

MINNESOTA

Dancin' Times



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

September 1997

DANCERS NITE OUT

- Thu. 9/4** Jim Sturm Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661
- Thu. 9/4** Twin Cities Jazz Orchestra, Wabasha Street Caves, 215 S. Wabasha St., St. Paul, Lesson 6:30 pm, Dance 7-10 pm, \$5. 224-1191 (Directions: The Caves are across Wabasha St. Bridge near down-town St. Paul. The Wabasha St. Bridge is closed for repairs — go south across the Robert St. Bridge and back to Wabasha St.)
- Fri. 9/5** Jack Schultz Big Band, Shakopee Ballroom, Dance 8:30 pm. 445-0412.
- Thu. 9/11** Dick Macko Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661.
- Thu. 9/11** Sonny Bryant & the All Stars, Wabasha Street Caves. See 9/4 listing for details.
- Fri. 9/12** MN West Coast Swing Club, B-dale Club, 2100 N. Dale St., Roseville, Lesson 7:30 pm, Dance 8:30 pm. 731-9768.
- Sat. 9/13** Fantastic Convertibles, 50's to 60's band, Medina Ballroom, Dance 8:30 pm. 478-6661
- Sun. 9/14** Rebels Swing Dance Club, Everett McClay VFW, Bloomington, Dance 7 pm. 941-0906.
- Wed. 9/17** USABDA Dance Exhibition Kick-Off for National Ballroom Dance Week, "Dancing through the Ages," Mall of America Rotunda, Bloomington, 7-8:30 pm.
- Wed. 9/17** Jack Schultz Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661.
- Thu. 9/18** Beasley's Big Band, Wabasha Street Caves. See 9/4 listing for details.
- Fri. 9/19** USABDA Dance Exhibition, Barnes & Noble Booksellers Center Court, Har Mar shopping center, Roseville. 8-9 pm.
- Fri. 9/19** Dean Olson Big Band, Shakopee Ballroom, Lesson 7:30 pm, Dance 8:30 pm. 445-0412.
- Fri. 9/19** Five Men Swinging Band, American Classic Ballroom, 1628 E. Lake St., Mpls., Lesson 8 pm, Dance 8:30-midnight, \$8/\$6 students, (\$1 off before 9 pm.) 871-3687.
- Sat. 9/20** Jerry O'Hagan, Medina Ballroom, Lesson 7:15 pm, Dance 8:30 pm. 478-6661.
- Wed. 9/24** Rebels Swing Dance Club, Medina Ballroom, Lesson 7 pm, Dance 8-11 pm, \$5. (\$1 off USABDA members) 941-0906.
- Thu. 9/25** Erv Reutzel Big Band, Medina Ballroom, Lesson 7 pm, Dance 8 pm. 478-6661.
- Thu. 9/25** Big Band Dance Night—Dick & Jane's Big Brass Band, Wabasha Street Caves.
- Fri. 9/26** Paul Heffron Big Band, Shakopee Ballroom, Lesson 7:30 pm, Dance 8:30 pm. 445-0412.
- Fri. 9/26** MN West Coast Swing Club, B-dale Club, 2100 N. Dale St., Roseville, Lesson 7:30 pm, Dance—Kico Rangel Band 8:30 pm. 731-9768.
- Sun. 9/28** USABDA Grand Ball, Sheraton Minneapolis Metrodome Hotel, 6:30-10:30. See information opposite and on page 6.
- Thu. 10/2** Everett Boyer Big Band, Medina Ballroom, Dance 7 pm, Dance 8 pm. 478-6661.
- Sat. 10/4** Bobby Lane Orchestra, Medina Ballroom, Dance 8:30 pm. 478-6661.

For a list of weekly dance opportunities, see page 17.

USABDA-MN Presents:



Sunday, September 28

6:30 - 10:30 pm

Sheraton Minneapolis
Metrodome Hotel

1330 Industrial Boulevard at 35W North
Minnesota Grand Ballroom

Tickets

\$20 in advance*

\$25 at the door

For ticket information call
Mike Youngdahl (612) 699-4857

*Advance purchase ends on Sunday, September 21



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 *Swaplines* available to members. Dance merchandise only.

Payment: Payment must accompany ad.
Please make checks payable to **USABDA-MN**.

DEADLINE

All materials due 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 Aug 3, 1997 and the following items were discussed:

- The Grand Ball Report: Tickets printed, flyers to be sent out and the showcase is coming together. Mike Youngdahl is ticket sales chairperson (699-4857). Shari Akemann to emcee.
- Star of the North Games spokesperson will attend next meeting to discuss USABDA running the ballroom dance competition.
- Gary Stroick has been nominated for National Vice President of Dancesport and for Regional Delegate to Dancesport. The ballot will come out in the next Amateur Dancer magazine.
- David Schmidt will check on where USABDA can hold a New Year's Party.
- We are in need of people to help organize USABDA beginner dances.
- The 1996 Dancin' Times was named one of the top three USABDA newsletters for that year. Congratulations to Shari Akemann for your work as editor.
- The next board meeting will be at 7:15 on Tuesday, Sept. 2 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

United States Ballroom Championships

Sept 2-6. Fontainebleau Hilton, Miami FL

Contact: John Kimmins (305) 442-1490.

