

Dancin' Times



Published monthly for members of the United States
Amateur Ballroom Dancers Association—Minnesota Chapter

May 1997

DANCERS NITE OUT

- Thu. 4/3** Everett Boyer Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661
- Thu. 5/1** Dean Olson Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661
- Sat. 5/3** Dance Party, American Classic Ballroom, 1628 E. Lake St., Mpls, 8:30-11:30 pm. 722-6311
- Sun. 5/4** Rebels Swing Dance Club, Everett McClay VFW, Bloomington, Lesson 6 pm, Dance 7 pm. 941-0906
- Thu. 5/8** Everett Boyer Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661
- Fri. 5/9** Dean Olson Big Band, Shakopee Ballroom, 8:30 pm. 445-0412
- Fri. 5/9** MN West Coast Swing Club Dinner/Dance, Thunderbird Motel, Bloomington, Dinner 7 pm, Dance 8:30 pm, Kico Rangel Band, \$15 members, \$20 guests. Dance only - \$5 members, \$7 guests. 731-9768
- Fri. 5/9** The Fantastic Convertibles, 50s & 60s, Medina Ballroom, 8:30 pm. 478-6661
- Sat. 5/10** Cajun: The Bone Tones & Swamp Sextet, Medina Ballroom, 8:30 pm. 478-6661
- Sun. 5/11** 5 Men Swinging Band, Cedar Cultural Center, 416 Cedar Av S. 7 pm Lesson, 7:30-10:30 Dance, \$7/\$5 Students 338-2674
- Thu. 5/15** Jack Schultz Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661
- Sat. 5/17** USABDA Membership Dance, On Your Toes School of Dance, St. Louis Park. See info. this page.
- Sat. 5/17** U of M Ballroom Dance Club Spring Dance, Great Hall, Coffman Union, Jerry O'Hagan Orchestra, Lesson 7 pm, Dance 8 pm. 649-4505.
- Thu. 5/22** Erv Reutzel Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661
- Fri. 5/23** Paul Heffron Big Band, Shakopee Ballroom, 8:30 pm. 445-0412
- Fri. 5/23** MN West Coast Swing Club, B-dale Club, 2100 N. Dale St, Roseville, Lesson 7:30 pm, Dance 8:30 pm. 731-9768
- Sun. 5/25** Rebels Swing Dance Club, Everett McClay VFW, Bloomington, Lesson 6 pm, Dance 7 pm. 941-0906
- Thu. 5/29** Sammy Jensen Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661
- Fri. 5/30** Jack Schultz Big Band, Shakopee Ballroom, 8:30 pm. 445-0412
- Fri. 5/30** The Senders, 60s-70s & Swing, Medina Ballroom, Lesson 7 pm, Dance 8:30 pm. 478-6661
- Fri.-Sun. 5/30-6/1** Minnesota Open Ballroom Dance Competition, Radisson Hotel, St. Paul. 561-5407
- Sat 6/14** Dancers Studio Showase, Macalaster College, 7:00 pm, \$15 adv/\$17 at door, 641-0777

For a list of weekly dance opportunities, see page 12.



Membership Renewal Dance



Saturday, May 17

On Your Toes

School of Dance

In the Miracle Mile Shopping Center
5023 Excelsior Blvd. St. Louis Park
928-7803



Lesson at 7:30 pm
Dance from 8:30-11:30 pm

\$6 Members \$8 Non-members
\$4 Students with I.D.
\$2 Group Class

USABDA HOTLINE
(612) 483-5467

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

What Is USABDA? Who Are We?

USABDA stands for the **United States Amateur Ballroom Dancers Association**, a non-profit organization formed to preserve and promote ballroom dancing not only as an art but as a healthy sport. Minnesota's chapter was started in 1991.

Membership in USABDA is open to ballroom dancers of all levels. There are membership categories for all dancers: Social, Competitive, Junior (17 and under), College students and Associates (professional/instructors).

USABDA sponsors a monthly dance and other special dance events. Membership includes both national and local dues. Membership entitles you to discounts on our monthly dances and a great network for meeting other dancers. You also have opportunity to purchase this newsletter.

You'll have fun dancing and meet many new friends! For more information call the USABDA Hotline number.

(612) 483-5467

Minnesota Dancin' Times

Published monthly for members of the United States Amateur Ballroom Dancers Association--Minnesota Chapter, providing news of ballroom dancing to chapter members and friends.

