstrations like the one I just shared. There are a few coming up in December for those enthusiastic dancers at a silver level and above. If you're interested in being part of such an event, please contact Yvonne Viehman at danvman@aol.com.

Volunteers also put in countless hours scheduling and preparing our monthly dances and the Tea Dance. Don't forget the numerous people that are necessary to put on an event like Star of the North (coming March 2-3, 2013) or Minnesota Ballroom Blast. It also takes time and energy to put on the free Project Dance Minnesota lessons that you've seen on Sundays. And of course, who could forget the individuals involved in writing for, editing, organizing, and printing the *Dancing Times* every month? Volunteers are the core of what keeps this chapter thriving, and I hope they know they are appreciated.

USA Dance Minnesota would be nothing without these volunteers. So as president of the board (and I'm sure I speak for the rest of the board), I'd like to offer the sincerest thank you possible to all of the amazing volunteers. Thank you. ■

MN Ballroom Blast Lives up to Its Name

By Joel Torgeson



I started ballroom dancing around two months ago, and I've loved every minute of it since. During high school, I took one or two odd salsa lessons for various events, but I had never actually tried dancing socially or competitively at all. When I came to the University of Minnesota as a freshman this year, I attended the Fall into Dance event held by the Ballroom Dance Club. It hooked me instantly. I started attending club lessons in early September, tried out for the competition team, and now here I am, dancing my days away!



This October I had the privilege of dancing at the newest dance event around: Minnesota Ballroom Blast. I will save you, the reader, from the obvious and tasteless pun and simply say that I truly had a great time! Being my first foray into competitive dancing, my stomach caged a veritable swarm of butterflies as I walked my partner onto the floor for our cha cha. The rest of my dances came as a blur of motion and music. I think a rumba, some swing, two waltzes, two tangos, and a foxtrot found their way in somewhere between 10:00 and 4:00, but more important than the dances themselves was the fun I had!



Since the event was for critique and not a ranking competition, there was no pressure to compete against anyone but myself. More importantly, this meant that there were little to no barriers between different teams. I danced with people from other schools and had a really fun time hearing about how they got into ballroom and what their teams were like. In fact, I think that the social dancing was my favorite part of the event. The Jack and Jill games were hilarious, and the hour of straight social dancing before the evening exhibition was glorious. Switching partners after every song, sometimes teaching, sometimes learning, and just spending time with ballroom people was great.

And how could anyone forget the exhibitions? That's why I joined ballroom dance, and among other things, that's what keeps me here. Someday I hope to be able to glide across the floor like all the performers we saw that night. I never get tired of watching beautiful couples fly around the floor to music. It just never gets old.

Anyway, there you have it. I thoroughly enjoyed myself that day, and those whom I've talked to since have agreed. The first annual Minnesota Ballroom Blast was everything I was expecting and more. It was well-organized, well-run, fun, and ... okay, I tried not to, but I'll say it: *a blast!* ■



STAR OF THE NORTH

DANCESPORT CLASSIC

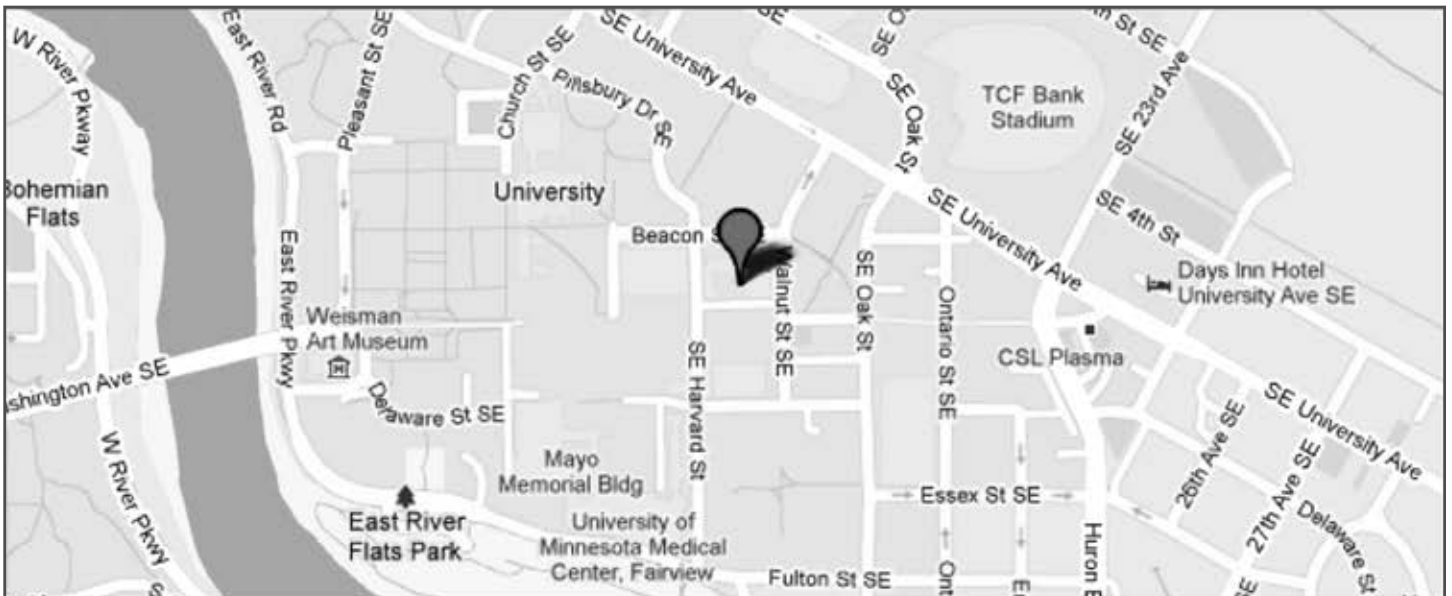


→ RETURNS ←

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Elizabeth Dickinson is a dancer and life coach in the Twin Cities. She offers complimentary coaching consultations and can be reached at www.pursueyourpath.com.

The Dancing Life

The Price of Passion

By Elizabeth Dickinson

Last month I wrote about the lighter side of passion, how having a sense of passion can enrich your life. Ballroom dancers often feel more alive, more connected, and enthusiastic about life because they dance.

However, there is another side of passion, a side that sometimes requires us to give more than we may initially expect.

Passion means you care about something. When you care about something, you're willing to suffer for it. *Suffer* doesn't always mean pain. In the original sense of the word, *suffer* means a willingness to be tested.

So at its root, if you are passionate about something, you are willing to be tested.

