**MINNESOTA** 

# DANCER

February 2017



Anna Gilbertson and Tom Neterval at the 2017 Snow Ball DanceSport Competition Photo by Ryan Kenner Photography



## Weekend Getaways • New Year's Weekend Dance Destinations • Dance Cruises

#### 109<sup>th</sup> Stardust Ballroom Dance Weekend April 7-9, 2017 - Rates starting at \$419pp Andy Moss & his Live Ballroom Dance Band

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Dedicated to Fostering and Supporting Argentine Tango in Minnesota **Argentine tango** is usually danced in sets of three or four songs (called *tandas*) with the same partner – one song to get acquainted, one song for a very nice dance, and one song for a fantastic dance. Tandas are separated by *cortinas* to select new partners.

#### MORE INFORMATION AT THE TSOM WEB SITE

Teachers, Practice Workshops, Dances (called *Milongas*), the Tango Calendar, Special Events, and Much More

## **DANCER**

An Official Publication of USA Dance-Minnesota Chapter #2011



#### **USA Dance: Who Are We?**

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

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

Executive Editor/Layout: Tom Crable Assistant Editor: Leland Whitney Advertising: Paul Stachour

Contributions: Articles submitted may be edited for length, clarity, content. Photos should be high-resolution jpg, png, or pdf files. Email submissions to tcrable3s@gmail.com.

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

Contributors: Paul Botes, Loisa Donnay, Donna Edelstein, Deborah J. Nelson, Ryan Kenner Photography, Leland Whitney and Leslie Whitney.

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#### **USA CHAPTER MONTHLY DANCES**

#### February Saturday, February 18

DanceLife Ballroom 6015 Lyndale Ave S., Mpls

7-8 pm lesson - Samba Instructor: Shinya McHenry 8-11 pm Variety Dance Music

#### March Saturday, March 18

Dancers Studio - Sterling Hall 415 Pascal Street N, St. Paul

7-8 lesson - West Coast Swing Instructor: Troy Lerum 8-11 pm Variety Dance Music

#### April Saturday, April 15

Cinema Ballroom 1560 St. Clair Ave, St. Paul

7-8 pm lesson - Quickstep Instructor: TBD 8-11 pm Variety Dance Music

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



# Beginner Cha-Cha

Sunday, February 5th — 2:00 pm

Sunday, February 12th — 2:00 pm

Sunday, February 19th — 2:00 pm

Sunday, February 26th — 2:00 pm

Classes with Jennelle Donnay at



7988 University Ave NE Fridley, MN 55432 763-571-6180





www.usadance-minnesota.org info@usadance-minnesota.org Follow us @USADanceMN

**USA Dance offers dance instruction to members for \$3. Non-members pay \$8.** Become a member of USA Dance at membership.usadance.org or fill out a membership form available at a class. A different professional instructor teaches a new dance at a different location every month.

#### USA Dance-MN Chapter #2011 Board Minutes

Tuesday, December 6, 2016 Submitted by Leslie Whitney

In attendance: Lee Whitney (President), Ed Soltis (Vice President), Leslie Whitney (Secretary), Jane Phipps (Treasurer), Joyce Thompson, Carol Post, Dan Fitzgerald and Karen Maldonado.

Guests: Corissa Lueken and Bonnie Burton.

Location: Washburn Public Library, 5244 Lyndale Avenue South, Mpls., 55419.

#### Call Session to order:

- 1. Agenda A motion was made, seconded and unanimously approved to accept the December agenda.
- 2. Confidentiality Meeting discussions are confidential. Chapter minutes are posted in the Minnesota Dancer.
- 3. Minutes A motion was made, seconded and unanimously approved to accept the November minutes.
- 4. Treasurer's Report Jane distributed a treasurer's report current as of November 30th, 2016.
  - a. A motion was made, seconded and unanimously approved to accept the November report.
  - b. Budget updates Jane's report encompassed the entire year.
- 5. Chapter Board Transition The chapter board, current as of January 1st, 2017, will meet within the required timeline to appoint people to the open positions. The current board will seek and recruit people to fill these positions and an email application form will be posted on the website.
- 6. Social Dance, Special Projects and Volunteer Coordinator Reports.
  - a. Monthly Dances.
    - i. January Costa Rica Ballroom, Foxtrot.
    - ii. February DanceLife Ballroom, Samba.
    - iii. March Dancers Studio, West Coast Swing.
  - b. Project Dance.
    - i. DanceLife Samba.
    - ii. Joyce distributed a report that detailed Project Dance attendance, profit and loss.
  - c. Special Events Carol volunteered to chair the Tea Dance committee.