SUBSCRIPTION RATES

\$15 per year

Make checks payable to **USABDA-MN** and send to:
Joyce Thompson, P.O. Box 13873, St. Paul, 55113

ADVERTISING

Display Ads: To advertise your professional service or event, submit camera-ready artwork.

Sizes: Full page 7 1/2" wide x 9 1/2" high
Half page 7 1/2" wide x 4 1/2" high (horizontal)
3 1/2" wide x 9 1/2" high (vertical)
Quarter page 3 1/2" wide x 4 1/2" high
Business cards

Rates: Full Page- \$40
Half Page- \$25
Quarter Page- \$15
Business card- \$15 for 3 consecutive months.

Classified Ads: Free 3-line ad in *Swaptimes* available to members. Dance merchandise only.

Payment: Payment must accompany ad.

Please make checks payable to **USABDA-MN**.

DEADLINE

All materials due around the 10th of each month

All questions regarding the newsletter should be directed to:

Jim Baker
USABDA President
(612) 476-4843

Newsletter Editor: Janis Livingston

Newsletter Layout: Jason Borton and Carolyn Jackson



Send address changes to Jim Baker at address on back of this newsletter. Please notify National USABDA also.



Notes From the Board

by Melanie Helvig
USABDA Chapter Secretary

The Board met on April 1, 1997 and the following items were discussed:

- The financial committee is looking into procedures for contract signing, large expenditures, and financial liability insurance.
- Promotion for the Grand Ball was discussed. Someone to organize the demos is needed.
- The USABDA Hotline is full. We may need another volunteer to help handle the messages.
- The May Membership Dance is at *On Your Toes*.
- Wes Barris has designed a new Web site for USABDA-MN.
<http://www.arc.umn.edu/usabda>
- The Dance lessons are continuing at Olson Middle School.
- The board is considering distributing more newsletters to the community. One possibility is to put them on the front counter of Barnes and Noble.
- The next board meeting will be Tuesday, May 6 at Wade Warford's place of employment: Laird Plastics Limited, 7150 Boone Ave N. Brooklyn Park, Phone 535-2118.

Competitor's Column

Includes regional and USABDA events

New York Dance-O-Rama (Closed)

May 2-4. Marriot Hotel, Albany, NY. Contact: Thomas Murdock, (305) 445-9645.

Dance Alive Dance Competition (all amateur)

May 3, Rameses Shrine Temple, Downsview, Ont. Contact: Elenita Maalihan, (905) 472-3959.

Three Rivers Dance Championships (USBC Regional)

May 9-11, Westin William Penn Hotel, Pittsburgh PA. Contact: S. Tony Cardinali, (412) 261-2947.

BlackPool Dance Festival (British Open Championships)

May 23-30, Empress Ballroom, Winter Gardens, Blackpool England. Contact: Mrs. Gillian MacKenzie, 011-44-1253-25252.

Minnesota Open Competition

May 30- June 1. Radisson Hotel, St. Paul, MN. Contact: Bill & Arlene Kroll, (612) 561-5407.

Western Regional Amateur Dance Sport Championships (region 4)

June 14, Palo Alto CA. Contact: Lydia Scardina, (415) 759-7051.

USABDA National Dance Sport Championships

Aug 8-10, Univ. of Delaware, Newark, DE. Contact Vivian Beiswenger, (215) 855-2711.

***for a more complete list, see "Amateur Dancers", the national publication for the U.S. Amateur Ballroom Dancers Association.

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Upcoming Dance Demonstrations

by Yvonne Viehman

- 5/1 Edinborough Park Plaza Atrium,**
7:00-8:00 PM (be there at 6:30 PM) - 7700 York Ave. South,
Edina (call 893-9890 for directions); need 3 smooth &
3 rhythm couples.
- 5/14 Epiphany Catholic Church of Coon Rapids,**
7:00-7:15 PM (be there at 6:45 PM) - Corner of Hanson
Blvd & 111th Ave NW, Coon Rapids (call 755-1020 for
directions); need 1 smooth couple (w/ ballgown & tux) and
1 rhythm couple.
- 5/18 25th Anniversary of Little Brothers -
Friends of the Elderly,**
12:45-1:15 PM (be there at 12:15 PM) - Prom Expo Center,
190 Smith Ave N, St Paul (call 291-0059 for directions);
need 2 smooth and 2 rhythm couples.
- 9/17 Pre-Kick Off to National Ballroom Dance Week at
Mall of America.**

For information about demonstrations contact Yvonne at
553-1202.