I find myself regularly tested when I learn new things in dancing. I started dancing because of how it made me feel. I continue to dance because of how it makes me feel. But as I have grown as a dancer, I have also become more aware of the price of passion. There is the monetary and time investment (which is considerable, especially if you compete). There are things I don't do in my life because I have committed so much time, energy, and money to dance.

And I continually bump up against the intangible aspects of my passion.

Recently I upgraded to silver in my international standard. Every time I have to learn something new, I am tested. Like many women, I am a kinesthetic dancer who learns most easily through feeling leads and steps. But new material also needs my cognitive brain engaged. There is always material which is simply no fun to learn initially. It exposes weaknesses.

I don't understand things. I'm impatient. "I have to think about fractions? Really? Silver heel turns must add an additional 1/4 turn to the original 3/8 used in bronze? I have to think about this while I'm dancing? *Really?* You want to ruin my dancing experience?"

I moan internally (and sometimes externally—sorry, Jeff!) about how long it's taking. I have negative self-judgments about my progress—negative self-judgments that I thought I'd outgrown long ago. And my limitations are always in my face. However, once I learn the new technique or choreography, there's always a positive payoff ... eventually.

But that's what makes it a passion. As Tom Hanks' character said in *A League of Their Own*, "It's supposed to be hard. If it wasn't hard, everyone would do it. The hard is what makes it great."

As a life coach, I'm not a big fan of assuming things have to be difficult. But there are difficulties and obstacles with almost anything you want in life. If you're going to be tested anyway, it might as well be over something you truly want. I want that sense of passion for my friends, my clients, and for myself. People who live with passion transform the world.

There's usually some price to pay to feel alive, connected, and enthusiastic. If you're willing to invest the time, money, and effort to master what you love, the results can be priceless. ■



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A Field Trip to Support Other Dance Clubs

By Paul Stachour

Here in the Twin Cities, we are fortunate. There are a large number of dance clubs, dance studios, and dance venues. We can find someplace to take a dance lesson or go dancing almost every night. Others are not so fortunate. Their opportunities to dance are fewer, farther between, and with fewer partners than we have.

Because I travel all across Minnesota as part of the walking clubs I belong to, I have had the opportunity to visit a number of dance venues outside of the Twin Cities. I invite you to join me for three of these. We'll be leaving each time, weather permitting, from the parking lot of the library in Maple Grove, located at 8001 Main Street North. This is a few blocks from the Weaver Lake Road exit off Interstate 94.

On Sunday, December 9th, we'll leave at 12:30 for the Lakeside Ballroom at 180 South Lake Shore Drive in Glenwood, where Jerry O'Hagan is playing for the Winter Dance Club dance (\$10) from 3 p.m. to 7 p.m. We should be back shortly after 9 p.m. Barbara Benson, the president, encourages members of that club to come to the Twin Cities occasionally.

On Saturday, January 5th, we'll leave at 6 p.m. for the Great Theater at 919 St. Germain Court in downtown St. Cloud. The St. Cloud dance club has a lesson at 7:30 p.m. and dancing until 11 p.m. (\$10). We should be back around midnight. You can find members of the St. Cloud club dancing in the Twin Cities most Friday nights.

On Saturday, January 19th, we'll make the longest of the three trips. We'll leave at 3 p.m. for the El Zagal Shrine at 1429 North 3rd Street in Fargo, North Dakota. The North Dakota State University Ballroom Dance Club has a Winter Dance Festival (\$10) with a lesson (by Twin Cities dance teacher Rebecca Abas) at 7 p.m., with dancing to the Shrine band from 8 p.m. to 11 p.m. It is unknown at this point whether we'll come directly back after the dance or whether the NDSU students and members of USA Dance North Dakota will provide us a place to bunk for the night. If we come back directly after the dance, we should be back around 3 a.m. NDSU has a competition team that regularly participates in USA Dance Minnesota's Star of the North DanceSport Classic.

If you are interested in joining me for any of these trips, email PStachour@acm.org or call 952-884-5977. ■

www.TheSnowBallComp.com

Presented by Donna Edelstein



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Get the Net!

By Chris Trask

My passion is dance, but I have to confess that I also love the sport of fishing. When I first heard that Tom Larson, my first dance instructor, owner of the Ballroom and Wedding Dance Studio in Minneapolis (www.mydanceretreats.com), also started his own fishing guide business, I felt the urge for a new adventure. I connected with Tom about fishing, and the plan was made for Monday, October 22nd. It was a cloudy, semi-cool Monday when we pushed off in Tom's boat and cruised Lake Harriet.

I watched the rolling waves behind the boat made by the trolling motor while Tom proceeded to attach his nifty see-through boat enclosure and start his propane gas heater. As the temperature inside the boat became comfortable, we started reminiscing about when I took my first dance lesson from him, which was about three and a half years ago at the Phipps Theater in Hudson, Wisconsin. He was my dance instructor back then, and I chuckled to myself thinking, "Now Tom is giving me instructions as to how to catch a musky."

Fast-forwarding to the present moment in time, my fishing instructions started with holding the eight-inch sucker minnow musky bait. Tom baited the hook and then cast the line in the lake. He showed me how to properly hold the fishing rod and brace my stance so the fish couldn't pull me in the lake with it. When the line clicked and the bobber went down, I slowly wheeled the line in and set the hook by pulling the tip of the pole straight up.

"Get the net!" I screamed. I felt the strength of the fish and was glad I was standing and holding the rod as I was supposed to. I bet people heard me for miles around. In no time, Tom got the musky in the net.

"Quick, get the glove and put it on," he said. "You're going to hold the fish while I take your picture."

"What?" I said in astonishment. Before I knew it, I was holding a 44-inch musky. Gently, Tom took the fish from me and put it back in the water while I held its massive tail. I swayed the musky—my new dance partner—back and forth, holding onto its tail until I felt it could swim on its own. I released my first fish ever, which felt just as great as the catch.

"What just happened? Wow, what a rush!" I said, shaking. We laughed. The thrill was just as exciting as dancing the cha cha.

Some people believe that each of our days were planned, divinely ordered, before we were born. Our higher power, they say, planned exactly what was to transpire. Others suggest we choose and plan our life. Whatever our philosophy, our interpretation can be similar: our past is neither an accident nor a mistake. We have been where we needed to be, with the necessary people.

It was a great, memorable day. You never know what you will net. I netted a musky, and I also reconnected with a dear friend in the dance circuit. ■

It's that time of year again when you can start frolicking in excitement because Star of the North DanceSport Classic is finally around the corner!