- d. Dancing Classrooms "Colors of the Rainbow" will be held Sunday, December 11th, 3:00 pm, Double Tree Hotel in Bloomington.
- e. Collegiate Ballroom Dance Support No additional action this month. We will resume in January.
- 7. Communications Coordinator Report.
  - a. Minnesota Dancer Committee November issue is on line.
  - b. Website, Facebook, Constant Contact Website calendar is up to date.
  - c. Carol in finalizing the trifold brochure which will be displayed in the studios.
- 8. Membership Coordinator Report.
  - a. December 31, 2015 303 members.
  - b. December 6, 2016 296 members.

Next Meeting:

Tuesday, January 3rd, 2016

6:00 p.m.

Washburn Public Library

5244 Lyndale Avenue S

Minneapolis 55419

### DANCER'S NIGHT OUT

#### **USA DANCE**

**USA Dance** – **Monthly** - 3rd Saturday Variety Dance, February 18, at DanceLife Ballroom, 6015 Lyndale Ave S., Mpls. Lesson 7-8 pm and dance 8-11 pm. Lesson - Samba. Instructor: Shinya McHenry.

**Project Dance** - February 5, 12, 19 and 26 at 2 pm, at The n'Motion Dance Center, 7988 University Ave NE, Fridley. Lesson - Beginner Cha-Cha. Instructor: Jennelle Donnay.

#### **WEEKLY DANCES**

**Awakened Dance (at 'nMotion Dance Center)** - Fridays, lesson 7 - 8 pm and dance 8 - 9 pm.

**Cinema Ballroom** – Wednesdays, Practice Party, 8 – 9 pm.

Dancers Studio - Thursday, Variety Dance, 8-9:30 pm.

**Costa Rica Ballroom** – Fridays, lesson 7:30 - 8:15 pm and dance 8:15 - 10:00 pm.

**DanceLife Ballroom** – Fridays, Variety Dance, lesson 7 - 8 pm and dance 8 - 9:30 pm.

**Ballroom & Latin Dance Club** - Fridays, lesson 7-8 pm and dance 8-10 pm.

#### **OTHER WEEKLY DANCES**

**Argentine Tango Milonga** - Second Saturday of each month, February 11, class at 8:30 pm and dance 9:30 pm - 1 am. See mntango.org for more information.

**Café Bailar Dance Club** – Saturday Variety Party, February 11 and 25, at Costa Rica Ballroom, lesson 7:30 – 8:30 pm and dance 8:30 - 11 pm.

*Cinema Ballroom* – Variety Dance, February 3 and 17, lesson 7 – 8 pm and dance 8 – 11 pm.

**Tapestry** – Variety Dances, 1st and 3rd Sundays, January 1 and 15, dance 6 – 9:30 pm.

*Twin Cities Rebels* – WCS and Variety Dance, January 1, 15 and 29, at DanceLife Ballroom, 7 – 10:30 pm.

#### OTHER DANCES

**Winter Showcase** – February 3, presented by Scott Anderson, Meghan Anderson & Igor Afonkin at Ballroom & Latin Dance Club, Burnsville from 7-10 pm. Spectators: \$10 – Food, Dancing & Showcase presentations.

*Winter Showcase* - February 11, DanceLife Ballroom from 6 - 10 pm. Cost \$20 Advance / \$25 Door.

**Dance Extravaganza** - February 11 and 12, at Cinema Ballroom. February 11 from 8 am to 11 pm and February 12 from Noon to 3:45 pm. See Cinema Ballroom website for more information.

**Couple's Night Out** - February 14, DanceLife Ballroom, 7 to 10 pm. Cost is \$25 per couple.

Valentine's Day Dance - February 14, Dancers Studio, 7 to 10 pm. Cost is \$15.