19th Annual International Dance Competition

Sept 13. Rameses Shrine Temple, Downsview, Ont. Canada

Contact: Bassam and Mandy Hanafi (416) 234-5201.

Constitution State Championships

Sept 25-28. Sheraton Hotel, Stanford CT

Contact: John and Cathi Nyemchek, (914) 268-6368.

Ballroom Dancesport Spectacular Competition

Sept 25-28. Hyatt Hotel and Municipal Auditorium, Sarasota FL

Contact: Wilson Barrera & Margaret Burns (941) 955-1099.

Southeastern Regional Amateur Dancesport Championships

Sept 27. Georgia World Congress Center, Atlanta, GA

Contact: USABDA Region 6, c/o Ann Smith (404) 256-9190.

Northern Lights Dancesport Extravaganza

Oct 4-5. Dance Shoppe, Plymouth, MN

Contact: Scott & Amy Anderson (612) 431-0936.

South Central Regional Amateur Dance Sport Championships

Oct 18. University Center, Univ. of Houston, Houston TX

Contact: Houston USABDA, c/o Susan Klaveness (713) 984-1262.

Capital City Classic

Nov 9. Hilton Hotel, Raleigh NC

Contact: Patti Anderson-Troy (954) 570-7335.

Ohio Star Ball Championships

Nov 19-23. Regency Ballroom, Greater Columbus Convention Center, Columbus OH, Contact: Sam Sodono (614) 8848-7827.

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

USABDA-MN MEMBER NOMINATED FOR NATIONAL USABDA OFFICE

by Steve Vespested

Some of you may have noticed myself and another USABDA member frantically collecting signatures on nominating petitions during the month of July. The July/August issue of Amateur Dancers had just notified membership that national offices were available and the deadline was July 31. After I consulted with Gary Stroick about either of two national positions,---one being national Vice President of Dancesport, the other Regional Dancesport Delegate,--- he accepted the idea of being nominated for both positions. The petitions have been submitted to National and we are confident they will be accepted.

Gary is a very successful amateur dance competitor along with his talented partner and wife Carol Post-Stroick. He began his dance training in the fall of 1991. During his first 2 1/2 years of dance, his focus was on rhythm and smooth social dancing. Then he began to seriously consider competitive ballroom as an avocation. Gary formed a partnership with Carol Post and together they have successfully competed in American Smooth, Theater Arts, and International Standard styles of dance. They have been the United States National Open American Smooth Adult B Champions for the past two years, United States National Open American Smooth Adult A Runners-up last year, and were finalists in the United States National Amateur Cabaret Finals in 1996. In addition, Gary and Carol have just begun competing in International Standard during 1997. At their first competition, the Heartland USABDA Regional, they were Pre-Championship Standard Adult A Champions, Open Standard Adult A finalists and Open Standard Adult B Champions. Gary plans to continue his training and compete in the American, International, and Cabaret styles of dance.

Gary is currently a board member of the Twin Cities USABDA where he has assisted in improving the financial stability of the organization and organizing local dances. He and Carol have performed numerous benefits over the past three years for the USABDA organization.

Gary holds a BS in Mathematics and Computer Sciences and an MS in Computer Sciences from the University of Wisconsin-Madison and an MBA from University of Minnesota Carlton School of Management.

Gary is a Business Project Manager for Personnel Decisions International; an industrial organization psychology consulting firm. In this capacity, he is responsible for managing the development of software products and infrastructure for business units generating \$35MM of revenue. He works with executives to define new products, outline business requirements, conduct organizational change initiatives, and develop strategic plans.

Watch for the election ballot in an upcoming issue of Amateur Dancer and cast your vote for someone who will represent USABDA-MN on the National Governing Board. As some of you travel around the country to competitions this fall and winter, spread the word to other USABDA members about USABDA-MN's candidate for these positions.

Note: Gary was nominated for both offices in hope that he will be elected to one of them (preferably Vice President), but, the winning of either office will give the Midwest and Minnesota a great representative.



***Snapshot from USA BDA Nationals:** Gary Stroick, decked out in full tux with tails, is competing in International Standard with Carol Post-Stroick.*



VOTE FOR GARY STROICK

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THE COMPLETE PACKAGE

Or How to Look the Part of a Dancer

by Janis Livingston

We again take a look at another local costume business. In doing these three months of articles, I have found each to be a very unique, professional, quality producer of dancewear. All have their specialty areas and all are thoroughly great to work with. By no means, do my articles represent, or include, everything that you would need to know in deciding whom to work with on your costuming or other accessory requirements. The attempt has been made to give the best overview I can on our local costumers who consistently advertise in *Dancin' Times*. I have been continually amazed at how these business women have successfully put together, with a lot of work and creativity, the vision of their own business. We are lucky to have such experienced and well-known designers right in our area.

SATIN STITCHES—Deborah J. Nelson

Deborah J. Nelson is the owner and creator of Satin Stitches and a nationally acclaimed designer of action-performance costumes. She has 25 years of professional design, fitting, alterations, and pattern making experience. She obtained a Bachelor of Fine Arts Degree from Minneapolis College of Arts and Design and was also an instructor for them. She continues to share her knowledge and experience as both a speaker and writer on topics related to design, selection and care of costumes. National publications like *Kickline*, *Let's Cheer*, and *Big Beautiful Women* have featured her articles.