If you've been to Star of the North before, you know that it's a competition structured around the love of dancing. It's an event designed specifically for amateur dancers: the pros are allowed to judge and spectate, but the dancing is left to the ams.

Star of the North is a competition for everyone from brand-new dancers to folks who have been at it for fifty years. For dancers new to competing, it's an excellent way to gear up for those essential national qualifiers ahead. For competitive veterans, it's a great opportunity to get in the competitive zone before nationals and get a reality check. It's a wonderful event put on by our very own USA Dance Minnesota, it's conveniently located on the University of Minnesota campus, and it's made for you.

I'll let you in on a little secret about Star of the North: it doesn't work

Get Involved with Star of the North

By Mary Beth Beckman

without volunteers. We pull it together every year because we love it, because we think it's important, and because we want it to succeed. But when we're low on volunteers, there's only so much we can accomplish and only so far we can push ourselves. This is the part where I beg and plead for volunteers, which feels weird to me, because I enjoy it and don't think any begging ought to be necessary.

Here's the great part. If you want to help but don't know how, all you have to do is email Daniel O'Connell at sotn@usadance-mn.org, and he'll do all the work of giving you a job. Decision-making is exhausting, so don't do it. Lend yourself to Star, and our volunteer coordinating team will make sure you have a job and know how to do it.

Okay, so you like competitions, and you like USA Dance Minnesota, but you don't want to volunteer. I get it. I

mean, I don't personally get it because I'm a volunteering junkie, but I can make the concept work in my brain. How can you support the event without volunteering? Compete, of course! Find yourself a new dancer for a mixed proficiency or grab a good friend for a fun Latin round.

Don't feel like dancing? Cool. Be a spectator! Come to the event and cheer on the dancers. And seriously, feel free to bring coffee to the registration table, beneath which I have been known to sneak a nap. (I'm not just being cute; that happened.)

The registration form is up on the website at www.sotncomp.com, and Daniel O'Connell is waiting eagerly at sotn@usadance-mn.org to answer your questions and give you an essential role on our team of necessary and highly valued volunteers. How's that for a pitch? ■

USA Dance Minnesota



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Monthly free group classes will resume in January

We will be on break for November and December. Stay tuned for more information on classes coming up in January!



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



Sharing the Joy of Dancing at the Mall of America

By Cathy Dessert

Joyce Thompson and I arrived at the Sam Goody Rotunda half an hour before showtime. Joyce was the music master for the evening. I had planned to take photos for the *Dancing Times*.

Showing on the huge screen there was historic video of the former *Dancing the Night Away* shows that Dan Viehman had artfully compiled, hoping to draw in the spectators. Spectators were watching, but so, too, were the dancers performing in the demo, watching a little history of themselves. A few were warming up and checking out the floor, and a group of students from the University of Minnesota—because it was their first time there—were asking about the specifics of the event. The crowd was gathering on all three levels of the mall.

I was drafted into service as the on-deck person. Luckily, Yeun Chow, asked when he arrived if there was anything to do. He was drafted into service as well. Additionally, a friend of one of the dancers arrived with his camera and demonstrated an apparent wisdom of photography, so I asked him to share his photos. He was happy to help out.

As the time arrived for the demo to begin, a buzz of energy filled the rotunda. Many dancers of varying skill levels participated. A newly formed and an experienced formation team performed. Some folks from the All Wrapped Up show shared a peek of what was to come in the December show. We were treated to some old-time dancing by a group of friendly folks. The Dancing Dads and the

Sleigh Bell Dancers were crowd pleasers, but the bulk of the dancers were chapter members, from novices to national champions, who shared their love of dancing with the crowd.

I was able to snap a few photos but spent most of the time letting dancers know when they were out on the dance floor. Everyone there had smiles on their faces. I'm sure that some of the audience members are now inspired to begin dancing. A rush of men in black, women in ballgowns, high kicks, and and the show was ended.

Thank you to all who participated and watched. This is an annual favorite event that you can catch next year if you missed it this time. See the newsletter, the website, or USA Dance Minnesota's Facebook page for future holidays shows. ■





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

Random Tips for Costume Care and Repair

By Deborah J. Nelson

This month's column is taken from an article I wrote in 2003 called "When Bad Things Happen – Deal with it Immediately!" It was first published in *Dancer Magazine*, and it can be found under Articles at satinstitches.com. For this issue of the *Dancing Times*, I have updated some of the information.

Wrinkles in your costumes?

Don't take an iron to them! Let them hang up for as long as you can, preferably in your bathroom to let the steam work on the wrinkles. In a pinch, an electric hair curler can be used to remove some highly noticeable wrinkles. Nonprofessionals should be very careful with irons, as spandex, polyester, or nylon fabrics may burn or melt, and this damage cannot easily be repaired.

A zipper that is catchy or sticky?

A graphite pencil tip rubbed on the inside of the zipper, on the teeth, will lubricate the teeth to help the zipper zip better. If this doesn't help, you need to repair it when you notice it. Don't forget it, as it may separate (as in, large gaping hole!) during a performance. (Many zippers can be put back on track with the help of expert alterations professionals without having to replace the zipper.)

Loose elastic?

If old elastic is damaged by too many launderings, replace the elastic so your costume won't slip down or ride up. Check finger elastics to make sure they are secure.

Holes in your costumes?

The old, old adage holds true: a stitch in time saves nine. Any loose or broken seams should be reinforced immediately so that your

costume will keep performing with you.

Snags?

If your fabric is a spandex or spandex mesh, the snags are ugly, but they will not cause the fabric to run. Don't worry about them. This is just a cosmetic, close-up imperfection. Nylon mesh may run, however, so you need to know what type of mesh is in your costume.

Prevent additional snags by not rubbing up against brick walls or sitting on splintery chairs or cement. Take off your jewelry so you won't snag your costume with your rings. Trim your hangnails and fingernails, as they snag fabric, too.

Unpleasant odors?

Use Seacole's Fresh Again, an odor-eliminating spray, to keep your costumes fresh. Test and spray on the inside of your costumes.

Dirt or dust on your costumes' hems?

Spot-clean them as soon as possible so that they don't become permanent stains.

Dark soda spots on your costumes?

Spot-clean immediately so they won't set in and become stains.

A grape juice stain?

Don't do it! That is probably a job for a professional dry cleaner, as it may not spot-clean well. Whenever Satin Stitches custom-creates a performance costume, we provide a care swatch, which includes all the fabrics and trims used on your costume. You can use this to test your laundering options.