**Social Dance** – February 17 at Williston Fitness Center, Minnetonka, from 7:30-10 pm. Presented by Scott Anderson, Meghan Anderson & Igor Afonkin – only \$10.

#### USA Dance Minnesota Chapter #2011 announces

## The 25<sup>th</sup> Annual Tea Dance Sunday April 30, 2017



You are cordially invited to enjoy an elegant afternoon of Brunch, Dancing and Live entertainment at the historic Lafayette Country Club

Reservation information to follow

## DANCE CONTACTS

If you would like to be listed on this page, send your contact information to tcrable3s@gmail.com

#### **STUDIOS**

AMERICAN CLASSIC BALLROOM 550 Market Street, Chanhassen 952.934.0900 www.acballroom.com

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

AWAKENED DANCE (at 'nMotion Dance Center) 7988 University Ave NE Fridley, MN 55432 www.awakeneddance.com

BALLROOM & LATIN DANCE CLUB 1103 W. Burnsville Pkwy, Burnsville 952.292.0524 www.ballroom-club.com

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

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

COSTA RICA BALLROOM DANCE STUDIOS 816 Mainstreet, Hopkins 952.303.3339 www.costaricaballroom.com

DAHL DANCE CENTER 4204 North Hwy 52, Rochester 507.252.1848 www.dahldance.com

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

DANCE WITH LOISA DONNAY 3142 1st Ave S, Minneapolis 612.822.8436 www.mndance.com

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

DANCELIFE BALLROOM 6015 Lyndale Ave S, Minneapolis 612.345.4219, www.dancelifeballroom.com

DANCERS STUDIO 415 Pascal Street N, Saint Paul 651.641.0777 www.dancersstudio.com DE Studios 3701 W Old Shakopee Rd, Bloomington 952.392.9631 www.de-studios.com

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

FRED ASTAIRE DANCE STUDIO 1975 Seneca Road, Eagan, MN 651.451.6300 www.FredAstaireMN.com

MILL CITY BALLROOM www.millcityballroom.com

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

RENDEZVOUS DANCE STUDIO Minneapolis 612.872.1562 www.theplacetodance.com

STUDIOJEFF 701 St. Germain St W, Suite 201, St. Cloud 320.266.4137 www.studiojeff.com

#### **CLUBS**

CAFÉ BAILAR www.cafebailar.com

LADANZA DANCE CLUB Stillwater, MN 651.439.3152 Facebook.com/LaDanzaDanceClub Contacts: Mark and Wanda Bierbrauer

LAKESIDE DANCE CLUB 320.763.6432 danceclub@lakesideballroom.org www.lakesideballroom.org

LATIN DANCE CLUB OF UMN Email: latindc@umn.edu sua.umn.edu/groups/directory/group/3713/

LINDEN HILLS DANCING CLUB www.lindenhillsdancingclub.org

MN WEST COAST SWING DANCE CLUB 763.442.1618 www.mnwestcoastswingdanceclub.com

REBELS SWING DANCE CLUB 952.941.0906 www.tcrebels.com SOCIAL DANCE CLUB 952.475.0586 billcarlson@usinternet.com

STARDUST DANCE CLUB 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 ls.qd/umnbdc

USA DANCE, MINNESOTA CHAPTER 2011 info@usadance-minnesota.org www.usadance-minnesota.org

#### **DANCE INSTRUCTORS**

Meghan Anderson and Igor Afonkin 612.816.5904 Scott Anderson 612.816.4446 Wanda Bierbraurer 651.439.3152 Rachel Damiani 612.718.6823 **Nathan Daniels** 763.464.1021 Michael Dinsmore 763.218.3096 Jennelle Donnay 651.357.2060 Loisa Donnay 612.822.8436 612.598.5355 Julie Delene 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 612.978.9371 Bonnié Inveen Julie Jacobson 651.261.6442 Lukas Klotzsche 561.502.2822 Jay Larson 651.387.3886 Kristina Lee 715.821.9039 Deanne Michael 612.508.9255 Monica Mohn 612.874.0747 Mariusz Olszewski 612.242.5159 Mary Rosenstiel 612.720.2584 Char Torkelson 612.709.6399 Lisa Vogel 651.208.0818 James Wood 651.242.2421