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DANCESPORT

invites you to a
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Saturday May 24th
at their brand NEW LOCATION

Knollwood Mall - St. Louis Park
(intersection of Hwy 169 and Hwy 7)
East Side of Mall, near Ward's

Time:
8:00 Group Class
9:00 -12:00 Dancing

Cost \$10

Call
938-0048
for more information

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I hold a beginners class the second Sunday of every month at 1:00pm in Eden Prairie.
If you just can't wait to start your on your dance pictures, I am also available by appointment.
To register or get more info, call Tracy Palmer at #929-8515.

Heartland Classic

Article by: Gary Stroik & Karen Kettler

Pictures from: Carol Stroik & Jason Borton

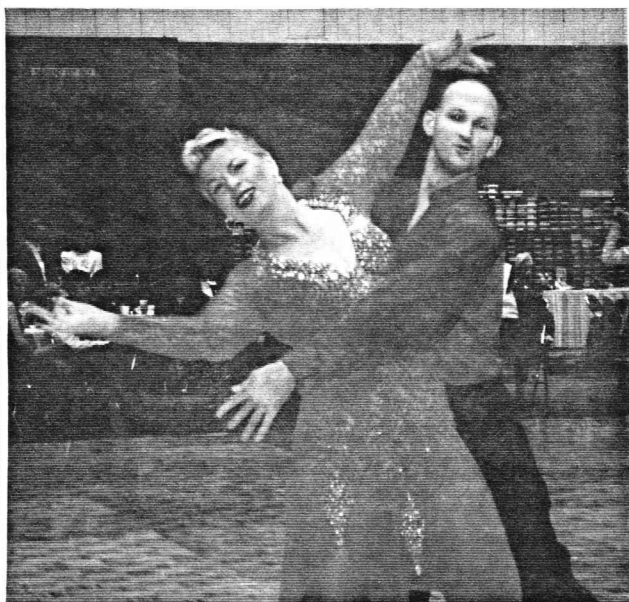
Amateurs on the Road

Six couples left to attend the Heartland Classic North Central Regional Dancesport Championships at 6:00 AM on Friday, April 15th in an RV from Jeff Chin's house. These brave souls included: Gary Stroik & Carol Post-Stroik, Mark Tepley & Karen Kettler, Andy Nordberg & Janie Sorheim, Jeff Chinn & Tricia Follestad, Dale Johnson & Pam Brose, and Jason Borton & Carolyn Jackson. Pam provided us all with munchies along the way. The guys switched off driving every two hours and everyone had a great time on the way down. Spirited games of Taboo and Boggle helped the ten hours of travel fly by.

The event was held at the Indianapolis Convention Center/RCA Dome, which recently hosted the NCAA Final Four Tournament. We experienced a touch of spring when we arrived Friday evening, green grass, blooming flowers, budding crabapple trees, an outdoor baseball game with colorful parachutists floating down to the field, and NO COATS! We apparently brought winter with us because the weekend ended with snow.

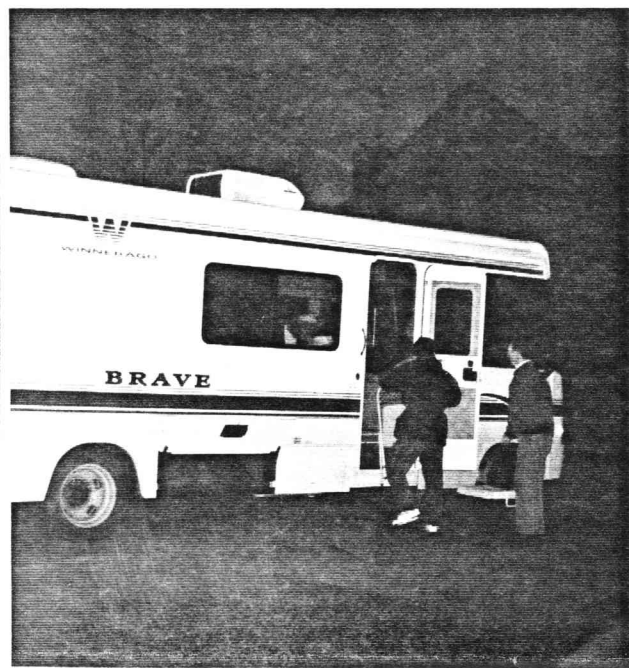
The depth of skill and dedication to ballroom dance that exists in our area was clearly evident from our placements. USABDA MN showed its level of excellence in the Team Match on Saturday. Gary and Carol danced their Waltz, followed by Karen and Mark with Cha-Cha. Janie and Andy started the second half with Foxtrot and Jason and Carolyn finished up the round with a very speedy Swing!