Stains from everyday use?

Blood, sweat, or tear stains from all your costumed practices or performances on any parts of

your costume should be spot-cleaned immediately.

What do we mean by *spot-clean*?

This does not mean soaking anything or using spray-on products of any kind. It is something that can quickly be done using any hand, dish, or laundry soap. We also use Janie Dry Stick.

- Dampen the area that is soiled with a washcloth or other fabric rag that is clean and will not lose its dye.
- Gently rub with the damp cloth that has a dab of soap (don't overdo it).
- Stop immediately if what you are doing is ruining the fabric.
- Beware of all surface prints; they can be trouble. Any plain spandex fabric should not have any problems with spot-cleaning. Polyester woven fabrics should also be safe to work on.
- The damper you make the spot, the more likely that it will leave a ring around the area. To eliminate the ring, use a feathering stroke to transfer the dry area to the wet

area and vice versa. It will not dry in a ring if there is not a distinct edge to the wet spot.

- A tip for drying: use a hand hair dryer or a restroom hand dryer in a pinch.

Performance costumes should not be thoroughly cleaned more than once per season. Eliminate odors and staining by wearing underarm pads under your costumes. Put on your costumes at the last possible moment before performing. Wear warm-up uniforms or another outfit the rest of the day.

Thinking of hair-spraying your locks with your costumes on?

Don't! The chemicals in hair products can ruin sequins and finishes on some specialty fabrics. They will dull those expensive rhinestones.

If putting on makeup is necessary when you are wearing your costume, be sure and put on a smock or other protective barrier so that the makeup doesn't end up on your costume.

Self-tanners, lotions, body glitter, and baby oil can do nasty things to

costumes. Our recommendation is to avoid the use of these products, but we realize that most of you will continue to use them. So just be aware of what these products may do to your costumes.

Hair accessories coming unglued?

Have Loctite Super Glue (we prefer the Gel Control) available for a touchup.

Have a sticky mess?

Goo Gone will take off makeup, slight lipstick stains, gum, or the glue from rhinestone attachments.

Always carry these costume repair items.

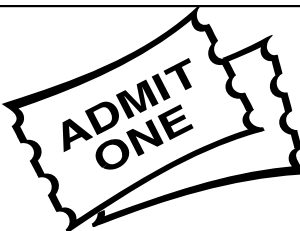
Loctite Super Glue, spot-cleaner and a damp rag, Fresh Again, sewing needles with various colors of thread, small scissors or fingernail clippers, safety pins for a last resort, duct and electrical tape.

Maintain your costumes.

Your first choice: be careful. Your second choice: deal with it! Don't put your performance costumes away after a performance until they are in good repair, clean, and dry. ■

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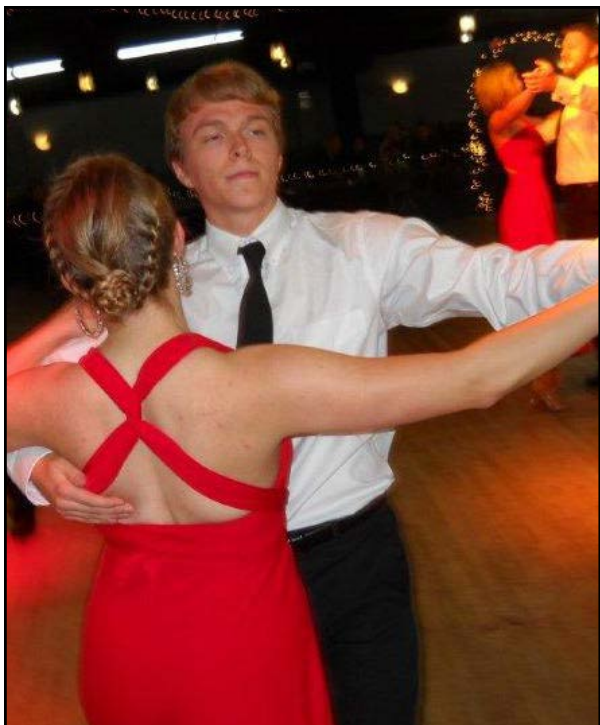
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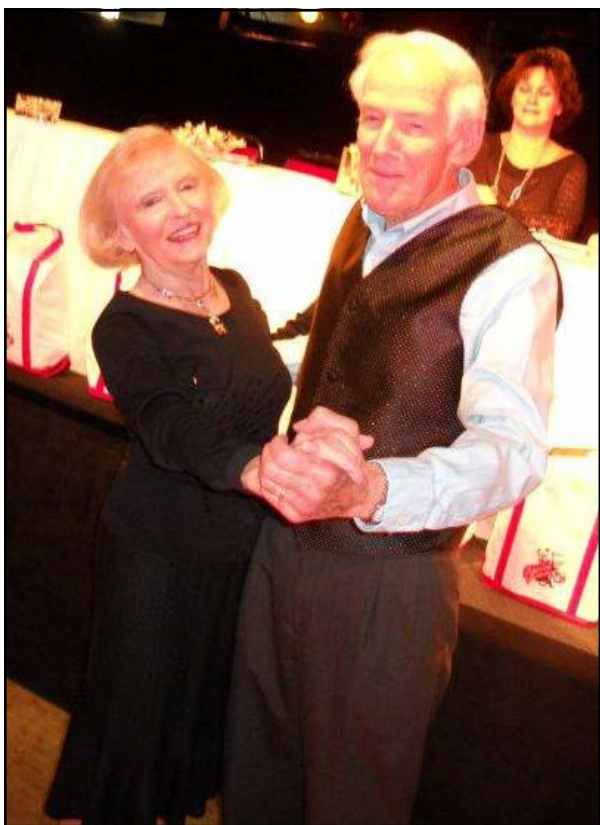
Minnesota Madness 2012

By Amy Anderson



Being one of the busiest weekends of the fall dance calendar, it was awesome to see the great support at Minnesota Madness. Organized by Scott Anderson and Nathan Daniels, this year, Madness was held at the Medina Ballroom and Entertainment Center just west of Minneapolis. The Medina Ballroom has to be one of the best ballroom venues in the state with a huge permanent dance floor, plenty of free parking, and a great restaurant onsite.

It has always been Scott's and Nathan's intention to provide a dance event that is open to the entire dance community—studios, independents, amateurs, collegiate, and youth. This year it was nice to see participants from every aspect of the dance community. So what is Minnesota Madness? Years ago, Scott and Nathan created the Madness concept to be a one-day event where couples would receive comments from a professional panel of experts, and also a day of very fun dance games. Madness is not a competition, yet the dancers receive participation gifts as well as constructive comments from the panel.