#### **COMPETITION CALENDAR**

February 3 - 5, 2017

#### 2017 Southeastern DanceSport Championships - 2017 NQE

Hosted by Wayne & Marie Crowder, Sheraton Birmingham, Birmingham, AL

February 17 - 19, 2017

#### Mid-Atlantic Championships - 2017 NQE and

Senior IV National DanceSport Championships (Feb 17 - 18, 2017)

Hosted by Mid-Eastern Chapter #6001, North Marriott Hotel and Conference Center, Bethesda, MD

March 31 - April 2, 2017

#### **USA Dance 2017 National DanceSport Championships**

Renaissance Harborplace Hotel, Baltimore, MD

June 10 - 11, 2017

#### NJ DanceSport Classic - Summer Sizzler - 2018 NQE

Organized by Mario Battista and Wendi Davies Rogers DanceSport Center - Hackensack NJ

June 23 - 25, 2017

#### **Gumbo DanceSport Championship - 2018 NQE**

Hosted by Louisiana Chapter #5031

July 5 - 9, 2017

#### **Twin Cities Open Ballroom Championships**

Organized by Scott and Amy Anderson Hyatt Regency, Minneapolis MN

September 29 - October 1, 2017

#### Carolina Fall Classic - 2018 NQE

Organized by Wayne and Marie Crowder Charlotte, NC

October 28 - 30, 2017

#### Chicago DanceSport Challenge - 2018 NQE

Hosted by Chicagoland Chapter #2001

#### LYNNE'S DANCE NEWS

Dance events for every day of the week. Updated daily.

www.lynnesdancenews.com



# PRESIDENT'S CORNER

Leland and Leslie Whitney are preparing for National Qualifying Events for the 2017 National Championships.

By Leland Whitney, President, USA Dance Minnesota Chapter #2011

Every two years, USA Dance Minnesota Chapter #2011 elects Chapter Board Members. 2016 was an election year. The 2017 - 2018 Board Members, all with terms ending 31 Dec 2018, are the following:

- Bonnie Burton
- Stephanie Clausen
- Lisa Mohr
- Jane Phipps
- Carol Post
- Gary Stroick
- Joyce Thompson
- Leslie Whitney
- Leland Whitney

Our mission is to increase the quality and quantity of dance in Minnesota.



## **Share Your Talents**

Share your talents and experience with the team of USA Dance Minnesota Chapter #2011 by:

- Writing articles for the Minnesota Dancer.
- Interviewing members of the dance community on topics of interest.
- Graphic Designer.
- Illustrator.
- Publication Distribution.

For more information, email Tom Crable at tcrable3s@gmail.com.

## Dancing Argentine Tango - in Argentina!

#### By Loisa Donnay

I have some new students joining my Argentine group classes this month. They are coming because they are taking a trip to Buenos Aires soon, and thought it would be fun to get more familiar with the city before they go. They'll stay for the dance party afterwards, where they will be able to talk to 6 or 7 people who have traveled there.

What a great idea! Rather than just read some guidebook about a city, or follow a travel blog, or look up the city on the internet, they want to get involved in the culture of that location in a really direct, human contact way. (I think I want this person to be my travel agent.)

The way a culture dances is the way they interact. The way people dance is part of their history.



Loisa Donnay dancing Argentine tango.

We all know that travel broadens and enriches our lives, teaches us new things, helps us to understand people and gives us ideas on better ways to do things. Learning the way they dance can certainly help. And what could be more fun than joining the locals at one of their dances?

Argentine tango is different from other ballroom dances, in that it is not a country's dance standardized for ease in teaching and competition like cha cha or samba. It is the original folkdance of the city of Buenos Aires and completely different from ballroom tango. As such, as you learn about the dance - you also learn about the people, the culture, and the history of Argentina. You can start seeing Argentina through different eyes.

