

MINNESOTA

DANCING TIMES



A publication of the Minnesota Chapter 2011 of USA Dance

February 2010

Star of the North 2010 Is Coming

*Are you
Ready?*

Jay Cai & Adel Jaena ■ Photography by Sheila Paul

Inside this month's issue...

Star of the North, Alliance Dance & Other Interesting Tidbits!



Dancers Nite Out



- Sa 2/6 "Saturday Night Fever" – DJ Andy Trawick @ Retro Ballroom, 5810 W 36th St, St Louis Park, MN 55416; Ballroom/Variety dance with Nightclub 2-Step lesson, mixer, snacks! See ad in this issue or www.retroballroom.com
- Fr 2/12 Valentine's Dance at Cheek to Cheek Ballroom, 7:30-10:30 pm; \$10; 11415 Foley Blvd, Coon Rapids, MN 55428; FMI: 763.755.3644 or www.cheektocheekdancestudio.com
- Fr 2/12 "Swingles Club" Bonus Dance @ Retro Ballroom; Singles & couples welcome! Featuring Retro studio music, "Swingles Mingle", Tango lesson, mixers, dance pass drawing, mini-lesson and snacks! See ad in this issue or www.retroballroom.com
- Sa 2/13 Valentine's Dance at the Medina Entertainment Center – Dance to Boogie Wonderland; dance starts at 9 pm; \$10 at door; 500 Highway 55, Medina, MN 55340; FMI: 763.478.6661 or www.medinaentertainment.com
- Su 2/14 Cinema Ballroom hosts Jerry O'Hagen and His Orchestra, 6:15 group lesson, dancing from 7-10 pm; 1560 St Clair Ave, St Paul, MN 55105; FMI: call 651.699.5910 or www.cinemaballroom.com
- Su 2/14 Valentine's Dinner and Dance hosted by Dancers Studio, 5:30-9 pm – elegant dinner, variety dance, door prizes, fantastic professional show, cash bar, dessert buffet; \$50/person through 2/8/10; dance only: \$25/person or \$30 @ door; 99 N Snelling Ave, St Paul, MN 55104; FMI: 651.641.0777 or www.DancersStudio.com
- Fr 2/19 "Show Off Your Sweetheart!" Dance w/Kico Rangel Band @ Retro Ballroom featuring Mambo lesson & snacks/dessert! See ad in this issue or www.retroballroom.com
- Sa 2/20 **USA Monthly Dance at Tropical Ballroom**, 1750 Weir Drive, Woodbury, MN; lessons 7-8 pm; 8-11 pm variety dance w/DJ Aaron Wulff – **see ad this page for more details.**
- 2/26-28/10 **Star of the North DanceSport Classic** hosted by USA Dance at Ukrainian Event Center, 301 Main St. NE, Minneapolis; FMI: sotn.usadance-mn.org or contact Min at min_y_chong@hotmail.com

Arthur Murray Dance Studio (651) 227-3200
534 Selby Avenue, St. Paul, MN. Salsa for beginners and advanced on Wednesday 8:15 pm/\$15. Date Night variety class for beginners on Friday 6:45 pm/\$25/couple.

Black Dog Cafe & Wine Bar (651) 228-9274
308 Prince Street, St. Paul Argentine Tango night every 3rd Saturday. Lesson at 7:30 pm, dance from 8-11 pm/\$3.

Blue Moon Ballroom (507) 288-0556
www.BlueMoonBallroom.net 2030 Hwy 14, East Rochester, MN; Fridays: Latin Night, 7:30 pm - 12:30 am; Saturdays: Live Bands!

Cafe Bailar Dance Club (612) 600-5129
2nd Saturdays at Tropical Bllrm, Valley Creek Mall, 1750 Weir Drive, Woodbury, MN 55125. 4th Saturdays at Retro Bllrm, 5810 W 36th St, St. Louis Park, MN 55416. Lesson 7:30-8:30 pm. Dance 8:30-12 am. \$10, or \$8 members. Membership \$20/yr. www.cafebailar.com or tricia@cafebailar.com

Champion Ballroom Dance (952) 934-2160
www.championballroomdance.com 550 Market St., Chanhassen 55441 (494 West to Hwy. 5 West, Right on Market Blvd., Right on Market St.); info@dancsportballroom.com, uschamps@msn.com
Robert & Jennifer Foster.

DNO continued on page 23

Join us for USA Dance's February Monthly Dance!



Saturday, February 20th

7-8 pm Mambo Lesson

Instructor: Aaron Wulff

8-11 pm Ballroom Variety Dance

Music DJ: Aaron Wulff

**\$7 USADance members ■ \$10 non-members
\$5 Age 25 and under**

(Become a USA Dance-MN member tonight and get in free!)

Hotline: (651) 483-5467

Email info@usadance-mn.org • Web: www.usadance-mn.org

Tropical Ballroom

1750 Weir Drive, Woodbury, MN 55125
Inside Valley Creek Mall

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

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

Theme of
the Month...

Star[★] of the North 2010[★] DanceSport Classic[★]

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From the Board

Minutes of the Monthly USA Dance MN #2011 Board Meeting – January 5, 2010. Submitted by Leslie Whitney.

In attendance: Sue Zeller (President), Leslie Whitney (Secretary), Craig Hagnesick (Treasurer), Debbie Thornquist, Cathy Dessert, Jeannie Hill, Mike Jones, Julie Elholm, Bill Nunn, Min Chong, Jackie Dalton

Location: Byerly's Community Room, St Louis Pk.

Call to order: Quorum established. Agenda approved. December board minutes approved.

Organizational Matters:

Treasurers Report: Theresa Kimler gave check for SOTN Collegiate Scholarship, chapter will match it, motion made, seconded & approved. Craig working with Jeff S. to transfer authority to sign checks and officially assume treasurer's position. Sufficient funds in floor account, earned from Alliance Dance, to cover Snow Ball. Scott Anderson looking for cheaper floor storage. Treasurer's report approved.

Board and Committees: 2010 election ballots returned & approved. Memberships pending for Andreas Mantius & Carol Mayo. Sue handed out notebooks of Committees & Board Members. Discussed adding committee for Alliance Dance.

Chapter Annual Report: Sue is in the process of completing this report.