There was a lot of time for everyone—participants and spectators—to social dance to the great music provided by Shane Meuwissen. The evening included special performances from local formation teams and professionals who represent Minnesota at competitions around the country.

It was great to see pro/am dancers from Get Out & Dance in Wausau, Wisconsin. Professional teachers Tom Neterval and Heather Wudstrack along with their students enjoyed the fun atmosphere. Other out-of-town participants included a huge group of collegiates from North Dakota State University coached by Don and Joan Miller.

One highlight from the day was the international Latin portion of Madness. Dance with Us America, located in Southdale Mall and run by Gene and Elena Bersten, is developing fabulous youth dancers that were inspiring to watch. That part of the day was topped off by a dance game relay involving the kids, blankets, and other props coordinated by Scott Anderson.

Scott and Nathan want to thank those who participated in this year's Madness:

Studios – Cheek to Cheek Ballroom, Northstar Ballroom, ERV Dance Studio, Dance with Us America, Get Out & Dance

Clubs – North Dakota State University, University of Minnesota

Independent Professionals – Gordon Bratt, Jay Larson, Julie Jacobson, Jenelle Donnay, Scott Anderson

Amateur Couples – Paul Stachour (with Deb Lundgren and Fran Stachour), Dempster Christensen and Kathy Karpiuk, Tom and Patty Kouri, Greg and Sue Prasch

See you next year! ■



Returning to Chicago

By Lorie Hurst

My husband, CJ, and I attended the Chicago DanceSport Challenge for the third time on the weekend of November 2nd. It feels like just a short time ago we were beginner dancers in awe of competitions and trying to learn all the details. Now, my first comment to CJ was, "This place looks different. Did they change the lighting in here?" It's nice to feel familiar with a venue like that. We have always been impressed by Chicago's event. They are organized, friendly, efficient, they have plenty of space, a large practice floor, a large on-deck area, and a beautiful hotel. And they are comparatively close, from a Minnesota perspective. We were happy to see familiar faces and honored to be among the very talented group of dancers representing our state.

I came into this competition with a little more pressure than usual: I had family coming to watch. Most of our competitions are a fair distance away, and of course, people don't travel with us just to spectate. But to my surprise, my aunt and cousin in Canada said they were flying down to watch us. I was thrilled! Then I was nervous. We just *had* to put on a good show for them. They had never seen us dance, and they didn't know what to expect from a competition at all. We had to be good tour guides and narrators, as well as good performers. I was looking forward to spending time with them but also hoping they'd end up liking ballroom dance.

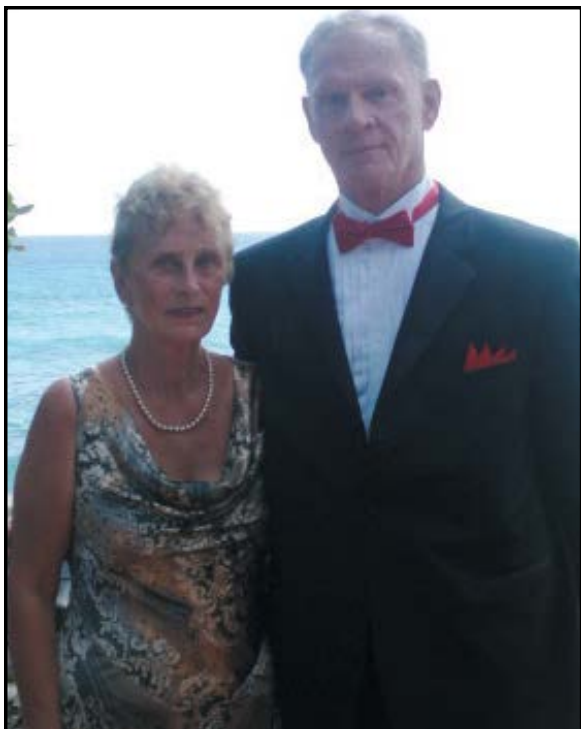
It turned out fabulous. My aunt and cousin had a great time and were genuinely excited to see us perform. We really enjoyed being able to show our hobby to loved ones and illustrate how fun and beautiful it can be. We explained everything from costume requirements to proper dance frame, and our audience was eager to learn. And to top it off, we did perform well! We medalled in nine of our ten heats. We finished first in adult silver smooth, adult gold smooth, senior 1 silver smooth, senior 1 gold smooth, and adult gold standard. We finished second in adult silver standard, senior 1 silver standard, senior 1 gold standard, and senior 1 silver Latin.

One special highlight for me was a comment made to us by a judge when we were receiving a medal. She said she remembered us from last year and that our dancing had improved greatly. I was impressed that she would remember us at all, and I was touched by her compliment.

Another highlight was recognizing a local Minneapolis dancer in a jaw-dropping moment of admiration. Anastasia Evgrafova was a cute little kid in our bronze group classes five years ago when CJ and I first started taking dance lessons. She was so small she couldn't reach high enough on the gentlemen to have a proper frame. I couldn't believe it when I saw her dancing novice! She was fabulous, and she took the gold medal easily. She seemed all grown up, tall and slim and amazingly talented. I wish I could have advanced that far in those same five years.

The only downside to this competition was my hair. Long story short: it was a horribly disappointing experience that I hope never to repeat. I spent hours in the hairstylist's chair only to end up with an undanceable do. I was disappointed that a ballroom hairstylist didn't know the first rule of ballroom hair: glue it down!

Hairdo notwithstanding, it was another great dancing experience for CJ and me. I am still amazed and impressed that the USA Dance chapters can host such quality competitions at such affordable prices for us competitors. We appreciate these opportunities and always look forward to the next one. ■



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. Jack is a student of Monica Mohn. Jack's new book, *Beauty In Partnership, A Memoir of Ballroom Dancing*, is available at www.johnsmunday.com and at several dance studios.

Gentlemen Lead

By Jack Munday

Recently we danced at the wedding of one of our granddaughters. That prompted me to wonder, what dance would Grandpa and Grandma Munday have danced at my wedding? They were born and raised in Manchester, England, and Grandpa Munday earned an engineering degree before marrying Grandma and coming to the United States. Grandpa was born October 6, 1879, and lived 89 years. Grandma was born November 9, 1879, and lived 94 years. So what dance did they dance at their wedding?