Rhythm Dancing



Mark Tepley and Karen Kettler

Jeff Chinn's at 6 AM



The Winnebago

The Team match was held in the middle of the Open American Smooth Championships. Mark and Karen had to dance their Cha-Cha in their smooth costumes. Karen graced the audience with very elegant skirt stylings throughout her dance!

Later that evening, Carolyn was asked by Matt "the Hat" to compete in the open swing competition. After this ten minute partnership, Carolyn was then convinced by Matt to enter the Bronze Standard Student event on Sunday Morning. Although Carolyn had never danced Standard before, she and her partner took second place in the tango and slow foxtrot events. Continuing this trend of socializing with other dancers, some members of the party stayed out until 4:45 AM celebrating Saturday evening (actually Sunday morning).

The competition was extremely well organized with all events running on time or slightly ahead of schedule. The music was superb! This was an extremely well-attended event with abundant competition in all events and categories. It was also extremely affordable. The cost for transportation, hotel, accommodations and competition entries totalled \$220 per person.

We all had a great time, a strong showing, and look forward to returning to Indianapolis for the 1998 Amateur Finals.

The Heartland Classic In Pictures!

Photos by Carol Stroik & Jason Borton

Setting the "Standards"



Dale and Pam, Carol and Gary

Smooth in Motion

(right) Gary and Carol
(below left) Andy and Janie
(below center) Jeff and Trisha



Heartland Classic - USABDA-MN Placements:

PreChampionship Rhythm A (7 Couples)

- 1st Andy Nordberg and Janie Sorheim
- 2nd Jeff Chinn & Tricia Follestad
- 3rd Mark Tepley & Karen Kettler
- 4th Jason Borton & Carolyn Jackson

Championship Rhythm A (7 Couples)

- 1st Andy Nordberg and Janie Sorheim
- 2nd Jeff Chinn & Tricia Follestad
- 6th Mark Tepley & Karen Kettler

PreChampionship Smooth A (7 Couples)

- 1st Jeff Chinn & Tricia Follestad
- 2nd Mark Tepley & Karen Kettler
- 6th Jason Borton & Carolyn Jackson

Championship Smooth A (10 Couples)

- 1st Gary Stroik and Carol Post-Stroik
- 3rd Andy Nordberg and Janie Sorheim
- 5th Mark Tepley & Karen Kettler

Championship Smooth B (9 Couples)

- 1st Gary Stroik and Carol Post-Stroik

International Standard PreChampionship A (10 Couples)

- 1st Gary Stroik and Carol Post-Stroik
- 3rd Dale Johnson & Pam Brose

International Standard Championship A (17 Couples)

- 5th Dale Johnson & Pam Brose
- 6th Gary Stroik and Carol Post-Stroik

International Standard Championship B (11 Couples)

- 1st Gary Stroik and Carol Post-Stroik

Team Match (W,C,F,Sw) (15 Teams)

- 2nd USABDA-MN

Open Swing (approx. 24 Couples)

- Finalists Carolyn Jackson and Matt Schmidt (Ohio State)

USABDA-MN at Indianapolis



From Left to Right: Dale Johnson, Pam Brose, Gary Stroik, Carol Stroik, Karen Kettler, Mark Tepley (back), Carolyn Jackson, Jason Borton, Jeff Chinn, Tricia Follestad, Janie Sorheim, Andy Nordberg

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Tango with the Issues

Feet Don't Fail Me Now

by Janis Livingston

Dancers need to have healthy feet for obvious reasons. Foot pain will sideline you faster than a "Quickstep". There are 26 bones in your feet, controlled by ligaments, tendons, and muscles. Your total body weight is carried by these tiny structures throughout your normal daily activities sometimes leading them to become stressed and inflamed. Add all the dancing you do to your normal activity-- the possibility of foot pain and injury becomes a definite risk.