Board Meeting Location: New location at Byerly's Ridgedale, 13081 Ridgedale Drive, Minnetonka

Projects:

Star of the North: Min contacted judges from last year. Day sessions - 3 judges, champ - 5. Min is looking for Emcee. Use of PDA's in question, judges may use paper. Min requests help promoting Adult Team Matches & Mixed Prof events. (Higher skilled dancer participates free.) Mike wrote SOTN volunteer article in December MDT, he will encourage participation. (Need not be a USA dance member.) Jeannie requests more info and forms available sooner to competitors and advertisers. Min to add more info to SOTN website, contact her via email. Debbie requests to solidify scholarship money at SOTN. Discussion ensued, decision to distribute money based on entries day of event. Debbie made motion for board to donate addtl scholarship money to SOTN, motion seconded and approved.

Monthly Dances and Special Events: Handout reviewed of Monthly Dances and Special Events 2010. Sue asked for ideas to improve special events. Sunset Sparkle: Discussion ensued on location, date, having live band, and return of Grand Ball. Mix n Match: Discussed ensued on changing to August so dancers can prep for MN Madness or maybe align with Alliance Dance. Min to look into schedule. We will pursue a U of MN and USADance event at Cinema Ballroom.

Youth Outreach: K-12 & College Involvement. There was a discussion of how the chapter might impact the high school crowd. (Cathy is particularly invested.) Subject held for another month.

Dance Demos: Chris Trask & Yvonne are working with Stillwater VFW on dance for veterans. Can chapter get involved? Jeannie will look into it.

Promotions/Marketing: Newsletter & Communications Committee. Jeannie reported committee will meet Jan or Feb to address two goals: Content and Means of delivery.

Dance Floor: Snow Ball and SOTN. Bill Nunn in touch with Gary Stroik and things under control for both events.

Next meeting: Tuesday, Feb. 2nd, 7:30 pm, Byerly's, 13081 Ridgedale Drive, Minnetonka

USA Dance: Who Are We?

We are a non-profit 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 will be returned. Please provide a self-addressed, stamped envelope or send high quality jpgs to Anne LaTourelle.

Subscriptions: \$22/year. Make checks payable to USA Dance MN and send to Anne LaTourelle, 6130 Ives Lane, Plymouth, MN 55442.

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 **Cathy Dessert (651-415-0375 or cathydessert@comcast.net)** along with payment to **USA Dance MN**. Advertising for charge cards, insurance, or travel cannot be accepted. Ads can be typeset or designed for a small fee, contact Janie. Payment to accompany ad.

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

SWAPLINE ADS: Free 3-line ad in Swaplines available to subscribers (dance merchandise only). Send to: annelatourelle@comcast.net

DEADLINE FOR ALL MATERIALS:
10th OF EACH MONTH
©2010 USA Dance

From the Editor

By Greg Moore

There's just no excuse for cabin fever in the Twin Cities. If you want to get out and dance – whether it's ballroom, Tango, Salsa, CW, or whatever – you should have no trouble finding a hot spot. And if you're looking for the thrill that only competition ballroom can provide, this is the season for it.

The February Dancing Times proudly presents a double feature: a look back at the Snow Ball in January and a look ahead (and back) at the Star of the North, coming up in just a few weeks. The Snow Ball just keeps rolling

along and growing each year, offering big name judges and world class showcase performances. And, if watching all that high power dancing gives you the itch to strut your stuff on a competition floor, Star of the North has just what you want: a dizzying variety of events tailored for entry level dancers and a heavy accent on fun.

And nobody knows how to have fun more than Minnesotans. ■



The President's Corner Dance Sport

In my earliest dance experience, I was not accustomed to considering dance a sport. Ballroom dance, as I saw it, was a fun social activity I experienced at weddings I attended. My parents took group ballroom dance lessons with couple friends and then passed on what they learned to me and my sister. As a teenager, and into my early twenties, I experienced social dancing in night clubs. I'm not sure what style of dancing you would call these types of freeform gyrations. No professional dance training for me at all until I found USA Dance.

Although I consider myself a social dancer, today I know what a dance sport athlete is. Our chapter, over the years, has been fortunate to have some of the best top amateur dance sport athletes. Many of these individuals are giving back to help others in the dance community to reach for the best dance sport athlete they can be. USA Dance MN happens to be a very active chapter within the national USA Dance organization. We have social dancers, competitive dancers and performance dancers. The local chapter has volunteers working with students K-12 and local universities. The future of USA Dance MN leaders, top dance sport athletes and social dancers are among these students.

This month USA Dance MN hosts Star of the North (SOTN). See our ad for the website that has details about this competition. As in every other sport, dance sport is competitive. A competition is what dance sport athletes love to be a part of. Local, national or international dance instructors are very important to dancers in reaching for bronze, silver or gold levels and placements. The SOTN is great fun to be involved in for amateur competitors, volunteers and spectators. Min Chong is SOTN chair.

There are so many other dance competitions going on throughout the national all the time. In Minnesota we have 3 competitions run by dance professionals that many of our dancers take part in; Snow Ball Dance Sport Competition in January; Minnesota Star Ball in May; Twin Cities Open in July. Although many of us do not compete, it is great fun to watch others perform in a competition.

Dance sport, unlike other sports, is a partner sport. So not only an individual's best game is important, the best connection and best game as a couple creates the dance. Partnering is a huge part of the magic and success that I see in the very best dancers.

Many of the dancers who participate in dance competitions or studio showcases end up in dance demo performances. Dance demos are one of the best ways our chapter has to promote ballroom dancing. Bringing dance to others, informing them and inviting them to take part in ballroom dance is what the USA Dance MN volunteer dance performers are so excited about doing. Yvonne Viehman is the chair for the dance demo committee. See DNO (Dancers Night Out) for dates, places and times of demos.

Thanks for your support and participation in USA Dance MN. Happy Dancing!

Sue Zeller, USADance MN President ■



Star of the North 2009

DanceSport Classic

Star of the North in Retrospect... *By Mike Youngdahl*

If it is February, it must be time for Star of the North (SOTN), the amateur ballroom dancesport competition hosted by USA Dance-MN. For many years, I had the privilege of being involved with the event and am very proud of SOTN, and the role it played, and still plays in promoting ballroom dancing. The primary mission of USA Dance-MN is to promote ballroom dancing. A challenge facing every chapter is putting on events that will cater to the needs of all its members. Some competitive dancers would not attend a monthly dance because they did not care to social dance. While others would never, ever, consider putting on a ballgown or tuxedo to compete. The Star of the North was an event that brought both of those groups together.