I have learned that the first waltz was danced in England in 1812, so this year is a bit of an anniversary. Fifty years later, a book on etiquette in public and private acknowledges that: "The Waltz is the favorite dance of modern times and has held its own for the last fifty years. Good Waltzing means good dancing, and you cannot be said to dance unless you Waltz."

In 1813, Jane Austen's novel *Pride and Prejudice* had this exchange. Sir William Lucas says, "What a charming amusement for young people this is, Mr. Darcy! There is nothing like dancing after all. I consider it as one of the first refinements of polished society." Mr. Darcy replies, "Certainly, Sir; and it has the advantage also of being in vogue amongst the less polished societies of the world. Every savage can dance."

My reply to that would have been, "Yes, but can every savage waltz?" The truth is that the savage, which is a most unfortunate term, relates to those captured in slavery and sold primarily to the "new world." It turns out that the rumba was being developed and defined in Cuba in the last decade of the 19th century. People danced the waltz and the rumba in England.

That decade brought about the establishment of large ballrooms. The Empress Ballroom in Blackpool—were my grandparents two of the three thousand or so who danced at the Empress? If they were, it was not for long, because Grandpa and Grandma Munday had their first child, my uncle Harold, in 1901 in Boston, Massachusetts.

Did they dance in their early years in America? Probably. I have read elsewhere that dancing was very popular during the Civil War, to exchange information and to find out what was happening. Grandpa and Grandma lived on the east coast during WWI and in the mid-west during and after WWII. At a point in the late 1940s, Grandpa retired and they moved to Florida. They weren't dancing then because Grandma had serious leg issues.

Now that we are dancing, I regret not asking my grandparents about dancing, but I never suspected I would feel as good as I do about dancing.

I tried to imagine Fran and myself at the Empress Ballroom. Waltz, then rumba? I do know that in the 1890s, the waltz was actually the Viennese waltz. The Cheek to Cheek Smooth Formation Team is currently working on that dance. Would I see Grandpa and Grandma, if only in my imagination? And would they approve? ■

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 Suzi Blumberg at suzi.b@usfamily.net to learn more about advertising in the *Dancing Times*.

Competition Calendar

Jan 11 - 12, 2013

The Snow Ball DanceSport Competition

DoubleTree Park Place Hotel Minneapolis,
Minnesota. Contact Donna Edelstein: (612) 910-2690,
thesnowballcomp@msn.com.

Jan 18 - 20, 2013

Manhattan Amateur Classic - NQE

Hosted by Greater New York USA Dance Chapter #3004
at Manhattan Center. Qualifying event for 2013 Nationals.

Feb 1 - 2, 2013

USA Dance Southwest Regional - NQE

Hosted by Orange County USA Dance Chapter #4018 at
the Culver City Veterans Auditorium. Qualifying event
for 2013 Nationals.

Feb 16 - 17, 2013

Mid-Atlantic Championships - NQE

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

Mar 2 - 3, 2013

Star of the North DanceSport Classic

Hosted by USA Dance Minnesota at the University Hotel
Minneapolis. Registration form available online now at
www.sotncomp.com.

Apr 5 - 7, 2013

2013 National DanceSport Championships

To be held at JW Marriott, Los Angeles at LA Live.

Apr, 2013

Royal Palm Winter Frolic DanceSport Extravaganza

Hosted by Royal Palm USA Dance Chapter #6016 in
Coconut Creek, FL. Exact date TBD soon.

Jun 28 - 30, 2013

Gumbo DanceSport Championships - NQE

Hosted by Louisiana Gumbo USA Dance Chapter #5031
in Baton Rouge, LA. Qualifying event for 2014 Nationals.

Jul 27, 2013

Southern Star Mid-Summer Classic

Hosted by Southern Star USA Dance Chapter #6038 in
Tampa, FL. Will not accrue proficiency points and may not
follow all rules in the rulebook.

Aug 10 - 11, 2013

2013 Heartland Classic - NQE

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

Oct 4 - 6, 2013

Carolina Fall Classic - NQE

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

Nov 1 - 3, 2013

Chicago DanceSport Challenge - NQE

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

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ASK DR. DANCE

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

Q:

I feel like I've been unable to improve my dancing in the last several years and thus have not been winning competitions as I'd like to. I see plenty of people who dance poorly winning competitions. Is there a way I can get an edge without improving my dancing?

Donna Said:

When I first read your question, my initial reaction was to be offended that you want to get better results without improving your dancing. But after thinking about your question, it seems like more is really going on with you. I'm guessing that you feel stuck, unable to improve, and you just don't know what to do.

Plateaus can be incredibly frustrating, and yet all serious competitors experience them. The only way to move beyond a plateau is to believe in yourself and your abilities and slog through until you reach a breakthrough. And you will. Find a teacher or coach that can bring out your potential, and make sure that you are dancing with a partner that is encouraging and motivated. Practice daily. Take some

lessons from judges that have seen you compete and get their reaction to how you appear on the floor. Many factors affect placement—timing, musicality, ease of movement, frame, footwork, expression, swing, line, symmetry, connection, the partnership itself, grooming, costuming, physical fitness and endurance, performance skills, floor craft, plus the ability to stand out on the floor.

Years ago I had a tough British coach who always said, "Just because you win doesn't mean that you are good. Sometimes the winner is the best of a bad lot." What he was saying is that it's not enough to win. You have to be good, too. Winning itself doesn't make you a good dancer. Winning generally means that you danced better than the couples you were competing against.

Sometimes you'll have great respect for your competitors, and sometimes you may feel hurt that someone beat you when you don't care for their dancing. It takes a tough-skinned, driven individual to be a competitive dancer.

So, to answer your question, how can you do better without being better? Luck. Hope the other competitors are having an off day. Present yourselves as an incredibly beautiful and exquisitely costumed couple with impeccable timing and choreographic clarity. Dance with a great champion. Develop exceptional performance ability. Let your genuine love of dance captivate spectators and judges so much that they are drawn to watch you and feel your heart.



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Sometimes we don't win when we should. Sometimes we win when we don't deserve to. In the end, it evens out. During my eighteen years of competing, winning only had meaning when I felt I had danced my best. Sometimes it was magical. Sometimes I raced back to the hotel room to let the tears flow in private. My hope is that you rediscover an interest in improving, have many days when you deserve to win, and do win because your dancing warrants it.

Paul Said:

Absolutely! The same way you can win a lottery without buying a ticket. The only way to get an edge is to take more lessons, work harder at your dancing, and stop looking for the easy way out. If you are not improving, you are not working hard enough, or you have the wrong teacher. As someone said, "Everybody wants to go to heaven, but nobody wants to die."