Deborah started designing and making doll clothes before she was in first grade. And by time she was a freshman in high school, she was designing and making her own clothes, including making her own patterns. During her senior year, she did independent study doing her teacher's flat pattern manipulation college book. In college, she did theatrical design and likes the fantasy costume design work better than regular straight fashion. Before founding Satin Stitches, she was working as assistant to the designer and head pattern maker and head of the cutting department of a high price women's sports wear company. While there, she learned the couture manufacturing methods that she uses in her own business.

Satin Stitches was started 19 years ago when Deborah began working out of her home. She had always dreamt of going to New York to "make it big" as a designer, but, her family ties kept her here in the Twin Cities. In no time at all, the business outgrew her home. She, at one time, had six employees working in her house. The current Coon Rapids location of her shop was opened in 1989.

When she began Satin Stitches, her main business was square dance and wedding apparel. She branched out to ballroom gowns and has been doing them for 15 years. Now, doing dance line, figure skating, evening gowns, professional cheer-leader dance teams, frontlines, baton twirlers, and show choirs; her employees are busy cutting and sewing glittering fabric all day long. You may recognize the names of some of the professional cheer leading teams she has outfitted just to name a few: Minnesota Timberwolves, Vikings, North Stars, New York Knicks, Houston Rockets, Portland Trailblazers, Orlando Magic.

For the ballgown customer, or any customer for that matter, having an idea of what is wanted is helpful. Most people don't know, so bringing in a picture, or a tape, of something they have seen, is encouraged for a good place to start a discussion on design. She will sketch out what you have in mind, zero in on possible trim, look through swatch cards, estimate the cost of the fabrics and trim, and she even dyes fabric if colors are hard to find. Then she measures and makes a pattern. A number of fittings are needed depending on style. She will start large and then pin in to fit a customer, because everyone has a different comfort level on how tight something should be and feel and look. Slight design changes can happen at this point. Necklines may start high and need lowering, or, tightness of sleeves and draping effects may need to be adjusted to look just right.

From start to finish, simple to involved, it may take 15 to 50 hours or more of work. Currently, nine people work for her and all have been with her a long time. If the materials chosen are easily accessible she could have a costume done in good time. A two to three month notice from order to completion is helpful especially during her busy months, however, she can sometimes do an emergency order in less. The shop hours are 8:30 - 4:30 M-F, some Saturdays 10 - 2 and by appointments only. She is out of town on business frequently on weekends expanding her national customer base even up into Canada. Evenings are taken up with running her 13 and 15 year old children around to all their activities. (She looks forward to the day when she will have more free time to take some dance lessons for herself.)

The price range for Latin costumes can range from \$400 to several thousand dollars. American Smooth gowns can start at \$500 for a two layer skirt less trim to \$3,000 - \$4,000 per gown. When you think that seven yards of chiffon in each skirt layer can run to an entire bolt of fabric, and of all the hand work, and of all the hours put into one dress, the cost is understandable. However, customers can sequin and do their own trim -- she will show them how and this will save them money.

Gentlemen are her customers also. She says it is important for the men to look masculine. So she has worked hard to produce that look, and feels her male figure skating costumes represent that essential masculine line; even with the glitz and glitter that is sometimes used. She has done tuxedos, pants, shirts, and vests. The price range on a vest is \$125 - \$200 and if velvet \$250-300. Deborah clues us in that a "tux type vest can be purchased from a rental store to save money." Shirts would be \$125 - \$200. A brief is connected to a lot of the shirts for good line and keeping them in place and tucked in. Fittings are also needed for the gentlemen and it would take about a month from order to finish.

Deborah prides herself on the wearability of her designs; has expertise in being able to fit all sizes of people and she actually specializes in hard to fit people. Her newest accolade is being named to the advisory board of *Dance Spirit* magazine and she is writing articles for *Dancing U.S.A.* and *Dance Spirit*. You may reach Deborah and her talented team of seamstresses at Satin Stitches 612-323-9507.

This concludes our series on The Complete Package. Next month we will start a new column on "Tricks of the Trade" written by local experts in the field of make-up, hair, fashion and design.

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WHEN: Friday, September 12
TIME: 8:00-11:30PM
COST: \$10/person VIP's Free!
Lesson: Jitterbug

GROUP CLASS SCHEDULE

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BEGINNING SWING THURSDAY 7:00PM-8:00PM	*INTERMEDIATE AMERICAN SMOOTH SUNDAY 4:30PM-5:30PM	BEGINNING FOXTROT & WALTZ SUNDAY 7:30-8:30PM	*CONSENT OF INSTRUCTOR IS REQUIRED TO PARTICIPATE IN THESE CLASSES

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Please join us in celebrating
National Ballroom Dance Week!