When the chapter agreed to run the ballroom dance competition for Minnesota Amateur Sports Commission's State games, it was decided to make a concerted effort for having social dancers participate. In ensuing years, a number of things were done to encourage a social dancer to get involved. Competitors were not required to be USABDA members. The pricing structure encouraged dancers to dance in as many events as they wanted. Mixed proficiency events gave beginning dancers the chance to compete with grizzled veterans. The college teams brought energy to the event that you don't see at other competitions. We worked very hard at making it an enjoyable experience for the beginning dancer, as well as the experienced competitor.

One year, in particular, exemplified the success we had in our mission of promoting ballroom dancing. In January of that year, Craig and Joyce Hagensick joined the Dancers Studio on their annual dance cruise. A mere 3 weeks later, they were entered in Star of the North. It says a lot about SOTN that two newcomers would feel comfortable enough with us to put it all out there in front of people. Let's face it; it takes a lot of courage to do that. Craig is now treasurer for the chapter.

One of the funniest things I saw was when Greg Moore was emceeing the awards ceremony at the US Bank First Trust center. As the crowd started crowding him and the awards presenters, he cool and calmly said, "Hey, back off." It was hilarious... I guess you had to be there.

For fear of omitting someone, I won't name names, but it really was a team effort to make things go. We would put the word out that help was needed, and presto, someone would step up to the plate. Of course we had some

problems, but we worked through them. It never got easier for us, but it would get better. Our experience at running Star of the North gave us the confidence to bid for hosting the USABDA National Championships, which we hosted for four consecutive years.

The current crew running SOTN has carried is doing a great job. They have been innovative about opening up the event to other dance styles while still keeping it a ballroom event. For those of you who have never competed, do yourself a favor and give it a try. It is something you will never forget. ■



Photography by Neatshots

The 13th Annual
**STAR OF THE NORTH
DANCESPORT CLASSIC**
February 26 - 28, 2010

**Ukrainian Event Center
301 Main Street NE
Minneapolis, Minnesota**

*Come watch or compete in the
best amateur ballroom dance
competition in town!*



All ages and skill levels welcome!



Hosted by USA Dance MN



Information

For more information, visit:
sotn.usadance-mn.org or
contact Min at min_y_chong@hotmail.com

Star of the North 2009

DanceSport Classic

Star of The North Recollections *By Cathy Dessert*

My very first recollection of Star of the North is attending as a spectator at the North Star Bank in downtown St Paul. I had never seen a dance competition and I thought, I want to do that! There were so many great dancers!

I moved on to dancing Mixed Proficiency with several partners, both being the lesser skilled and the more skilled. I met some great friends. Additionally, I was drafted into volunteer service in a big way. These were all very rewarding endeavors for me as a participant in the event.

However, my most treasured memories of Star of the North will always be those of the times I danced with my partner and husband, Bill. We danced as an amateur couple while I was doing volunteer duties or not....

That was always what kept me coming back each year! Star of the North was where we competed together and had the most fun! ■

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February Events

1st Friday - Practice Makes Perfect

February 5th, 2010 Dance to our studio music!

2nd Friday - Swingles Club Bonus Dance

February 12th, 2010 Bonus lesson at 9:30 PM!

3rd Friday - Kico Rangel Band

February 19th, 2010 Sweetheart Dance

4th Friday - Benefit Dance with DJ Andy Trawick

February 26th, 2010 15% proceeds donated to charity!

NEW Saturday Night Fever

Saturday, February 6th, 2010

The First Saturday of Every Month with DJ Andy Trawick!

Friday Night Dancing

Join Us Every Friday
Night at 7:30 For Group
Classes and Social Dancing
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Weekly Events

Tuesday

7:00PM Silver Waltz/Foxtrot with Jeff Nehrbaas

8:00PM *NEW* Hustle Plus with Jeff Nehrbaas

Wednesday

7:00PM Beginning Ballroom and Rhythm

8:00PM *NEW* Social Dancing 101

Thursday

7:00PM *NEW* Beginning Progressive Ballroom and Rhythm

Friday

7:30PM Lesson 8:30PM-11:00PM Dance Party

You don't have to be a star...
To dance like a star!

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www.retroballroom.com

952-928-7803

Valentine's Day Dinner & Dance Party!

Sunday, February 14, 2010

Dinner 5:30 pm - 7:00pm

Dance 7:00 pm - 9:00 pm

Enjoy an evening of Dinner & Dancing at Dancers Studio with a formal dinner catered by Lisa's Catering!

Cash Bar and Bottled Wine Service available.

Singles & couples welcome!

Throughout the evening enjoy:

- Elegant sit down dinner
- Variety dance party with mixers
- Beginning-level group classes at 5:30pm and 7pm (in separate ballroom)
- Complimentary dessert buffet for everyone
- Door prizes
- Fantastic professional dance show
- Cash bar

\$50/person for Dinner & Dance

\$25/person for Dance Only

Sweethearts Share Their Love Through Dance



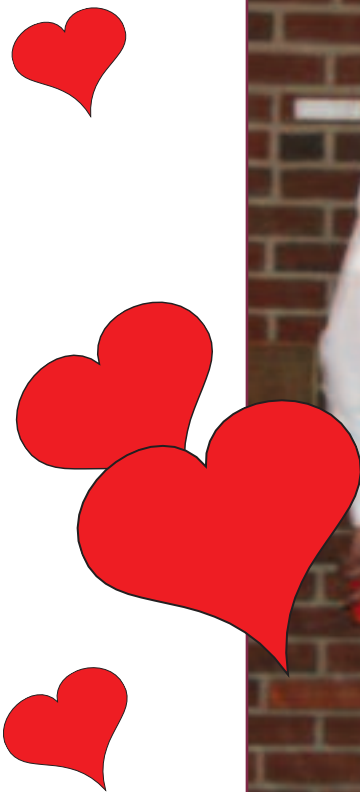
By Chris Trask

The media seems to direct our thoughts so we become focused on self-gratification. focus on someone else and show them how much we care and love them. Many couples reflect back to the first day they met each other.

I had the privilege of hearing the story of how Dan & Yvonne Viehman met during the St. Joseph Home for Children USA dance demonstration. "We first met on a blind date and it took four times before I could reach her by phone." "I did not leave my phone number, because I wanted to be the one who pursued her." "I put Yvonne to the test on our first date," smiled Dan. "The car doors were locked and I unlocked only her side to let her in. She reached over to unlock my door lock from the inside before I got to my side. She passed the first test." The second test was to tell her that they were going to go polka dancing at the Gasthof Zur Gemutlich Keit in NE Minneapolis. Yvonne smiled and started to laugh. "Bingo! She passed the second test." "You know, Chris, I crossed the line when I left polka and country dance and learned to ballroom dance with Yvonne." he chuckled.