There are some very simple things to do to alleviate or prevent sore feet. On a daily basis wear good shoes with a firm arch support and adequate cushion for the heel and ball of the foot. A firm heel counter helps hold the heel straight for good foot function. When you purchase shoes make sure they fit right from the start--don't rely on them to stretch out. Rotate the shoes you wear so you don't have the same pressure points day after day. Shoes that lean in or out when placed on a flat surface should be replaced.

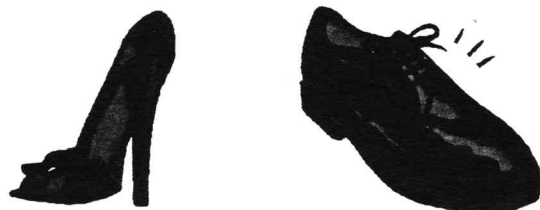
The feet need to be exercised to keep them flexible for all those 'toe-heels' and 'heel-toes'. Stretching of the muscles, tendons, and ligaments helps prevent injury. Each day rotate your ankles in a circular motion clockwise and counter-clockwise. Bend your feet toward and away from your body. Ladies especially need to stretch the Achilles tendon. High heels worn all time will cause the Achilles to tighten and this puts more strain on the feet. (Tight muscles in the back of your legs will also cause pain but this is another column.) Care of the toenails is also important. Keep toenails trimmed rounded with the end of the toe, but do not trim into the corners. Nails should be shorter than the end of your toes to avoid catching on stockings or jamming into the toebox of your shoes.

Dance competitors and dance professionals have much more use and abuse of the feet than most of USABDA members. How do they keep healthy feet? Are they putting up with pain for the love of dance? I bet some of you have "tricks of the trade" or have discovered some great techniques in caring for those precious feet. Are there some special foot soaks that work wonders for tired and sore feet? Let us know by writing or calling in some tidbits of information.

Remember feet need exercise to be able to function well. Dancing if done with care and good training and good shoes is a safe way to improve the circulation of your feet. Treat minor injuries promptly and wash feet daily in warm water and a mild soap. Take care of your feet and you will enjoy dancing for a lifetime.

Medical information provided by:

Health Partners Center for Health Promotion



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Tango with the Issues

Shall We Dance?

Your Responses from last month.

Here's what you had to say about our first subject on how to make USABDA dances more fun for everyone. We have decided to make all responses anonymous since basically that was everyone's request. We really appreciate the wonderful response to this new column. Keep sending ideas to us it is fun to pass these along and makes our job easier. Thanks for all your input. This is what you had to say:

☞ "I never know if it is OK to ask men to dance."

☞ "I read somewhere that some dance organizations have hosts that sport a certain color name tag to indicate that they are open to being asked to dance by beginners and experts alike. I would like to see this tried."

☞ "Use breath mints—your dance partner will appreciate it!"

☞ "A few tips to leads about maneuvering during a crowded dance. First of all, STAY TO THE INSIDE OF THE FLOOR. The couples moving faster stay by the walls. Also, most poses and work that goes against line of dance will back into a corner. By staying closer to the center, you avoid being run down from behind and having to dodge stopped couples in front of you. Be prepared to drop your left arm if the floor gets too crowded, this may avoid some collisions. Finally, even if you are unsure of the pattern or dance, step with conviction. This tells your partner where to go. More importantly, if you have to stop, the difference in movement will cause her to stop without you having to jerk her with your right arm."

☞ "Some women are too aggressive and do not let some men even leave the floor to get around and ask other women to dance."

☞ "If you are asked to dance and cannot do the dance well it is appropriate to let your partner know that you need help or say could you just dance the beginner steps. I am not very familiar with a mambo for instance."

☞ "Feature dances or dancers—draw names out of a hat for partnerships and have the prize of a free admission to the next dance. Volunteers would have signed up ahead of time to do a one dance mini-competition. This would help social dancers be recognized for some of their accomplishments. All for new mixers to be tried—hope you do it soon!

☞ "Beginner dancers—stay to the inside track of the dance floor; advanced dancers — stay to the outside track of the dance floor."

☞ "Men that dance with alot of different women are possibly the best social dancers. I would really like to see some of those gold dancers cool it and if they bump into someone express some sort of polite excuse me. After all they would or should have more control than those who are learning."