7th Annual



GRAND BALL

Sunday evening September 28, 1997



Sheraton Minneapolis Metrodome Hotel
1330 Industrial Boulevard at 35W North
Minnesota Grand Ballroom

Sponsored by the United States Amateur Ballroom Dancers Association--Minnesota Chapter

DANCE 6:30 - 10:30 pm

Tickets -- \$20.00 advance, \$25.00 at the door

Purchase advance tickets by Sunday, September 21

**Hors d'oeuvres
Amateur & Professional Showcases
Large dance floor
Semi-formal attire**

For ticket information, call Mike Youngdahl at 612.699.4857
Tickets also available from USABDA-MN Board members

Web site: <http://www.arc.umn.edu/usabda/>

Summer Sounds Spectacular

by Yvonne Viehman

On July 21 we returned to Calhoun Beach Club for the Minnesota Hearing Aid Society's huge fundraiser, Summer Sounds, which raises money to provide hearing aids for indigent children in the Twin Cities. I was tickled to have the best competitors in the Twin Cities perform at this glitzy event including: **Theresa Kimler and Nels Petersen**, **Karen Kettler and Mark Tepley**, **Tricia Follestad and Jeff Chinn** who all showcased their rhythm routines and **Carol Post Stroick and Gary Stroick** who provided a fantastic showing of their smooth routines. Many thanks to each of them and to **Mike Youngdahl** who invited us back for our fourth year and **Joyce Thompson** and **Pete Make** for spinnin' the discs!

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COMING NEXT MONTH...

USABDA Nationals -

Stories, Placements, and PICTURES!

Here are a few photos to get you warmed up...



Upcoming Dance Demonstrations

9/17 Pre-Kick-Off to National Ballroom Dance Week, Rotunda at Mall of America

Remember this is the "Dancing through the Ages" program so pick your era -- 1920's, 1930's, 1940's, 1950's... and your dance, costume and partner and call me to reserve your spot on the floor as people are already signing up! (Pro/Am couples also welcome). **In order to perform at this demo, we ask that you also sign up for another demo during National Ballroom Dance Week.**

9/19 Kick-Off to National Ballroom Dance Week

Barnes & Noble, Har Mar Mall, St Paul. 8:00-8:45 p.m. arrive at 7:30 pm. (Need 4 rhythm and 3 smooth couples)

9/24 St. Paul Roller Rink Benefit

7:00-8:00 pm; arrive 6:30 pm. (Need 4 rhythm and 4 smooth couples)

9/26 Minnesota Opera Society

St. Paul Country Club. Time to be determined. (Need 3-4 smooth couples)

12/31 A Capital New Year

At the Landmark Center, St Paul - More info to follow.

Please call Yvonne Viehman at 553-1202 and identify which demo, which dances and with whom you'd like to dance. You must be a USABDA member to perform at these demonstrations.

Keep on dancin'!



Nels Petersen & Theresa Kimler - American Rhythm

Jason Borton & Carolyn Jackson - American Smooth



Dale Johnson &
Pam Brose -
International Standard



Andy Nordberg &
Janie Sorheim -
American Rhythm

ADVISE FROM THE PROS

The Making of a Dancer

by Paul Botes

Dancing is a gift. It's a marriage of movement and music that evokes a feeling within you that is indescribable. It can also be as intimidating and frustrating as trying to make sense of the tax code, something that is better left to others because "I have two left feet" or "My husband can't hear the beat!"

The truth is that it is, within the ease and grasp of almost everyone to be at least competent social dancers and as such experience the utter pleasure of movement to music. If you have a lot of time and a little money, as well as modest expectations, group classes are an excellent forum to learn a few basic steps. Bear in mind that group classes are often repetitive and unless one keeps up with a series of classes, it is so easy to forget that little amalgamation that seemed so cute at the time.

Should you decide that learning how to become a dancer is a priority, after all guys, the way to a girls heart is right through the middle of the dance floor and not through the front seat of your Corvette, private lessons may be an option to consider. This brings us to the next important question -- who?

Well it turns out that you are in luck! You have at your disposal some of the finest dance teachers in the country, right here in the Twin Cities. A word to the wise though, as you would do when shopping for a car for instance is COMPARE. "Test drive" a few teachers. Find out what their area of expertise is because even though a number of teachers are qualified to teach all styles, almost all of them have a style that is "the thing they do". And if that coincides with "the thing you want to do" you have a marriage made in heaven. By style I mean American or International styles. These further divide into smooth and rhythm or standard and latin. For the student with a little more intestinal fortitude or daring theater Arts is also an option. There is a common misconception that if you learn a routine in each of your dances and you can perform these without mistake that you are a dancer. Unfortunately, not true. If you could play "Chopsticks" flawlessly on the piano would you call yourself a musician?

Dancing is the ever elusive search for that perfect combination of power and musicality, movement and stillness, rhythm and energy, that compels the spectator to watch with admiration. In becoming a dancer a few key elements need to be present and addressed.

Desire: As someone more clever than I once said "Almost everyone has a desire to win. However, few have the desire to prepare to win."

Talent: Talent alone won't get you very far. Someone once remarked that this world is full of talented derelicts. Dedication is more important than talent.

Time and Money: Dance lessons are not inexpensive. If you are going to spend time and money also take the time to practice by yourself. Remember you can bring a horse to water and you know the rest.

In a nutshell - you need to make up your mind that you want to become a dancer and then take the time to do so. Remember to budget your money accordingly. Even if your goals are modest be consistent with your lessons and you will reap the benefits. A teacher has no greater joy than seeing a person become a dancer and knowing that he or she had a hand in making a difference in their life.

Finally, and most importantly, enjoy the experience and share your gift with others whose eyes are shining with the desire to be floating across the floor - just like YOU.

--Paul Botes is a professional competitor and teaches ballroom and Latin dance at DanceSport Ballroom in Knollwood Mall. He specializes in International Standard and American Smooth.