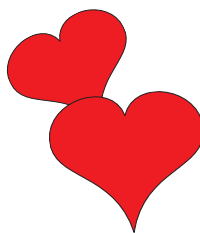
The love Dan & Yvonne have for each other does not stop with them. Their love for each other flows through others. They have volunteered their time in putting together USA dance demonstrations which always seem to put a smile on the faces of many. They've even started getting their boys, Ben (age 8) and Jon (age 5), in on the action with emceeing during the demos! During the holidays last year, I witnessed the joy that USA Dance and the Sleigh Belle Dancers bring to the people at the Southdale Mall, the Veterans at the Knights of Columbus, the homeless children at St. Joseph's Home for Children, as well as the seniors who dance on the ever-popular show, "Music Around the World - Polka Spotlight". This show was broadcast live at the North West Community Television studios in Brooklyn Park. Dan and Yvonne will begin a new adventure in 2010 as they will host the polka show each month! Come and share the love of dance the second Saturday of each month!

God Bless your family this Valentine's month. Thank you for sharing your love through dance. ■

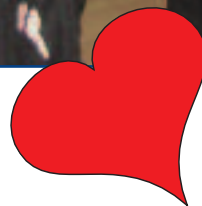


Monthly Dance Photos

January 16, 2010
Retro Ballroom



Photography by Jeannie Hill



Photography by Jeannie Hill

AMERICAN CLASSIC BALLROOM GRAND OPENING

American Classic Ballroom
550 Market Street
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General Dancing - 8:00pm - 11:00pm

Cost - FREE w/ purchase of private lesson(s)
or

Adults - \$10.00 Students - \$5.00

Food, Drinks, Candy,

Raffle

2 - Packages of 5 Private Lessons w/ Associate Teacher

1 - Package of 5 Private Lessons w/ Master Teacher

Many Many Door Prizes too

***Saturday, March 20, 2010
7:00—11:00 pm***

Dance into Your Best Life® – Creating Routines

By Julie Delene

Choreograph a Routine

Shortly after beginning to dance, my teacher put together choreography for us to showcase. This was not only fun, but helped me remember dance steps. I still remember the Jive routine. From this structure, I could then work to improve each step. My dance experience greatly increased.

The only downside to a choreographed routine is that we may anticipate the steps too much and lose the excitement of creating dance in each moment. As always, it is important to stay present with each step. But the benefits of a routine are powerful for learning and providing structure for growth. Once the steps are learned, it becomes much easier to participate in a lead-follow situation.

Routines in Life

Do you remember how enthusiastic you were a month ago with your new year's resolutions? How are you doing? Try adding structure to your intentions.

Here are some examples:

Be healthy and fit – What do you desire for your health? Create a monthly plan such as exercise 3 times per week, have a massage monthly, yoga weekly, dance 3 times per week...

Build your business – Do you want to build your client base? Meet with 5 new people per week, speak at events quarterly, track financial results for increase of 10%...

Love your family – Set up monthly family gatherings, take kids on weekly adventures, offer loving and supportive comments every day, read to kids nightly...

The point is to have an intention with a measurable routine. Then you can track how you are doing. As you continue with your routine, you will build your intention to be part of your life experience. I promise!

Play the Game

To help with your routines, make it a game. Find a creative way to be playful and have fun while making things happen.

As stated in the Best Year Yet™ system, there are 2 rules to making your goals a game.

- 1) Know exactly what you want, and
- 2) Know exactly how you are doing, always.

Here is a suggestion. Create a grid chart per goal. Then find a way to reward yourself which can be as simple as stick-on stars. Or get an accountability partner.

Play the game as neutrally as possible. The point is you will be focused on what you do want, rather than concerns. It is called structural tension; you are naturally pulled to your point of focus.

As with dance, when we focus on the game of performing in a showcase, we improve our dancing skills. And in life, once the routine is realized and desired habits are formed, you can then launch off into a more free-form movement with similar results. Try it for yourself and let me know your experience. Wishing you the best!



Julie Delene, Move As One, LLC, Strategic life and business developer, we are always creating...now we can create consciously, 612-598-5355, julie@move-as-one.com, www.move-as-one.com, www.slippersdance.com, www.onyourtoes.org

Julie Delene offers life mastery programs for individuals and groups, and creates high-performing leadership teams within organizations. She is the founder of Move As One, LLC, creator of the M-O-V-E method, and is a certified trainer for Best Year Yet™, Miracle of the Breath™, and Black Sect Feng Shui. Julie teaches dance at On Your Toes/Retro Ballroom in St. Louis Park and provides Slippers Dance programs at The Center for Harmonious Living in Minnetonka. ■

Cheek to Cheek Ballroom Dance Studio

*With or without a partner we can teach
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**When you're "out together
dancing Cheek to Cheek"...**

Need we say more?

Join us for our
Valentine's Dance!

Friday, February 12th
Waltz lesson-7:30; Dance-8:30-10:30 PM
Private lessons by appointment
Great group lessons—see website

Cheek to Cheek Ballroom Dance Studio
11415 Foley Boulevard NW; Coon Rapids, MN 55448
www.cheektocheekdancestudio.com 763-755-3644

APRIL 3, 2010

The Dance Extravaganza

WHERE YOU COMPETE AGAINST YOURSELF!



SATURDAY, APRIL 3

Competition and Seminars

11am - 7pm

Dinner, Dancing and Show

7pm - 11pm

More Information:

thedanceextravaganza.com

SALSA FUSION

Salsa Dance Party

NOW 2 FRIDAYS A MONTH!

Every 2nd and 4th Friday

7:00 Dance Class

8:00 - 11:00 Dancing

Join us and our new salsa instructor Dipendra on the 2nd and 4th Fridays of every month.

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Every Tuesday

6:15 pm

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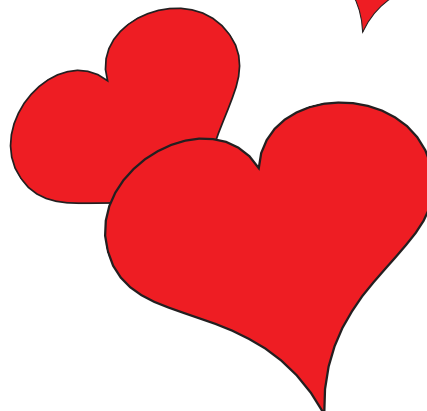
USA Dance went out to many venues throughout the month of December to spread some holiday cheer!