☞ "Have one dance where all the beginners participate in a mixer (i.e., a bronze waltz), then an intermediate-level mixer (i.e., a silver foxtrot) and then an advanced-level mixer (i.e., gold tango). Have the participants dance to a whole song rather than changing partners mid-way through the song."

☞ "If you happen to be a more advanced dancer and you see a beginner dancer in front of you, please maneuver around them and do no backing up steps or stopping poses if you then get in front of them, as the beginner can only move straight ahead."

☞ "Wear deodorant and a splash of cologne! If you sweat alot bring along an extra blouse or shirt to change."

☞ "Look at your partner once in a while during the dance--the dance isn't a competition."

☞ "If the floor is crowded, resort to 'closed' dance position and limit 'open' work. Advanced dancers--don't do your competition routines while 'social dancing', but request to do a spotlight dance if there is a time available during the evening."

☞ "Wear clothing appropriate for a dance party. This doesn't mean always wearing black like you're going to a funeral!"

☞ "Ladies, even if you have no idea what your partner is doing, don't look at your feet. This collapses your frame and will probably get your toes trampled. Just keep going one foot after the other and enjoy the ride. Of course, after the dance it is totally fair to ask your partner what he was doing and how to do your part."

☞ "Implement the 'Rule of Two' at the next dance--try dancing with two people you've never danced with previously (however, I'm not suggesting dancing with them at the same time).

☞ "The more crowded dances bother me alot. I feel like I have been in a roller derby. Could you hold the dances in a larger hall on a more continuous basis?"

☞ "I like your ideas about how to make the USABDA dances more fun--the A-L and M-Z names dance would work well, as would the birthday month dance, thus allowing the dance floor to be not as crowded."

You may continue to call or send responses to "Shall We Dance" and they will get printed. The USABDA board will be happy to see what you are thinking! Watch for new mixers! Thank you for your thoughtful comments and great ideas!

You may call 481-1017 and leave messages for the newsletter as well as write down and mail your comments to me.

Janis Livingston



Notes from the Staff

- ✍ The Newsletter is now a team production. We have five people working to produce your monthly newsletter. Janis Livingston is the editor, whose primary job is to receive and edit the text. Jim Baker deals with advertisements, Dorothy Jones handles the Dancers Nite Out and Jason Borton and Carolyn Jackson are the Typesetters and Assistant Editors.
- ✍ Please help us with this division of labor. Any articles and pictures you wish to submit, please send to Janis. To announce a dance you are hosting, contact Dorothy. All advertisements must go through Jim.
- ✍ Our deadline is the 10th of each month.

Swaplines

Beautiful and unusual! Sz 2-6. Sea foam green standard gown with sunglow underlying bodice. Sunglow underskirt highlight movement. Photo available. \$900. Hub 225-8554 or Celia 935-9000 x246.

Elegant and feminine standard gown Sz 2-6. Asymmetrical white lace pattern on a blue mesh bodice. Very full skirt; worn twice. \$1200. Hub 225-8554 or Celia 935-9000 x246.

Black sequin latin dress, Sz 12-14. Asymmetrical fuschia ruffle, low back, AB rhinestones. Worn in only 3 competitions. \$750. Mary, 788-4182.

Exquisite Doré ballgown, Sz 4-8. Elegant black gown w/halter style bodice, drop waist, black sheer gloves, latest trend from Blackpool. Worn only a few times. \$2300. Nels, 784-5179.

Sexy, Sexy, Sexy! Sz 4-6. 2-piece latin gold coin outfit w/short leather skirt. Moves great, makes lots of noise! Brand new. \$650. Lisa 922-8667.

Black Fringe Latin/Rhythm: Sz 4-12. 2 piece fringe short w/stoned slit and fringe bra top with fushia & AB stoned neck attachment. Very unique! New. only \$350. Lisa 922-8667

Eye Catcher! Sz 8-14. Neon pink latin. This is a fun dress with lots of silver beaded fringe and AB stoning. Moves great! New. \$450. Lisa 922-8667.

Purple 2-piece rhythm, Sz 6-12. Bright purple fringe short and top with beautiful blue stoning. High energy costume! New, only \$350. Lisa 922-8667.

Classic, Simple, Elegant, Sz 4-8. Bright red american gown with beaded bodice and shear long sleeves. Gorgeous 3 layer skirt. Flows great! Best deal ever. \$350. Lisa 822-6887.