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DanceSport

invites you

to our September Dance

Date changed after newsletter printed

Saturday Sept. 27th

**HOT
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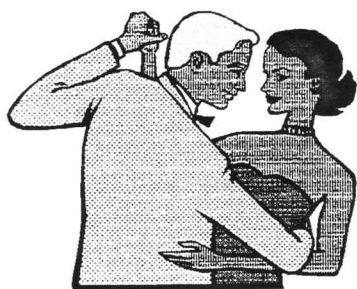
***Group 8-9 pm
DANCE 9-12 pm***

\$10

***Elegant
Ballroom***

call for more info

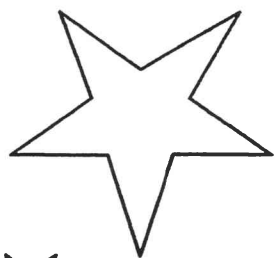
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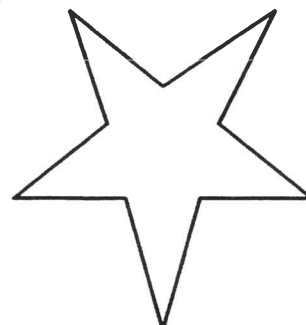
Northern Lights Dance Sport



Extravaganza



October 4 & 5



Special Guest Judges...

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 **& Olga Foraponova**

The Dance Shoppe * Plymouth, MN

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ENTRY INFORMATION...

See your teacher/studio for Entry Information, or call the number below by the deadline!



GENERAL ADMISSION...

Saturday & Sunday Matinee: 10 am — Free

Saturday Evening Show/Competition/Dance: 7:30 pm — \$10



Organizers: Scott & Amy Anderson

Call (612) 431-0936 to participate!



Deadline: September 15th!

PARTNER CONNECTION

JACK CAIN AND ELLEN NEUMAN

by Greg Moore

We've all seen them. Heck, you can hardly miss them. Gliding effortlessly across the dance floor, half a head taller than everyone else, Jack Cain and Ellen Neuman command our attention. They've got confidence, polish, and leg lines that just won't quit. When I first saw them perform, I was very new to Ballroom, still struggling with forward-side-together. They swirled and swooped their way through a gold waltz routine that made my eyes water.

Even when they're not dancing they still fascinate me. Jack has the dignified stature of a Russian ambassador. His words are carefully chosen. His smiles are disarmingly subtle. Ellen's gracious, easy-going manner and bright laugh will keep any party rolling along. Their personalities are like night and day, and this contrast gives their partnership its own unique chemistry. It is a chemistry that has powered their partnership for eight years, longer than any competing couple in the Twin Cities area.

What accounts for this durability? Success, certainly, has been a factor. And yet, awards are no more cause than effect in this relationship. Jack and Ellen talk about their achievements quite matter-of-factly, like rattling off the latest stock market prices. "We like performing," Ellen says, "but competitions are mainly a way for us to keep our goals and standards clear. It's how we measure our improvement." Jack adds, "We go into each comp with no expectations."

Like their personalities, their dance backgrounds are very different. Ellen began ballet and tap lessons as a child. As a mom she expanded into jazz and modern. In 1985, she took some ballroom lessons through a local community education program, and liked it enough to embark on private lessons at the now-extinct Dance in the Park studio. That same year she entered her first competition.

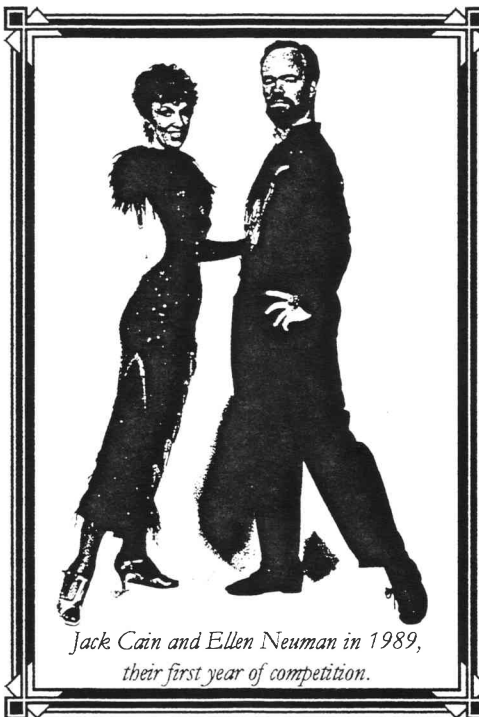
Jack's career started in 1987 at the U of M ballroom club. After a year or so he found his way to Dance in the Park. In January of 1989 he decided it was time to take that big step. And, in the lounge at one of the studio's dance parties, he made his move. "I'm looking for a partner," he announced to everyone in general and no one in particular. "So am I," responded Ellen without hesitation. No pussyfooting around, these guys just did it. The next week, they went to the also-now-extinct Bel Rae Ballroom for a test drive. That evening they danced to every song the band threw at them and stole the show. Their partnership was born.

In 1991, they began working with Dan Messenger. One month Dan would come to Minneapolis, the next month Jack and Ellen would go to Milwaukee. To relieve the boredom of the 6-hour drive, they would stop at the waysides along I-94. While the road-weary masses walked their dogs and dumped their trash, Jack and Ellen practiced their pivots and chasses.