We hit Southdale Mall on November 29 and December 6th and put on two 30-minute demos for shoppers to enjoy. We went to Rose Arbor Assisted Living on December 2nd, the Knights of Columbus in Bloomington on December 11th, "Music Around the World – Polka Spotlight" at NW Community TV on December 12th, St. Joseph's Home for Children on December 13, and Crest View Senior Community on December 20th! It was quite a marathon of dancing, but what fun we had! Folks at every venue were so appreciative to see us and be a part of celebrating the season with holiday tunes! Considering how packed one's December calendar can be, we were very fortunate to have the following dancers take time to entertain the crowds: The Twin Cities DanceSport Formation Team featured two numbers (Bernie & Scott Osborn, Cheri & Art Rolnick, Karen and Lance Boole, Ellen and Don Ardery, and Mary Maki and Ha Tuong), the Sleigh Belle Dancers showcased their two routines, and we also had Linda and Tom Crable, Jackie Dalton and David Schmit, Chris Trask and Ed Soltis (who came to nearly every demo!), Greg and Sue Prashch, Bridget and Jeff Knickerbocker, and Susan and Arthur Hellmann, who all brought such wonderful dancing and smiles to everyone! Many thanks also go out to Dan – "Mr. Music Man" (my wonderful husband) who did a fantastic job of emceeing and playing music at each of these sites, and our boys, Ben and Jon (apprentice emcees!) who helped introduce a few songs.

The Sleigh Belle Dancers and many USA dance members also made a \$300 donation to St. Joseph's Home for Children when we performed for them. The funds will go to support St. Joseph's "Butterfly Peace Path," a project that helps kids learn strategies for resolving conflict. It was especially rewarding to perform at St. Joseph's because the kids come from some pretty rough home environments and to see them just relax and have a little fun meant so much. Between the dances, Dan engaged the kids in a little Christmas Trivia game. The Sleigh Belle Dancers had donated stuffed animals, so if the kids guessed the correct answer to questions like, "What did my true love give to me on the 9th day of Christmas?" the person would get one of the stuffed animals. The kids loved it! We also danced with them to wrap up the demo which proved to be really fun. Their reactions were delightful to watch when they were picked to dance! We received a thank you note from Pastor Marty Shanahan which read,

Dear Dancers, We thank you so very much for the wonderful evening with the children and staff at St. Joseph's Home for Children. The grace, beauty and elegance of your dancers was an inspiration and the children are still talking about it. Thank you as well for the generous donation to the Butterfly Peace Path labyrinth! It was an honor to share the evening with you all. Again, please accept our deepest gratitude. Sincerely, Pastor Umo Udo, Director and Pastor Mary Shanahan, Chaplain.

Thank you to all of our dancers for sharing your time, talents and treasures with so many! Great things can happen when you give of yourself. ■



Top Awards from 2010 Snow Ball!

Submitted by Donna Edelstein

2010 Snow Ball Top Studios

1. Jay Larson
2. Dancers Studio
3. Cinema Ballroom

2010 Snow Ball Top Students

- Top Newcomer – Sandy Greenquist with Scott Anderson
Top Bronze – Jim Gray with Karen Ramirez
Top Silver – Vonnie Lowman with Genadi Lulchev
Top Gold – Stacie Bensen with Jay Larson
Top Solo – Tom & Anne LaTourelle, Mark & Karen Tepley
Top Overall – Patricia Barrier with Gary Dahl



Photography by Sharon Starkston

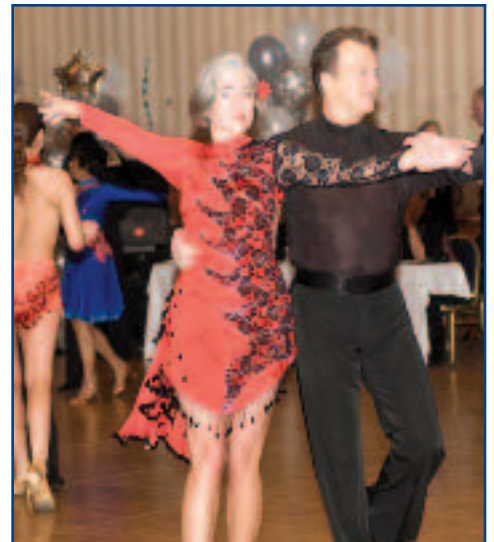


2010 Top Teachers

1. Jay Larson
2. Scott Anderson
3. Paul Botes
4. Shane Meuwissen
5. Eliecer Vargas Ramirez
6. Gary Dahl
7. Karin Ramirez
8. Tom Neterval
9. Laia Oliver
10. Bonnie Inveen
11. Christine Hallberg
12. Russell Hunter
13. Jeff Nehrbass



Snow Ball Photos



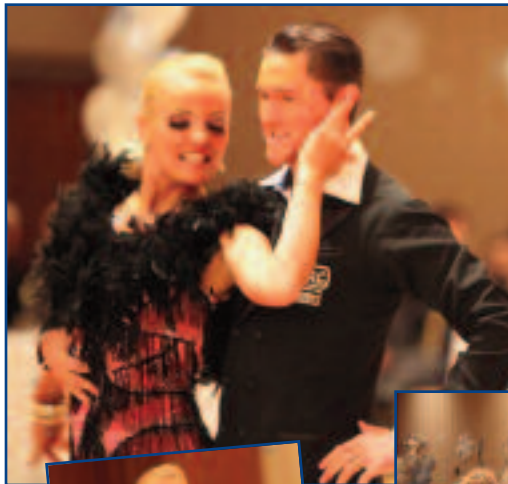
Photography by Jack Yan, Creative Pro Studio

Snow Ball Photos



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Snow Ball Photos



Photography by Sharon Starkston

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Gentlemen Lead



by Jack Munday

This quote is from a memoir by Paul Watkins titled *The Fellowship of Ghosts: A Journey Through the Mountains of Norway* (National Geographic Society, Washington D.C., 2004).

For each mountain I have climbed, I have in fact been climbing two. There is a mountain made of snow and rock, and there is the mountain in my head—the thing that the mountain stands for, the competition with myself, the clarity of thought that comes from climbing.