The Dance Medic Said:

First of all, I hope you dance because you love dancing. You should dance better because you better understand what the goals of a movement are and how your body can achieve those goals. Improving your dancing should be the fun part. If it's not, you may have some soul-searching to do regarding whether or not you like dancing. Also, improving your dancing is the preferred path to greater competitive outcomes. The world would be a better place if it were the only path. Sadly, competitive dancing, like all activities that rely on the purity of a judge's motives, is subject to politics.

You may be able to gain an edge by making some political decisions. Here are some things you can try. If the system is working, these ideas should have little effect.

- Hire a wider variety of coaches. Specifically, hire coaches who also judge your events. You may

be able to win their favor, and if nothing else, they are likely to coach you on the things that they look at when they're judging

- Compete more frequently. In some events, you may be able to improve your marks by being the couple that is familiar to a judge, especially when the other couples seem to be newer dancers.
- Upgrade your costume. A properly designed suit or gown can conceal flaws and accentuate virtues.
- Schmooze. If you dance as well as (but not better than) another couple on the floor, a judge may favor you because they like you. I'd encourage you to avoid being disingenuous. Earning a reputation as a brown-noser will not improve your marks.

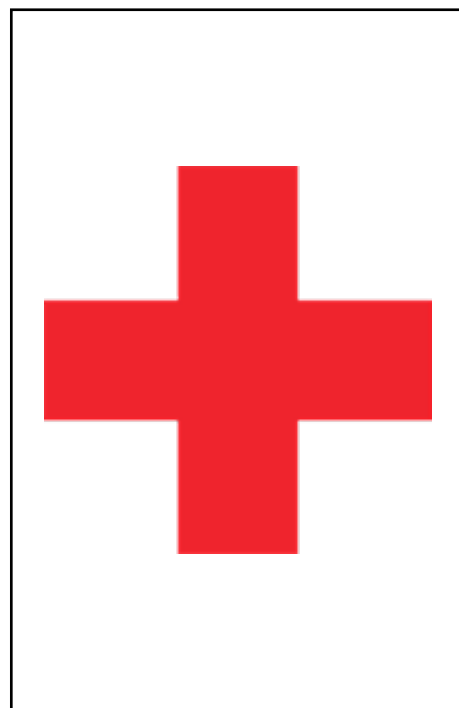
For the sake of the dance community worldwide, I hope you don't get great results from any of these suggestions. Happy dancing! ■



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.

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↪ **Contact Jeff @ 320 266 4137 or jeff@studiojeff.com**

New women's dresses for sale \$200 to \$400 size small. Pics at www.studiojeff.com.

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Latin, rhythm, salsa Dress, Size 0-6, brand new, piquant red color, sensual fringes show movement, open back with straps that can tie into various patterns, built in bra. \$380, negotiable.

↪ **Contact Cheri at 763-544-6724 or artncheri@aol.com**

Size 2-6 prices \$500-\$700 American smooth gowns. Contact Cheri for details and pictures.

↪ **Contact Stacie @ 612-251-8108 or SPIERSON0081@yahoo.com**

Purchase, rent to own or weekend rental available. Pictures available. **Seaford green latin/rhythm dress.** Short playful skirt. Includes matching bracelets, choker and ear-rings. Sizes 0-6. \$1,950.

Black latin/rhythm dress with bugle beads and Abs. Dress worn on Dancing w/ Stars and in Take the Lead. Size 0-6. \$1,850.

Black Lace with peach underskirt smooth gown. Entire dress is lace, long sleeves, open back. Skirt slit in back. Worn on dancing w/ Stars. Size 0-6. \$3,150

Deep Purple rhythm/latin dress. Skirt has some movement. Sexy but covers your sides. Size 2-8. \$2,750

Fusia Smooth Gown. High slight on side, open back. Including jewelry. Worn on Dancing w/ Stars. Size 4-8. \$2,350

Blue latin/rhythm dress. Full flowing skirt. Matching jewelry. Made for a larger chest. Size 6-8. \$2,450.

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↪ **Contact Theresa Kimler at theresakimler@yahoo.com or 612-414-3099.** Call or email for photos. Most dresses also for rent for \$250-\$300.

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Size 2-6: Shiny Gold Ballgown. Super shiny fabric with multi-shaped/sized rhinestone design. This dress is 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 in the black bodice. White skirt, long sleeves. Mid-height backline. Great for standard or smooth. SALE \$2400.

Size 2-8: Black Elegant Smooth Gown. Black mesh peeks through an intricate velvet pattern overlay. Cobalt blue rhinestones, necklace, and earrings. Long sleeves, one arm with fox fur cuff. Made by Doré. SALE \$2000.

Size 2-8: Rhythm Dress - Black with Red Scarves. Jet stones on body, silk chiffon skirt, 3/4 length sleeves, sweetheart neckline, mesh back. Includes bracelet, earrings, hair decoration. Made by Doré. SALE \$1500.

Size 2-8: Grace Kelly-inspired Rhythm Gown. Black stretch velvet bodice with matching belt. 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. SALE \$1500.

Size 6.5 to 7 Closed-toe Elegance Shoe Company court shoes. Satin taupe color, elastic along sides of the shoe allow you to point your foot. New Queen Flexi. \$75.

Size 35.5 (US 6.5) Dance Naturals tan satin 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 Janie @ 763-797-5230 or janienordberg@comcast.net**

Gorgeous Peach Championship Gown. This dress is 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 Weist Hines. Size 2-8. Asking \$1200. Pics available.

Newly Offered! 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! Size 2-8. Asking \$1100. Pics available.

Elegant Black Championship Gown, luxurious maribu boa on hem & neckline. Beautifully designed with open back and long sleeves, shows off curves. Covered in AB multicolor stones. Size 2-8. \$1100 obo. Pics avail.

Black Gown with Hot Orange & Yellow Accents. Stunning gown has fiery orange and yellows accents drapes on long sleeves, bodice and chiffon layers of skirt, sexy slit shows off legs, beautiful color rhine stones. Size 2-8. \$800 obo. Pics available.

Sexy Pink & White Rhythm Dress! This stunning dress has tons of stones, beautiful pearl beading & flirty skirt! Bracelets, necklace, and accessories included. A showstopper! Size 2-8. Asking \$700. Pics avail. More gowns available to purchase and rent. Payment plans accepted.