I have been dancing Argentine tango now for 20 years, and been teaching it for about 16. I made my first trip to Buenos Aires in 1998, and now go every year, sometimes twice a year. I also conduct tours there, because if you are a serious dancer of Argentine tango, you need to visit the place where the dance was created, so it makes more sense. Going to Buenos Aires and dancing in the stew that created this

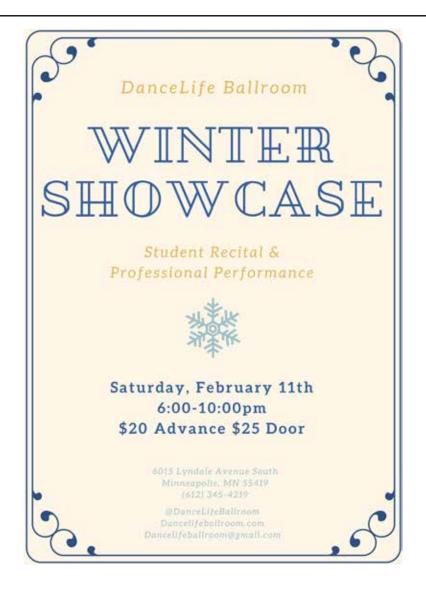


Couples dancing Argentine tango.

beautiful dance is an incredible experience. It is great to see people's perceptions change as they learn more and more about the dance, the city, the society, the music and the culture.

Another thing - when you go to a city and show that you have cared enough to learn their dance, doors are opened to you that you never knew about. We've had drinks sent to us, offers to sit at the best tables, even invitations to house parties and dinners. What a bonus!

So next time you are planning a vacation, see if you can learn what they are dancing in the clubs there. It may look like Salsa, but really be Cubano or Caleño. Learn before you go, maybe even get a contact or personal advise, and you will have an extra layer of fun. What a bonus to be a dancer!!!





Fostering and

Supporting

Argentine Tango

in Minnesota

Argentine tango lends itself to many musical tempos and moods — sultry, romantic, melancoly, nostalgic, amorous, cheerful or exuberant — depending upon the music that the band or DJ has chosen.

#### MORE INFORMATION AT THE TSOM WEB SITE

Teachers, Practice Workshops, Dances (called *Milongas*), the Tango Calendar, Special Events, and Much More

## Photos from the 2017 Snow Ball DanceSport Competition January 13 - 15, 2017

Photos from Ryan Kenner Photography Sponsored by Donna Edelstein





















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Deborah J. Nelson is the founder, President, and head designer of Satin Stitches Ltd.

Dance costumes ARE NOT street clothes, and should not be laundered after every performance. Many stage costumes are NEVER laundered, but they are simply aired out and perfumed! Here are some tips:

Many glitzy fabrics used today in performance costumes, in fact - ARE NOT launderable. "Magic Dot" or "Night Reflections" can easily lose their dots during cleaning. Hologram and foil surface-prints on spandex (such as 'Mystique'®) cannot be dry-cleaned. Water washing can also diminish the integrity of these fabrics. These fabrics were not meant to last for many years. They were meant to look good for a short time. Perspiration and deodorants also affect these fabrics, by loosening the dots, discoloring the prints, or by eliminating the holographic effects. Hair spray and body oils can ruin these fabrics (if they directly get onto the sequins), as well as any sequins on your costume – so beware of

# Keeping Your Costumes Fresh

## By Deborah J. Nelson/ Satin Stitches Ltd.

these products when using them when you are wearing your costume. Feathers cannot be dry cleaned. They would need to be removed from your costume.

NEVER store your costumes when they are dirty. Any stains or spotting will clean much easier when done immediately, rather than six months later. Blood and other stains may NOT come out if they sit in the garment for any length of time. Check your costume for any stains before you store it.

Body fluids and sweat that accumulate in the crotch area of the costume should be hand rinsed out, after every performance and be allowed to dry thoroughly before storing.

Always wear panties with a dance costume – even with tights. Just choose a style with no visible panty line.

they are damp with perspiration. Let them air dry before closing up any storage bag. You may hang the bag around the costume, but don't zip it up, if you think your costume is still damp.

Body odor will remain in performance costumes. Air out your costumes after every use, before putting them away.