But suddenly these two overlapping mountains have come together, creating a balance of the mental and the physical that before I could only experience individually, swaying back and forth between the world of the mind and the world of my thundering heart. Now I feel both of them at the same time.

Having finally abandoned all hope of figuring it out, the great indescribable emotion experienced by all of my companions has appeared in front of me. I understand now that the reason for its being indescribable is not because the words don't exist, but because it's almost impossible to figure out what the emotion actually is. That "indescribable thing" is the profound experience of living completely in the present."

Do ballroom dancers have a similar experience, of creating a balance of the mental and physical activity so one is dancing completely in the present? Sometimes. When I dance at home with Fran, there are times, more often lately, when we are together. We are together in the present. We both get an incredible feeling of leading/following with a minimum of conscious thought.

It happens dancing at home, or at a dance party at Cheek To Cheek, or at a USA Dance Minnesota dance, when traffic isn't too heavy. I still have a tendency to sneak a peek at the really good dancers as they fly on by. But I do see where one can achieve a balance of the physical and

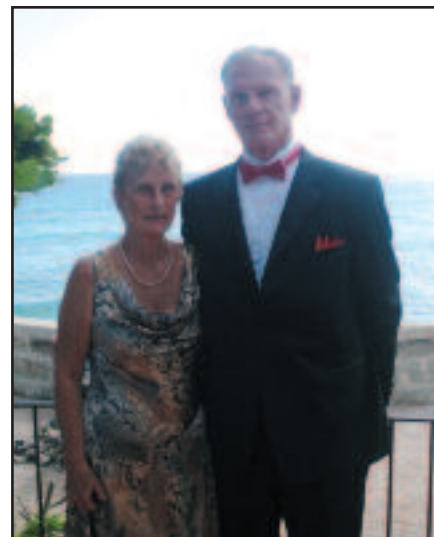
mental movements so that each step evokes "that" feeling of somehow transcending the partnership into us being truly in the present.

As I write this, I am getting ready to compete in the Snow Ball Competition, which means drilling, practicing, drilling. That work pays off, of course and there are times during the rehearsal dances when all goes right. The patterns are learned, our partnership well established, and all that effort to find and keep a frame and connection has begun to pay dividends.

Just like Watkins wrote about climbing physical mountains of ice and snow while feeling the clarity of thought that comes from climbing, as a ballroom dancer I have to establish the common core with my partner while feeling the magic that happens when we move that common core together.

How does one transcend the partnership and be truly in the present? One word. Trust. My partner has to trust that I will lead her in patterns and I have to trust that she will go where I lead. When that happens, it's truly like having climbed a mountain.

John S. Munday is a writer and lawyer who lives in Isanti County, Minnesota, with his wife Fran. They dance at the Cheek to Cheek studio. Jack is a student of Monica Mohn and Fran is a student of Harry Benson. ■



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Peter Westlake and Sehyun Oh travelled to New York, NY for the Manhattan Amateur Classic this January. They made a strong showing for Minnesota taking a close 2nd out of 30 couples in Gold Standard and making it all the way to 4th out of 25 couples in Novice Standard. You can see Sehyun here enjoying a beautiful day in Central Park after the competition.

Photo by Theresa Kimler

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Competition Calendar

Feb 5-6, 2010 2010 Southwest Regional - NQE

Hosted by Orange County USA Dance Chapter #4018 in Long Beach CA. Qualifying event for 2010 Nationals.

Feb 5-6, 2010 Triangle Open Dancesport Championships

Organized by Wayne & Marie Crowder and the NCSU Dancing with Wolves to be held at Carmichael Gym on NCSU campus in Raleigh NC

February 18-22 Costa Rica Open

Hosted by Eliecer Ramirez-Vargas. Held in Costa Rica.
www.crdancesport.com

Feb 19-21, 2010 Chicago DanceSport Challenge Championship - NQE

Qualifying event for 2010 Nationals – Hosted by the USA Dance Chicagoland IL chapter # 2001 at Sheraton Chicago Northwest Hotel

Feb 20, 2010 Phoenix Dancesport Challenge

Organized by Phoenix AZ USA Dance Chapter #4033 to be held at El Zaribah Shrine Auditorium in Phoenix

Feb 20, 2010 2010 Cabaret National Championships

Hosted by the USA Dance Chicagoland IL chapter #2001

Feb 26-28, 2010 Star of the North DanceSport Classic

Hosted by USA Dance MN Chapter # 2011. Ukrainian Event Center, Minneapolis, MN. (See ad in this issue).

Feb 27-28, 2010 USA Dance Mid-Atlantic Dancesport Championships - NQE

Sponsored by MidEastern USA Dance Chapter # 6001 in Bethesda MD. Qualifying event for 2010 Nationals.

Apr 9-11, 2010 2010 National DanceSport Championships

USA Dance 2010 National DS Championships to be held at JW Marriott, Los Angeles at LA Live

May 8-9, 2010 Columbia Star Ball - NQE

Organized by Mark W. Tabor and Tiffanie Rhodes to be held in Portland OR. Qualifying event for 2011 Nationals.

May 16, 2010 MN Star Ball

Hosted by Eliecer Ramirez-Vargas. Held at the Marriott Southwest, Minnetonka, MN, www.mnstarball.com

May 21-22, 2010 2010 Smoky Mountain DanceSport Championships - NQE

Hosted by Greater Knoxville USA Dance Chapter #2060 in Knoxville TN. Qualifying event for 2011 Nationals.

Jun 25-26, 2010 2010 Gumbo Dancesport Championships - NQE

Hosted by Louisiana Gumbo USA Dance Chapter #5031 in Baton Rouge LA. Qualifying event for 2011 Nationals.

July 8-10, 2010 Twin Cities Open Ballroom Championships

Organized by Scott and Amy Anderson at the Marriott City Center. For more information see the website at www.twincitiesopen.com.

Jul 9-10, 2010 IDSF Open Latin & Open Standard Championships

Held at Desert Classic Dancesport Championships in Palm Desert CA

Jul 17, 2010 River City Ball

Hosted by Portland USA Dance Chapter # 1006 in Portland OR

Oct 2-3, 2010 2010 Heartland Classic - NQE

Hosted by Heartland USA Dance Chapter #2022 in Indianapolis IN. Qualifying event for 2011 Nationals.

Oct 22-24, 2010 High Point Classic Dancesport Champ. - NQE

Organized by Wayne & Marie Crowder in High Point NC. Qualifying event for USA Dance 2011 Nationals.