↪ **Contact Joan @ 6123864174 or jdazer@comcast.com**

FOR SALE: 1 pr DAnSport t-strap rhythm shoes, size 3 1/2 European; 2" flare heel worn approx. 10 times. Price: \$40.00; original price \$145.00.

1 pr Kelaci Eminence 3 rhythm shoes, size 5 1/2 European; 2

1/2" flare heel worn once. The Kelaci shoes are very very flexible. Price: \$75.00. Original price \$155.00.

Also one pair of nude court shoes with clear bands, size 7 or 7 1/2 American; 2". Worn less than 10 times. Price: \$50. Original price \$150.00.

FOR SALE: Designed by Doré. Beautiful Royal Blue Smooth Gown.

Size 6-10. Bodice is encrusted with blue and green AB stones. Long sleeves. Skirt has godets and moves very elegantly. The skirt is royal blue with a green underskirt. Earrings included. Original price of this gown was \$3800. Price slashed to \$1400.

↪ **Contact janislivi@msn.com for the following:**

Super sale on many ballgowns. Under 5'3" and 130 pounds? try these:

The Millenium Gown, Silver sparkle all over, white sheer netting on sleeves with AB stones, peridot stones, and crystal stones scattered.

Zipper entry. hand washable. asking \$300.

The Tangerine Dream Gown, neon tangerine color stretch lycra, swimsuit entry, AB stones, floats, hand washable. Asking \$125.

The Genesis Gown, neon yellow, orange roses, yellow stoning, yummy to wear, swimsuit entry, smooth/standard floats. hand washable. \$125. May sell Pink Champagne Gown for the right price.

↪ **Contact Shannon xin9264@hotmail.com (651)230-8901(c)**

Design Dress by Vesa, One-of-a-kind dress yellow stretch velvet drapes elegantly in front and back. Covered in crystal and citrine rhinestones.

Large citrine rhinestones and other decorative beads accent shoulders and panel at front and back, beneath the waist. Also large gold pallettes on the panel. A fringe skirt in front and back creates movement. Sides open to show off lines. Matching wristband, headband, feather hair accessory inc. Worn once by British prof rising star. Fit 0-6, 5'1"-5'5". Asking \$950.

↪ **Wanted: Tailsuit.** College student looking for a used men's dance suit or tail coat set, 6'0" 150#, approx. size 37L. Contact Andreas at 651-983-5348 or amantius@comcast.net

↪ **Contact Sherri Earley at 651-271-7690 or wwp2005@gmail.com**

Red salsa or Latin beginners dress. Can fit anywhere from a 2 to 6. Adorned with black, silver & gold disc bangles. Comes with matching earrings & arm bands. Email for photos. \$75/obo.

Black beginners Smooth gown. Fits a ladies size small/2-4. Skirt is 3 layers. Red and silver stones. Optional black gloves can be included, \$10 extra. Email for photos. \$75/obo.

↪ **Contact Janet @ 763-389-9038 or kneadmyspace@yahoo.com for photos** Gently used **International latin dance shoes, size 7.5**, dyed beige strappy heels. Great deal at \$40 plus will throw in a free pair of fishnet tights!

↪ **Champion dance dresses, Jennifer Foster at 952-938-0048**

↪ **Contact Lisa Wu at 651-278-4434 or lisa_wu_us@yahoo.com**

Green & blue rhythm dress sz. 4-10 green body & skirt with blue belt, lots of rhinestones all over, matching arm/wrist bands. Great for new competitor! \$300 nego.

Purple & white Smooth Gown. Sz. 6-10, \$300

New Latin & Ballroom Shoes for sale, sz. 7, 8 & 9 \$40

↪ **Contact Bernice at 952.936.2185 or 952.545.2989**

DANCE SHOES FOR SALE: ladies' smooth-dance closed-toe pumps, size 8 or 8 1/2, flesh-colored, worn once, Capezio DanceSport brand, \$50, also some RHINESTONE JEWELRY available for sale

Swaplines is a monthly feature offering members and subscribers the chance to sell their dance merchandise. Advertisements for partnerships are not published in this column. Submit Swaplines ads to newsletter@usadance-mn.org. Please include your area code when submitting advertisements for Swaplines.

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.

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550 Market Street, Chanhassen

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www.americanclassicdance.com

Instructors:

Paul Botes, Andreas Mantius,
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651.227.3200

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www.myballroomdancestudio.com

Instructor:

Tom Larson

BLUE MOON BALLROOM
2030 Hwy 14 E, Rochester

507.288.0556
www.BlueMoonBallroom.com

CHAMPION BALLROOM
407 West 60th St, Minneapolis

952.922.8316
championballroomdance.com

Instructors:

Robert and Jennifer Foster

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,
Michelle Hudson, Eric Hudson,
Kristina Lee, Kirsten McCloskey,
Nadine Messenger, Shane
Meuwissen, Martin Pickering,
Douglas Wallock

DAHL DANCE CENTER
River Center Plaza, 1619 North
Broadway, Rochester

507.252.1848
www.dahldance.com

DANCERS STUDIO
415 Pascal Street N, Saint Paul

651.641.0777
www.dancersstudio.com

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Halverson, Bonnie Inveen, Chris
Kempainen, Troy Lerum

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Instructors:

Gene Bersten, Elena Bersten,
Andreas Mantius

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www.ervdancestudio.com

Instructors:

Elicer Ramirez-Vargas, Rebecca
Dahlquist-Eckhoff, Rachelika
Baruch, Will Weaver, Soodi Pessian,
Alex Spencer

FOUR SEASONS DANCE STUDIO
1637 Hennepin Ave S, Minneapolis

612.342.0902
www.fourseasonsdance.com

Instructors:

Rebecca and Bruce Abas

FRED ASTAIRE DANCE STUDIO
5300 S Robert Trail, Inver Grove
Heights

651.451.6300
www.FredAstaireMN.com

NORTH STAR DANCE STUDIO
Bloomington, MN

612.799.4147
facebook.com/northstar.dancestudio

Instructors:

Michael D. Bang and Laia Olivier

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Cloud

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www.studiojeff.com

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Jeffrey Ringer

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www.tropicalballroom.com

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www.cafebailar.com

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
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B-Dale Club, 2100 N Dale St,
Roseville

651.487.6821
mnwestcoastswingdanceclub.com

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952.941.0906
www.tcrebels.com

SUBURBAN-WINTERSET DANCE CLUB
Woman's Club of Minneapolis, 410
Oak Grove Street, Minneapolis

952.894.1412
www.suburbanwinteraset.com

TANGO SOCIETY OF MINNESOTA
612.224.2905
www.mntango.org

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

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