One idea is to store your costumes with a dryer sheet to mask the odors. But be aware that the dryer sheet will add a fragrance. If you are sensitive to fragrances, do not do this.

Always try spot cleaning before trying to clean your performance costumes. To avoid the "ring" around a spot that you have tried to spot clean - "feather" around the spot with a dry towel to draw out the water (or dry cleaning fluid) so that a distinct line will not form.

Never store your costumes when If your costume manufacturer

provides a test swatch, test your laundering procedure first, on this swatch. Satin Stitches always provides this test "care" swatch. If this is not an option, test a section of a costume that will not show.

NEVER soak a costume. If you determine that hand washing will work – dip the costume, use a mild detergent (dish soap or hand soap will work) and gently rinse. The longer something is immersed in water, the greater the risk for problems.

Dry cleaning will not take out body odors. Deodorizing will – but it is simply masking the body odor with a fragrance. Dry cleaners will now only add this if asked, as many customers have allergic reactions to the fragrance. Only consider using a professional dry cleaner if you are sure that they can handle specialty performance costumes. (Maybe only 5% of all dry cleaning establishments CAN.)

Any spot cleaning or deodorizing may now be an extra cost at dry cleaners, and must be asked for ahead of time. Spots must be pointed out when you bring in the garments.

I highly recommend a product named Fresh Again® - it is a spray product that states that it "safely eliminates odor on fabrics". I have personally tested it on ALL types of performance fabrics and trims, with great results. If you are interested in this product, we sell it in our Web Store and I have a link to an article that tells how to use it. http://cdn2.hubspot.net/hubfs/127830/docs/freshstepinstruc.pdf?t=1483557803015

Wear underarm dress shields or absorbent pads that will be removed. Do not sew dress shields into costumes – the odor stays in the dress shields, and therefore in the costume. Whenever possible, wear a tight cotton T-shirt under your performance costume to soak up perspiration. We suggest a product called Hollywood Garment Shields ("pretty underarm protection"), which we sell in our Online Store and can also be found in notions departments of fabric stores.

We always want to keep our clothing fresh, and dance/performance costumes are no exception, even though they are generally much harder to take care of. Common sense and pro-active care will keep your costumes much fresher and help them last much longer!





# ASK DR. DANCE



I have been a ballroom dancer for many years. I dance mostly pro-am with my instructor. Lately, I have found myself getting bored and losing interest in dancing. What can I do to rekindle my interest and feel the passion for dancing that I felt in the past?

#### Donna Said:

We all go through periods of being more excited about dancing and then reaching plateaus. It's a normal part of dancing.

finds their Everyone spark in different ways. adding a Sometimes different form of movement like yoga or Pilates can re-energize your dancing.

Sometimes learning an entirely new form of dance like Argentine

will help you make connections in new ways.

moving up a level, learn-your soul, you will be ing a new style, working able to see what might with a different teacher be missing. Or perhaps or adding an amateur you have now reached partner you.

about what really ap- and it will take a bit of dancing. Is it learning it out. something new, the camaraderie of dancing Good luck in rediscovfriends, reaching goals, the feel

tango, ballet or hip hop of the movement itself, etc.

If you can connect with Or new choreography, the elements that fill can reignite a place where you are fulfilled by dancing in different ways than you Take the time to think have been in the past to you about internal work to figure

recognition, ering your love of dance!



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

#### Paul Said:

It is not unusual to feel that way! Maybe it is time to try a different style, International instead of American, for instance.

Talk to your teacher about your feelings. Perhaps some updated choreography is in order. Focus on a particular aspect of your dancing that you are unhappy about and try to improve that.

Take some coaching (with your teacher) from somebody new to get a different perspective and maybe that will rekindle your interest. If you have always done the same competitions, maybe something totally different will spark your interest.

If you are truly bored with your dancing, it just means you are not learning anything new and you do not feel improvement. If you address those issues, chances are your perspective will undergo a change for the positive.

Good luck and keep dancing!

Reprint from the Minnesota Dancer, July 2015.



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

www.acballroom.com

#### MINNESOTA DANCER MAGAZINE

#### ADVERTISING RATE SHEET

We accept advertisements for events and professionals services. We cannot accept advertisements for charge cards or insurance.