Oct 23-24, 2010 Northwest DanceSport Championships - NQE

Hosted by Seattle WA USA Dance Chapter #1004 - Qualifying event for 2011 Nationals.

☞ **Contact AnnaMaria @ 612-280-6869 or annamariagregerson@comcast.net**
Retiring from competitive dancing, selling my gowns, rhythm dresses, and accessories. Wide variety of smooth gowns and latin dresses.

Princess White Championship Gown, beautiful white lace one-piece, chiffon layered skirt, multicolored AB stones with flower details, open back, accessories available, Marsha Wiest-Hines designed, asking \$1300.

Black smooth gown gives great movement on the floor. Open back, V-front straps, hand-sewn pearls, Swarovski crystals size 6-8, newly offered, asking \$1250.

Yellow smooth gown to Show your beautiful back, elegant, size 4-6, covered with Swarovski crystals, great movement on the floor, newly offered, asking \$1000.

Fuchsia rhythm dress (size 2-8) bell sleeves, open back, asymmetrical/slit open shows leg movement, AB stones, beautiful low back, accessories available, asking \$500.

Sexy-hot Yellow rhythm dress, stunning yellow with contrasting royal blue appliques, AB and Swarovski stones, you will be noticed!, accessories available, asking \$1200.

Light pink rhythm dress, bust covered in Swarovski crystals and sequins. For those who Dare to Bare tastefully. Open back, halter top, one of a kind. Asking \$1,800.

Gorgeous black rhythm dress, size 6-8, open back, really shows great legs, tons of AB and Swarovski stones, 3 layers of black hand-beading/asymmetrical, will be noticed. Asking \$1275.

Many more showcase gowns/dresses, and evening wear. Sizes 4-8, some 10-12. Gorgeous accessories to help you shine on the floor. AB and Swarovski hair jewelry/earrings, necklaces, bracelets, rings. Affordable.

☞ **Contact Janie @ 763-797-5230 or janienordberg@comcast.net**

Black Championship ballgown Size 2-6. Feel luxurious in this gown with maribu boa hem, collar, and on long sleeves. Beautifully designed wotj open back - shows off curves. Gown is completely covered in beautiful AB multicolored stones. Championship dress. Asking \$1200.

Peach Championship ballgown Size 2-6. Amazing gown made by Marsha Weist Hines - one of a kind! Gorgeous open sexy back, stretch satin skirt with layers add fullness to movement. Fully stoned bodice and elegant gloves to match! Like new! Asking \$1200.

Black/fiery orange ballgown Size 2-6. Stunning gown has fiery orange tones and yellows accents on long sleeves, bodice and chiffon layers of skirt, sexy slit shows some leg, beautiful patterned stoning. Asking \$900.

Pink fantasy of color & stones! Size 2-8. Amazing dress - tons of stones, beautiful pearl beading and flirty skirt! Bracelets, necklace, accessories included. A showstopper! Asking \$700.

Black/fuschia ballgown Size 2-8. Striking gown with multi-layered chiffon skirt. AB and AB color stoning! Asking \$450.

Gold/rose-red rhythm dress Size 2-6. Beautiful Rose-Red lace overlays shimmering gold, bell sleeves, flare skirt, AB color stones! \$350 obo

Brand new gowns to show - may sell for right price! Some gowns available to rent. Payment plans accepted. Call for details.

☞ **Contact Stacie @ 612-251-8108 or SPIERSON0081@yahoo.com**
Purchase, rent to own or rental available. Pictures available.

Sea foam green Latin/rhythm dress. Short playful skirt. Includes matching bracelets, choker and ear-rings. Sizes 0-6. Reduced to \$1,950.

Black Latin/rhythm dress with bugle beads and Abs. Dress worn on Dancing with the Stars and in movie Take the Lead. Choker bracelets and ear rings included. Size 0-6. Reduced to \$1,850.

Wine color Smooth/Standard Gown. Bodice is all lace with full lace sleeves, open back. Seen in movie Take the Lead. Detachable float transforms into Standard Gown. Size 0-6. Reduced \$2,150

Royal Blue Latin/rhythm dress. Full sleeves, open back, short skirt with feather tail for movement. Earring included. Size 2-8. \$2,450.

Lady Supadance Latin shoe, 2.5" heel, fits an American 5-6, never worn, style #1066, sell for \$151 asking \$100.

Additional standard, smooth, rhythm/latin dress for sale or rent.

☞ **Contact Joan @ 6123864174 or jdazerc@comcast.com**

Royal Blue Smooth Gown. Dress is covers with full nude sleeves and back. Earring included. Size 6-10, \$2,850

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

Super sale on many ballgowns. Under 5'3" and 130 pounds? try these: The Millennium 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 Theresa at theresakimler@yahoo.com or 651-773-3511**

Size 2-6: Ultimate sparkle and elegance...black ballgown. Fox fur cuff on left arm, long sleeves, slim-fit. This dress shimmers on the floor due to the megdose of stones from head to toe. Made by Randall Designs... you've seen his costumes on Dancing with the Stars! Championship dress. \$3000. Other dresses may be available!

Size 2-6: Current style red Chrisanne standard gown. Multi-tiered tulle material skirt shows beautiful movement. Slimming stone design through bodice and hips. International Dance Championship dress worn by world finalist. Fits 5'5" and taller best, but could be altered to fit. Ask about rental, too! Pictures available. \$3000.

Lady's smooth shoes, size 36 (american 7). Tan satin, closed toe, strap at ankle. 2.5" heel. 2 pairs available. One pair is new, other was worn for 1 practice session. Both in original boxes. See the shoe style at www.dance-america.com. Dancefeel brand, model F30. Paid \$119. Will sell for \$60/pair.

Supadance 1012 court shoe with strap. Flesh satin color, 2-1/2" heel, size 4.5 British (6.5 American). Ideal for Standard or Smooth. Worn for only 4 dances at a competition. New \$149, selling for \$75.

☞ **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.

☞ **Contact Cathy at cathydessert@comcast.net.** Stunning, eye-catching, not to be missed! Chrisanne standard gown, silvery blue, tons of tulle and rhinestones. Former Pro dress. Sz 0-6. Gently worn. photo available. \$2500.

☞ **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

☞ **Several custom made Smooth & Latin dresses available.** All professionally made, one of a kind costumes, competition quality. CHEAP - all priced between \$50 - \$400. Located in Edina for easy try on's. Some not worn at all, some worn by professional only once or twice. Call 651-436-4110 or email wilkinson0985@msn.com

☞ **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!
Many dance instructional tapes, mainly West Coast Swing but other styles too. \$5 each.