Neon Yellow 1-piece rhythm, Sz 2-8. You wont be overlooked in this costume! Sexy panne velvet w/diamond shaped fringe and lots of stoning. Worn 3 times. \$700. Lisa 922-8667.

Simple and Elegant, Sz 6-8 Assymtrical Black rhythm gown. Decorated with beautiful aurora rhinestone swirl pattern. Excellent condition - worn only twice. Asking \$950. Marian 541-9147.

Swaplines is a monthly feature offering members the their dance merchandise. Advertisements for partnerships are not published in this newsletter.

URGENT!! URGENT!!

Someone attending Sandy Botes's Anniversary Dance at the American Classic Ballroom on April 5 took my coat by mistake and left me theirs. Mine is a gray-green trench coat with a plaid wool lining. There is a Realtor's pin on the lapel. I have important keys in the pocket! Please check your car or closet. If you have this coat or know of someone who might please call Ellen R. Neuman 220-3617.

Send Submissions to:

Janis Livingston
2354 Matilda St.
Roseville, MN 55113
481-1017

32¢

Membership Renewal Dance Saturday May 17!!

Come and Renew Your Membership!
See opposite page for details.

Weekly Dance Opportunities...

Wednesday

- ☛ Free West Coast Swing Lesson, Camp Snoopy, Mall of America. 10:00-11:00 am.

Thursday

- ☛ Four Seasons Dancing, Four Seasons Dancing, 7 pm Salsa lesson, 8 pm Argentine Tango lesson. 9-10 pm free practice party, Mpls. 342-0902
- ☛ Medina Ballroom, 8pm, bands vary, 478-6661.

Friday

- ☛ Shakopee Ballroom, 8:30pm bands vary, 445-0412.
- ☛ Four Seasons Dancing, 8:00 pm, Ballroom lesson and free ballroom practice party, Mpls, 342-0902
- ☛ Everett McClay VFW, Bloomington, 8pm, bands vary, 561-0206.

Friday & Saturday (except Fri. May 9)

- ☛ Kico Rangel Band, The Manor, 2550 W. 7th St., St. Paul, 9 pm. 690-1771

Sunday

- ☛ Sunday Dance Party, American Classic Ballroom, 3-6 pm, 722-6311.

YOUR MEMBERSHIP IS DUE!!

The Minnesota Chapter of USABDA has changed its membership policy so that all memberships will need to be renewed in June of each year. Therefore, you must renew your local membership within the next month. USABDA will prorate dues to keep all renewing members current until June of 1998. Your renewal date for national dues will remain the same.

Please keep your membership current! Either send in the form below or bring it to the May USABDA dance and register there.

If you have any questions, please contact Jim Baker, USABDA-MN President, at 476-4843.

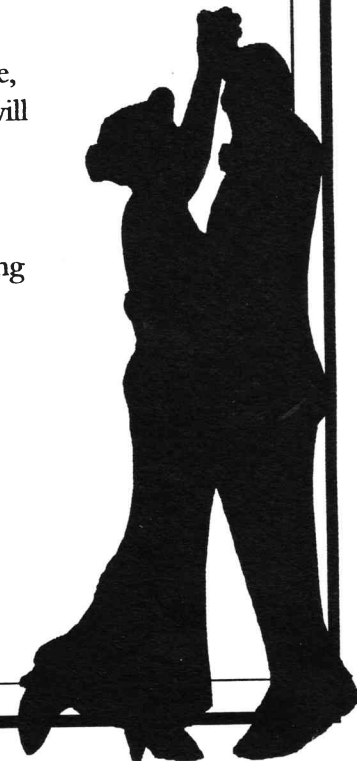
Membership Renewal Dance

Saturday, May 17

On Your Toes School of Dance

8:30-11:30 pm

Lesson at 7:30 pm



NATIONAL USABDA MEMBERSHIP APPLICATION AND LOCAL USABDA -MN MEMBERSHIP APPLICATION

I affirm that I am an Amateur dancer for whom ballroom dancing is strictly an avocation and a recreational activity and/or competitive sport; and who neither seeks nor receives, either at present or in the past, personal material gain from my dancing.



Please print clearly. Dues and donations are tax deductible. This form may be used by two persons residing at the same address.