That year they won second place at their first competition, the Wisconsin State Amateur Scholarship. The next year they won first place in the American Smooth Open division in Madison. During the years that followed they consistently placed in the top three at such events as Northern Lights, Minnesota Open, Heart of America, and Ohio Star.

For several years, they trained with Dan Rutherford of Indianapolis, who flew into town every sixth weekend for an eight-lesson marathon with them. They then switched to local coaches in order to get professional guidance on a weekly basis. They began, still keep, and recommend to anyone, a schedule of 1 lesson plus 3 practices each week.

Jeff Nehrbass, owner of On Your Toes School of Dance, worked with them for four years: "One of the strengths they bring into their partnership is perseverance. Many changes happen in the course of dancing together that can roadblock your progress: changes in life situations, levels of commitment, money and time. All these can challenge any well-meaning relationship. Jack and Ellen continue to hurdle these obstacles, and keep dancing."



Jack Cain and Ellen Neuman in 1989,
their first year of competition.

Not long ago, Jack slogged his way through two years of nursing school while working full time. Ellen has grappled with the demands of single motherhood (five kids PLUS nine grandkids) and a career as a realtor. And there is the work she does as USABDA vice president. Recently, she discovered she had a serious heart condition ("I've had it all my life --- I never thought a pulse of 140 was a big deal."). The doctors gave her two choices: 1) have a pacemaker implanted or 2) give up dancing. Jack was understandably relieved when she chose to go bionic: "I was really worried that I might lose her."

Jack and Ellen have stuck together through adversities that might have fractured other partnerships. They both believe the biggest mistake partners can make is trying to blame each other for difficulties. "We try not to personalize things," Ellen states firmly. "If something isn't going well, we would sooner say 'This doesn't feel right,' rather than 'You're not doing this right.'" By focusing on the dancing rather than the person, Jack and Ellen can quickly identify footwork and timing problems that are easily corrected. "If we just can't get something to work, we usually move on to something else, and take the problem to our coach." If you and your sidekick are thinking about partnering up, Jack and Ellen have a few suggestions.

- Keep it fun. Don't think of problems as failures. Think of them as one of the fruits of hard work, as part of the growing process. You need goals, but don't saddle yourselves with expectations. Concentrate on improving rather than winning.
- The next time you and your sidekick are driving to some out-of-state competition, pull into a truck stop. Get out of the car, find an open stretch of pavement, and work on those triple twinkles!



The Dancers Studio FALL Showcase and DANCE!

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Group Classes for Early Fall, 1997

Taught by Eric Remsen

(You do not need a partner in order to participate.)

→ **Level I** — Wednesdays, Sept. 10th – Oct. 15th from 8:00–9:00 p.m.

A 6-session introductory course for those who either have no prior experience in West Coast Swing, or who wish to work on technique at the most basic level.

→ **Level II** — Mondays, Sept. 8th – Oct. 13th from 7:00–8:00 p.m.

A 6-session course for persons with some experience in West Coast Swing and who wish to polish their technique and add patterns and variations to their repertoire.

→ **Level III** — Mondays, Sept. 8th – Oct. 13th from 8:30–9:30 p.m.

A 6-session course for those who have progressed beyond the basics and who wish to develop the ability to dance at a higher level of technical proficiency.

Registration Fee (Levels I–III) is \$48.00 per person
(space is limited to 12 students per class).

→ **Musical Awareness and Syncopations** —

Sundays, Sept. 7th & Sept. 14th from 2:00 to 4:00 p.m.

This four-hour intermediate/advanced course in West Coast Swing focuses on developing the skills that are necessary to create spontaneous choreography with your partner. Learn to phrase your dancing to the music and to use movements and syncopations to highlight the breaks and accents in the music.

Registration Fee for this class is \$40.00 per person
(there is no limit on the class size).

Coming in November

Two-time U.S. Open Champion and Feather Award winner Beata Howe will be returning to the Twin Cities on November 15 – 17. Those who attended her group class and private coaching sessions this past July are *still* talking about her masterful level of expertise and teaching ability. If you want to learn from one of the foremost teachers and performers in the world today, be sure to mark these dates on your calendar.

Group Class with Beata Howe
at Shakopee Ballroom

Sunday, November 16th from 1:00 to 4:00 p.m.

Cost is \$30.00 per person before November 12th, and \$40.00 per person thereafter.

Call Eric Remsen at 724-3156 for further information.

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MINNESOTA DOMINATES IN FLORIDA

by Janie Sorheim and Nels Petersen

Minnesota Amateurs demonstrated competitive strength and depth in Tampa, Florida at the Mid-Summer Dance Classic Competition! The Southern Star USABDA chapter members were very welcoming and thanked us yankees for participating. Nels and Theresa wowed them all with a very sexy bolero while performing an "Honor's dance" at the dance party that evening.

The competition was well organized and very economical. All events were held on Saturday, July 26, with lunch, dinner, and evening dance party included in the cost. Busch Gardens was just right around the corner and we all enjoyed "wild rides" and "wild animals" (Large crocodiles with massive jaws and teeth were everywhere!). After the competition, Nels and Theresa hosted a pool/pizza/video party at their hotel for the Minnesota group. Viewing the competition a few hours after performing can be very instructional and loads of fun. We hope you will join us next year!