Please make checks payable to USA Dance Minnesota. Mail the check to Minnesota Dancer Magazine, c/o Paul Stachour, 9532 First Avenue So., Bloomington, MN 55420.

Please send advertisements to MNDancer.ads@gmail.com.

Contact for more information: Paul Stachour at pstachour@acm.org or phone 952-884-5977.

Photos Specifications: the higher the resolution the better. Photo in PDF or JPEG format.

Layout	Dimensions (width x height)	Price		
Full Page Ad	7.5" x 10"	\$100 / month		
Half Page Ad	Horizontal 7.5" x 5" OR Vertical 3.75" x 10"	\$75 / month		
Quarter Page	3.75" x 5"	\$50 / month		
Business Card	3.75" x 2"	\$50 / 3 months		



### LOVE TO DANCE?

## SUPPORT USA DANCE MINNESOTA!





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Join online at: www.usadance.org/membership/



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Name of College or Youth	i Club you are an	iliated wit	и (п аррік	cable):							
MEMBERSHIP CATEGORY					ADDITIONAL INFORMATION  Dances for enjoyment and works to improve but does not compete. May include retired DS						
Recreational: Social Ballroom Dancer \$45 \$				Athlete.							
Recreational: Social Adult Dancer \$35 \$					Enjoys and appreciates the physical, mental, and social benefits of social dancing.						
Recreational: Social Youth Dancer \$10 \$					A social dancer under the age of 19. Often a family member or friend of adult member.						
Recreational: Social Dance Teacher \$6			\$		An individual who is engaged in the teaching of social dance.						
DanceSport: Adult Athlet	e*	\$70	\$		A competitive dancer who is age 19 or above.						
DanceSport: Student Ath	\$25	\$		A competitive dancer age of 19 or above but below age 35 and is enrolled in school full time.							
DanceSport: Minor Athlet	te*	\$20	\$		A competitive dancer who is below the age of 19.						
DanceSport: Professiona	I Athlete*	\$75	\$		A competitive dancer who declares him or herself as a professional or dances as a professional						
DanceSport Official*		\$80	\$		in competition.  An individual who serves in an official capacity in the field of DanceSport and/or ballroom dance, i.e. judge, emcee, music director, invigilator, independent comp organizer, chairperson of judges, WDSF adjudicator etc						
DanceSport:Special Olym DanceSport: Unified Spor		\$10 \$25	\$		Qualifies for participating in Special Olympics competitions only.  Dance Partner of Special Olympics Athlete -for participating in Special Olympics only.						
DanceSport Supporter*		\$40	\$		This category of membership is designed for those who are not active competing athletes but who want to show support for the DanceSport initiatives of USA Dance. This would include former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters.						
Other Misc. Fees		<b>s</b>	\$		This snar	∽o f	or upgrades, and	d other miscell	aneous fees		
Total Membership Fee	ne .	\$	\$		THIS SPAC	JU 10	or apgraues, diff	Julier Hillscell	ancous iecs.		
Total Contributions & I		\$	\$		Donations are used to help fund our many efforts to increase the quality and quantity of ballroom in the US on a social and competitive level including youth outreach, raising public awareness of the physical, mental and social benefits of dance, development of chapters, increased social dance options, support for our athletes and dancesport events. Thank you for helping us achieve these goals. USA Dance is a 501c3 non-profit corporation. Any donations in excess of value received are tax deductible.						
TOTAL AMOUNT DUE	<b>.</b>		\$		, 227/21	0	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				

You may enroll on-line at <a href="www.usadance.org">www.usadance.org</a>
Or, you may mail your application and payment. Make check payable to <a href="USA Dance">USA Dance</a> and send to: USA Dance Member Services Dept. P O Box 90 Oak Hill FL 32759-0090 Central Office 1-800-447-9047

\* Memberships for Adult, Student, Minor and Professional Athletes, DanceSport Officials and DanceSport Supporters are on a calendar year basis rather than on an anniversary year basis.

10-27-10 rev 1-26-11, 4-20-12, 9/29/12, 11/16/12; 7-23/2014; 8/3/15

#### **MINNESOTA**

# **DANCER**

