



The Fox Trotter

"Dance News for the Ocala Area"

OCALA, FL

usadanceocala@gmail.com

August

Chapter #6027

www.usadanceocala.com

2015



Winner of the 2014 USA Dance District 9 Florida "Rising Star" Award

2015 OFFICERS & BOARD OF DIRECTORS

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Pat Vollmann

352-307-8486

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Newsletter/Webmaster:

Charles & Amy MacDougall

President's Message

I understand the July 7th dance was a great success. Unfortunately, I was unable to attend as Rudy and I had a trip planned in advance and couldn't change our plans. DJ's Gail & Alan provided the music and Bill Odom taught the dance lesson.

All I knew at the time was that it was going to be a Sadie Hawkins Dance and I didn't know what else to expect. After returning home, many people told me how much fun they had. I'm sorry we had to miss it.

The July 21st Lu-au dance with DJ's Marty & Liz Newton had everyone up dancing and many dressed in colorful attire. Dance instructor Bill Odom taught a nice silver level foxtrot amalgamation and everyone caught on quickly. Ed and Louise Hanlon did a dance exhibition they used in the Louisiana Gumbo DanceSport Championships. They came back from the competition with 6 Gold and 5 Silver medals in the Amateur Senior level II and III categories. Congratulations to both.

We had two delicious birthday cakes brought in by both Linda Bird, in celebration of Dennis Rose's birthday and Joy Schimborski celebrating her son Harold's birthday. Hope both Dennis and Harold enjoyed their special day. Thanks also to others who brought in "goodies" to share. Until next time...see you on the dance floor.

Pat



Ed and Louise in a
bronze rumba
exhibition

Messages from the Board of Directors

<p><u>From The Desk of the Membership Chairman:</u></p> <p>Please continue to support the Ocala Chapter by renewing your membership either on line at USADance.org, or bring your check to our next dance.</p> <p>Thanks for your support</p> <p>Joy Schimborski, Membership Chairman</p>	<p><u>Secretary's Message</u></p> <p>Happy Birthday to all our August dancers.</p> <p>Please let me know, if one of our members is in need of a get well wish, sympathy card or you need an address.</p> <p>With Warmest Regards,</p> <p>Gail DiCorcia Secretary (861-8542)</p> <p>USA Dance Chapter 6027</p>
<p style="text-align: center;"><u>NOTE</u></p> <p>USA Dance Ocala board meetings are 10:30 AM the 3rd Wednesday of every month at the Belleview public library, 13145 SE Highway 484 in Belleview, FL 34420</p> <p style="text-align: center;">This month's meeting is August 19</p>	<p style="text-align: center;"><u>Sick or Distressed?</u></p> <p>Please report all cases of distress, illness, or hospitalization of a fellow member to the chapter secretary: Gail DiCorcia at 352-861-8542 or gootootsieroll@gmail.com</p> <p>We cannot comfort fellow members if we are not informed so please assist in this matter.</p>

AREA DANCE CONTACT INFORMATION : www.usadanceocala.com

USA Dance Ocala Chapter, Armenian American Cultural Society, 8831 SE 58th Ave, Ocala

Spirit of Citrus USA Dance Kellner Auditorium 102 Civic Cir., Beverly Hills PH 344-1383

Ocala Singles - Scottish Rite Bldg, 3632 NE 7th St., Ocala Live music Call Lynn 528-3626

Swing & Sway Thelma Boltin Ctr 512 NE 2nd Ave/Senior Rec Ctr 5701 NW 34th St Gainesville PH 215-5660

USA Dance Lake-Sumter Chapter at 109 E. Dixie Ave., Leesburg Comm. Center PH 793-2707

Sunday Dance Social- Plantation Recreation on Rte 466 in Lady Lake call Joe 304-8672