The couples who participated this year were

Nels Petersen & Theresa Kimler

Andy Nordberg & Janie Sorheim

Jeff Chinn & Trisha Follstad

Jason Borton & Carolyn Jackson

The placings were as follows

American Smooth

Pre-championship

Jeff & Trisha - 3rd, Jason & Carolyn - 4th

Open 3-Dance

Andy & Janie - 2nd, Jeff & Trisha - 4th

Open Viennese Waltz

Jason & Carolyn - 3rd

Championship (4-Dance)

Andy & Janie - 1st, Jeff and Trisha - 4th,

Jason and Carolyn - 6th

American Rhythm

Pre-championship

Andy & Janie - 1st, Jason & Carolyn - 4th,

Jeff & Trisha - 6th

Open 3-Dance

Nels & Theresa - 1st, Jason & Carolyn - 3rd

Open Mambo

Nels & Theresa - 1st, Jason & Carolyn - 3rd

Championship (5-Dance)

Nels & Theresa - 1st, Andy & Janie - 2nd,

Jeff & Trisha - 3rd, Jason & Carolyn - 4th



Above: The three Minnesota 9-dance couples pose in their elegant smooth costumes.

Left to Right: Trisha, Jeff, Carolyn, Jason, Janie, Andy.

Below: The group enjoys the lunch which was included in the comp fees.

Around the table clockwise: Teresa, Jeff, Janie, Trisha, Carolyn, Jason, Andy.

Both pictures photographed by Nels (seen in the mirror above).



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**MINNESOTA CELEBRATES
NATIONAL BALLROOM DANCE WEEK**

by Dorothy Jones

"Give it a Whirl!" is the theme of the 1997 National Ballroom Dance Week celebration to be held September 19-28. That's just what the dancing world will be doing as we "whirl" into ten days of dance events!

This is the eighth year of the national celebration to acquaint and educate the public about dancing, to attract new dancers and encourage more dancing. Governor Arne Carlson has issued a proclamation in honor of National Ballroom Dance Week in Minnesota. Co-sponsoring National Ballroom Dance Week in the Twin Cities is the Minnesota Chapter of USABDA, the Minnesota Ballroom Operators Association and the Minnesota Governor's Council on Physical Fitness and Sports.

A brochure of National Ballroom Dance Week events is enclosed with this newsletter. Additional brochures are available to hand out to people. Help spread the word about the fun of dancing! If you need more brochures, call the USABDA Hotline at (612) 483-5467 and leave a message.

USABDA's Grand Ball on Sunday, Sept. 28, is the "grand finale" to the celebration. It is open to the public and offers an evening of wonderful dancing.

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Sunday, September 28, 1997
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Hors d'oeuvres will be served

Tango with the Issues

When to Wear the Complete Package
by Jason Borton

For the last few months we have been featuring the talents of local costumers for ballroom dance. Most people would agree that for competitions and demonstrations the look is important, but what about social dances? Do they have an unwritten dress code? Since I joined USABDA, I have never seen anything that would indicate that one must dress nicely at dances, yet everyone seems to know to do it. Are there certain reasons why people "dress up" for dances?

Also, what do you think about the USABDA dances - should USABDA have a casual dance where people are encouraged to "dress-down" for the event? From personal experience, there have been numerous times where I have not recognized a good friend who was a dancer the first time I saw them in a t-shirt. Should we have occasional theme dances with costume contests?

Now flipping the coin, should USABDA have a black tie event. The Tea Dance and the Grand Ball are currently billed as semi-formal events. Should one of them be made formal?

Tell us your ideas about dressing for dancing. Remember that your responses are anonymous and valued by other members.

Responses should go to Janis Livingston.



BALLROOM COMPETITION MAY GET PERMANENT HOME

by Steve Vespested

Beginning as soon as this winter The Star of the North Games ballroom dance competition could have a permanent home. The factor involved in giving it a stationary location is moving it from the summer games to the winter sports festival. This new home could be the Twin Cities --- contingent on board approval at the USABDA September meeting. Barclay Kruse, the statewide director for Star of the North, will be at the September meeting to answer any questions or concerns the board may have.

Some of the exciting changes that could take place are:

1. USABDA-MN would be the organizing body for the competition.
2. USABDA-MN could reformat the competition, select the venue, select the dates, (Jan-March), set registration fees.
3. We could and probably would rename the competition to The Star of the North Dancesport Competition.
4. By reformatting the competition, we could expand the levels of dancing similar to a USABDA-MN or commercial competition, and also expand the types of dances (add international, country, west coast, lindy, etc.). The more levels and dances available, the more participation we'll have.
5. USABDA-MN would pay a per athlete fee to Star of the North and in return we could tap their resources for marketing, publicity, materials, and volunteers.

In short, USABDA-MN would be totally responsible for putting on the dance competition and have Star of the North there to support and help us when we need it. We need to make a three year commitment to this project in order for the Star of the North governing board to approve.

I hope that the large amateur dance community within the Twin Cities, as well as around the state, supports this idea to revive this dancesport competition and make it an event everyone looks forward to each year. We need to show the U.S. Olympic Committee and the International Olympic Committee that Minnesota is serious about Dancesport. We have an incredible amount of amateur talent, let's showcase it to the public with this competition. If anyone is interested in getting involved with this project, please contact myself or any board member. I will be chairing the new dancesport committee responsible for organizing this exciting venue for promoting ballroom dancing, or Dancesport, as we will refer to it from now on.