☞ **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 Eileen @ 651-636-6306 or eileen@arcilla.net**

Bright Blue Satin Smooth/Standard Gown. Get noticed in a bright shiny satin gown. Full skirt and cut makes you feel like you're floating! Open back with fully stoned inset and skirt hemmed with satin band. Cut is flattering for many figures. Comes with matching earrings, hair piece, neckband and arm bands. Professionally designed/created by Flair Designs. Size 4-8. Asking \$1200.

Lavender Latin/Rhythm Dress. Lavender latin/rhythm dress, halter style top, ruffled hem, open back. Entire dress stoned in different color stones which will make you sparkle! Dore Designs. Size 4-8. Asking \$2100.

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 169) Dance parties: 1st & 3rd Friday of every month: 7:10 pm –
 two group classes (1 for newcomers; 1 for bronze level and up);
 8-9 pm party follows! Cost: \$15/group & party, \$10/party only.

Club Salsero @ Cinema Ballroom 651.699.5910
 1st Friday Latin Dance Party, \$15 for lesson & party; students
 with ID receive discount at door.

Dancers Studio (651) 641-0777
www.dancersstudio.com 99 N. Snelling Ave., St. Paul 55105

E.R.V. Dance Studio 952-303-3339
 816 Mainstreet, Hopkins, MN 55343, www.ERVdancestudio.com

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www.loringcafe.com/pastabar Sunday nights have tango
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Medina Entertainment Center (763) 478-6661
www.medinaentertainment.com 500 Hwy. 55, Medina 55340.

MN West Coast Swing Dance Club (651) 777-5599
www.mnwestcoastswingdanceclub.com B-Dale Club, 2100 N.
 Dale St., Roseville. Dances 2nd & 4th Fridays. Lesson 7:30 pm,
 Dance 8:30 pm. \$5/WCS members, \$8/non-members.

Naar Grille Salsa Night (952) 946-6227
 11528 Leona Road, Eden Prairie. Every Friday is Salsa Night
 from 10 pm-2 am.

On Your Toes School of Dance (952) 928-7803
 1st Sat & 4th Fri Ballroom Dances. www.onyourtoes.org and
info@onyourtoes.org 5810 W. 36th St., St. Louis Park, 55416.
 Jeff and Cindy Nehrbass.

Rebels Swing Dance Club (952) 941-0906
www.tcrebels.com New location for dances: Social Dance
 Studio, 3742 23rd Ave. S., Minneapolis; 1st & 3rd Sunday
 Dances; 7-10:30 pm; \$7/members; \$11 non-members.

Rendezvous Dance Studio (612) 872-1562
 711 West Lake Street, Ste B, Minneapolis, MN 55408
www.thelacetodance.com

Social Dance Studio (612) 418-4046
www.socialdancestudio.com New location: 3742 23rd Ave. S.,
 Minneapolis, 55407 – open as of April 1st!

Tango Society of Minnesota (763) 576-3349
www.mntango.org Location for 2nd Saturday dances:
 ERV Dance Studio, 816 Main St., Hopkins; Lesson 8 pm;
 Dance 9 pm – 1 am \$10.

Tropical Ballroom (651) 414-0644
www.tropicalballroom.com 1750 Weir Dr., Woodbury, MN
 55125 (inside Valley Creek Mall); James & Tricia Wood.

Dance Contacts

Instructors

<i>American Classic Ballroom</i>	952-934-0900
Paul Botes, Lisa Dickinson, Dipendra Thakur, Andreas Mantius	
Scott Anderson	612-816-4446
Harry Benson	763-843-2285
Gene Bersten	763-234-8656
Klaudyna Borewicz	612-203-9123
Paul Botes	952-934-0900
<i>Champion Ballroom</i>	952-934-2160
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<i>Cinema Ballroom</i>	651-699-5910
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<i>Dancers Studio</i>	651-641-0777
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Nathan Daniels	763-545-8690
Wendi Davies	973-449-7654
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Donna Frykman	651-777-5447
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David Hanson	218-722-0742
Julie Jacobson	651-261-6442
Tony Karadjov	612-203-5429
<i>LaDanza Dance Club Stillwater</i>	651-439-3152
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Jay Larson	651-387-3886
Tom Larson	612-371-0300
Deanne Michael	612-508-9255
Monica Mohn	612-874-0747
Jeff & Cindy Nehrbass	952-928-7803
Mariusz Olszewski	612-242-5159
<i>On Your Toes</i>	952-928-7803
Jeff & Cindy Nehrbass, Elly Mae Toupin, Laurel Behning, Julie Delene	
Todd Paulus	612-968-2401
Eric Remsen	612-724-3156
Mary Rosenstiel	612-720-2584

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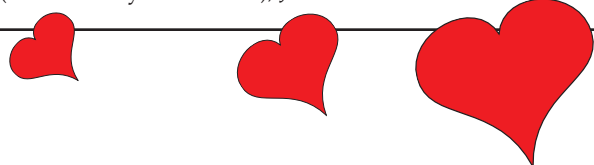
Made for Movement: costume design, production, tailoring (Marsha Wiest Hines)	952-595-0003
Satin Stitches Ltd.: custom designed dancewear (Deborah J. Nelson)	763-323-9507 or 1-800-48SATIN

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Arthur Murray Dance Studio, St. Paul	651-227-3200
Ballroom & Wedding Dance Studio, Minneapolis	612-371-0300
Champion Ballroom, Chanhassen	952-210-6252
Cheek to Cheek Studio, Coon Rapids	763-755-3644
Cinema Ballroom, St. Paul	651-699-5910
Dahl Dance Center	507-252-1848
Dancers Studio, St. Paul	651-641-0777
E.R.V. Dance Studio	952-303-3339
On Your Toes, St. Louis Park	952-928-7803
Rendezvous Dance Studio	612-872-1562
Social Dance Studio, Mpls	612-418-4046
Tropical Ballroom, Woodbury	651-414-0644

Clubs

Café Bailar	612-600-5129
LaDanza Dance Club Stillwater	651-439-3152
MN West Coast Swing Dance Club	651-777-5599
REBELS Swing Dance Club	952-941-0906
Tango Society of Minnesota	763-576-3349
USA Dance, Minnesota Chapter	651-483-5467



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