Name _____ Date of Birth _____ Signature _____

Name _____ Date of Birth _____ Signature _____

Address _____ City _____ State _____ Zip _____

Phone /home () _____ work () _____ Is this a renewal application? ☐ yes ☐ no

Membership Category (one for each person)

- Social Dancer _____ x \$20 = \$ _____
- Competitor _____ x \$32 = \$ _____
- Students (17 & under) _____ x \$12 = \$ _____
- Students (College) _____ x \$12 = \$ _____
- Associate (pro supporter) _____ x \$35 = \$ _____
- Newsletter Subscription \$15 \$ _____
- Total Check Enclosed: \$ _____

If yes, member # _____

Additional Information

- Occupations _____
- Hobbies _____
- Competitor? Pro/Am _____ American _____ Int. _____
- Are you willing to help USABDA? _____
- How? _____

USABDA- Minnesota Chapter membership requires national dues. The local subscription rate is \$15 per person for everyone. Dues and subscription fees are due annually. The dues depend on membership category (listed above). Please return application with a check made out for the total amount payable to USABDA- MN.

Send to: Joyce Thompson, P.O. Box 13873, St. Paul, MN 55113 (612-489-4012)

MINNESOTA

Dancin' Times

USABDA-MN
15000 Woodruff Rd
Wayzata, MN 55391

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Address Correction Requested

OFFICERS

President: Jim Baker, Wayzata
Vice President: Ellen Neuman, Golden Valley
Treasurer: Joyce Thompson, St. Paul
Secretary: Melanie Helvig, Minneapolis

MEMBERSHIP APPLICATIONS

Celia Mullen 612-228-9174

USABDA HOTLINE

612-483-5467

E-mail address: smith206@maroon.tc.umn.edu
<http://www.arc.umn.edu/usabda>

LEARN WITH THE PROS

Carol Turner..... 703-0138
David Aanestad, Minneapolis 504-1403
Scott & Amy Anderson, Plymouth 509-0995
Arthur Murray School of Dance, Edina..... 920-1900
Arthur Murray School of Dance, Minneapolis 333-3131
*Pearl Bailey, Burnsville..... 890-5104
Fred Beilke, Stillwater..... 426-9258
Harry Benson, Minneapolis..... 420-5665
Sandra Botes, Minneapolis 509-0149
*American Classic Ballroom, Minneapolis..... 722-6311
*Constantine Dance Center, Minnetonka 476-4044
Country Western Fever-Sam Stinson, Minneapolis 755-3879
*The Dancers Studio, St. Paul 641-0777
*DanceSport Ballroom, Minneapolis 874-0984
Nathan Daniels, Minneapolis..... 375-0642
Todd Donahue, (Country) Eagan..... 457-8663
Fred Astaire Dance Studio, Inver Grove Heights 451-6300
Fred Astaire Dance Studio, Roseville 639-1544
Robert & Jennifer Foster, Minneapolis 874-0984
*Carol Fritchie, (Country) St. Paul 429-4785
*Four Seasons Dancing, Minneapolis 342-0902
Donna Lature Frykman, St. Paul 777-5447

*Loren Greenberg, St. Paul 774-5516
David & Barbara Hanson, Duluth/St. Paul..... 218-722-0742
Charlie Hardcastle, Minneapolis 922-8667
*Stephanie Hawley..... 522-8252
Arlene Kroll, Minneapolis 561-5407
Jay Larson, Plymouth..... 509-0995
*Timothy & Michelle Mason, St. Paul (By appt.) 292-8463
Jane McEvers, Minneapolis 688-7988
Deanne Michael, Minneapolis 933-1893
*Jim & Kay Mondo, St. Paul 770-1651
*Alice Monson, Minneapolis 461-2966
*Craig Morris, Minneapolis 561-0206
Jeff & Cindy Nehrbass, St. Louis Park..... 928-7803
*Northwest Health Clubs, Minneapolis 546-6554
*On Your Toes School of Dance, St. Louis Park..... 928-7803
Eric Remsen, Minneapolis 724-3156
Denise Rondano, Minneapolis 822-8966
Rebeca Trost, Minneapolis 342-0902
Paul Botes, Minneapolis..... 870-7710
Donna Edelstein, Minneapolis 932-9449
U of M Ballroom Dance Lessons 649-4505

*Call for group class information

Inside this issue...

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- ✓ "Feet Don't Fail Me Now"
by Janis Livingston
- ✓ Renew Your Membership

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