Your Responses from last month regarding the Star of the North Games:

"I was so glad to see your article about the cancellation of Star of the North. You were right. It was such a let down to have practiced so hard and then all of a sudden it was gone-nothing."

"If I had a partner I would have done the competition."

"I didn't hear about it soon enough to get ready"

"It is always a shame to see dancesport competitions cancelled. Let's get psyched up for next year's Star of the North Games. Try to convince your friends to compete too. The more couples we have, the more fun it will be for all. This comp is geared toward everyone show off THEIR PERSONAL BEST -- don't let more advanced dancers scare you away."

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From the Staff

- ✍ Don't forget to send your pictures and articles to: **Janis Livingston**. To get your event listed in the Dancers Nite Out, contact **Dorothy Jones**. To submit advertisements, please call **Jim Baker**.
- ✍ Please help us get the newsletter out on time. We are beginning to get articles and information from our readers, but Janis needs to have your submissions by the newsletter deadline - the 10th of each month.

Swaplines

Beautiful lavender gown, heavily stoned bodice, chiffon skirt with feathers, can be worn for American or Modern, asking \$1200. Bernie 933-1874

Exquisite petite standard gown size 2-6. Lime and Crocus. Newest empire waisted style. Must see this custom made Marsha Wiest-Hines costume in person. Asking \$1,700. Call Donna at 932-9449.

Elegant Petite Standard Gown, Sz 2-6 Gold and White with fashionable dropped waist and unpleated skirt. Bodice shimmers with gold beads and AB stones. Removable cape allows dress to be worn with gloves for American smooth or shows. Asking \$1000. Call Donna 932-9449.

Elegant American Gown Sz 4-6. Stunning red gown with sheer gathered bust and lace bodice. AB stoning throughout dress. Includes long red gloves. Worn only a few times. \$1750. Call Lisa 922-8667.

Show Me the Money! Sz 4-6. 2-piece latin gold coin outfit w/short leather skirt. Moves great, showstopper! Brand new. \$550. Call Lisa 922-8667.

Hot and Slinky Sz 6-10. 2 piece neon cerise latin with AB stoning. Halter bra top with long panne velvet and pleated shear skirt. Excellent price. \$650. Lisa 922-8667.

Child's Interchangeable Ballgown & Latin Sz 4-8. Gorgeous neon orange panne velvet body suit includes chiffon ballgown skirt with orange feathers and long rhythm skirt. Beautiful. \$500. Call Jennifer at 938-0048.

Child's American Ballgown Sz 4-6. Baby pink and blue lace with chiffon skirt & gloves. Adorable! Worn once. \$100. Lisa 922-8667.

Purple Fringe! Sz 6-12. 2-piece rhythm. Funky purple fringe with soft blue stoning. Beautiful contrasting colors. \$300 or best offer. Lisa 922-8667.

Electric Pink Rhythm! Sz 8-12. Pink bodice with silver beaded fringe. moves great! \$300 or best offer. Lisa 922-8667.

Championship white mini rhythm, Sz 2-4. Pale blue and silver stones throughout, beaded fringe on skirts adds to movement. Incredible shine on the floor. \$350. Call Theresa, 490-1669.

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.

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

Comments from our Readers

- ✍ "I loved reading those articles Greg [Moore] wrote. Is he going to be a regular?"
- ✍ "I knew exactly what Greg was talking about. I had to laugh because I saw myself."
- ✍ "I like what you are doing with the newsletter."
- ✍ "I look forward to my newsletter every month, but, sometimes I don't get it, or, it comes later than the first of the month."
- ✍ "What a sense of humor that Greg has. I enjoyed the costume articles, too."
- ✍ "The newsletter came in late last month to everyone"

Reminder from the staff: You are welcome to write for Dancin' Times. Editorials are encouraged. Give your opinions in Tango With the Issues, send in competition stories, or write about anything related to dancesport. This is your newsletter, so any contribution will benefit us all.

Send Submissions to:

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

32¢

Weekly Dance Opportunities...

Monday

- ✍ *Four Seasons Dancing*, Argentine Tango 7 pm, Quest Club, Mpls. 342-0902.

Wednesday

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

Thursday

- ✍ *Four Seasons Dancing*, Salsa basics 7pm, Intermediate Salsa 7:30 pm and FREE Practice Party 8:30-9:30 pm, Mpls. 342-0902.
- ✍ *Medina Ballroom*, 8pm, bands vary, 478-6661.
- ✍ *Big Band Night*, Wabasha Caves, 215 Wabasha St, St. Paul, Lesson 6:30pm, Dance 7-10pm, \$5, for bands and directions see *Dancer's Nite Out*, 224-1191.

Friday

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

MINNESOTA

Dancin' Times

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*DanceSport Ballroom, Minneapolis 938-0048
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*Alice Monson, Minneapolis 461-2966
*Craig Morris, Minneapolis 561-0206
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*Northwest Health Clubs, Minneapolis 546-6554
*On Your Toes School of Dance, St. Louis Park 928-7803
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*Call for group class information

Inside this issue...

- ✓ "The Making of a Dancer"
by Paul Botes
- ✓ "Minnesota Dominates in Florida"
by Janie Sorheim & Nels Petersen
- ✓ "Partner Connection:
Jack Cain and Ellen Neuman"
by Greg Moore



NEXT
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DEADLINE
September 10