Citrus County Builders Association Lecanto Social Dance with food PH 464-0003

Royal Highlands Great Hall 14 miles south of Leesburg off Hwy 27 PH 293-8709

USA Dance Orlando – Bahia Shrine 2300 Pembroke Dr. Maitland call John Davis 407-614-3472

Dance Dance Dance – Owner Mary K Thomas, 307 N. Main St. Wildwood PH 266-0015

Parris Dance, By Ear Musician 7230 W. University Ave. Gainesville. call Ray & Eileen 331-2742

ALL PHONE NUMBERS HAVE AREA CODE OF 352 UNLESS NOTED OTHERWISE

Note that every effort is made to list correct information. Please report any discrepancies to the Newsletter Editor.

USA Dance Ocala Chapter
 Armenian American Cultural Society
 8831 SE 58th Ave (HW35), Ocala, FL

Tuesday, Aug 4

Our 2nd **"Ice Cream Social"** Dance
 With DJ's **Marty & Liz Newton**
 Dance Instructor: **Ed & Louise Hanlon**

Beginning again...
 Mondays in September
 See flyer below for
 Trish's Beginner and
 Intermediate dance
 lessons

Ballroom Dancing Agenda:

7:00 – 7:30 PM Dance Lesson

Free beverages and light desserts.

Members: \$8.00

Non-Members: \$10.00

Open Dancing from 7:30 - 10 PM

Tuesday, Aug 18

Our **"Mid Summer"** Dance
 With DJ's **Dennis & Linda**
 Dance Instructor: **Justin White**

**Additional Dances for:
 Month of August**

Sun	Mon	Tuesday	Wed	Thurs	Fri	Sat
26	27	28	29	30	31	1 USA Dance Spirit of Citrus "Birthday Dance" Kellner Auditorium
2 Sunday Dance Social Plantation Recreation	3	4 USA Dance Ocala "2nd Ice Cream Social" Dance Armenian American Cultural Society	5	6	7	8 Parris Dance Gainesville
9 Sunday Dance Social Plantation Recreation	10	11	12	13	14	15 USA Dance Spirit of Citrus "Rat Pack Dance" Kellner Auditorium
16 Sunday Dance Social Plantation Recreation	17	18 USA Dance Ocala "Mid Summer" Dance Armenian American Cultural Society	19 Board Meeting	20 USA Dance Lake-Sumter Dance Leesburg Comm. Center	21	22 Parris Dance Gainesville
23 Sunday Dance Social	24	25	26	27	28 USA Dance Orlando "Island Cruise Dance" Bahia Shrine Ballroom	29

Refer to previous page (area dance contact information) for dance details

Pictures from Recent Fun Activities at USA Dance Ocala



Sadie Hawkins Charity Event



USA Dance Ocala is thinking outside the box when it comes to combining fresh ideas for theme dances with community fundraiser activities. That is exactly what happened with a Sadie Hawkins themed dance by USA Dance Ocala benefiting a local Veteran's Shelter held on July 7, 2015. The Sadie Hawkins theme idea, first proposed by Board VP Ken Ward, included a unique and fun twist to the traditional Sadie Hawkins theme by incorporating a Sheriff (played by Ken Ward) and a jail made of light weight PVC pipe. Arrest warrants for anyone at the dance could be issued for small cash donation to the charity. There were any number of arrest charges that could be issued, including "Dancing Too Well." Individuals in jail could be bonded out for a small cash donation to the charity. At one point, all of the men at the dance had warrants issued by Board Member at Large, Norma Perkins, and all of the men were arrested and jailed. The men were not permitted to bail themselves out, so the ladies needed to bail them out with cash donations to the charity if they wanted their dance partners released. All of the men were quickly bailed out. There was laughing, smiling faces and a great deal of fun for everyone and more money than expected was raised for the local Veteran's Shelter. We feel this was clever and fresh theme idea that worked out very well.

Pat Vollmann
President
USA Dance Ocala Chapter 6027



USA Ballroom Dance Classes

Dancing is FUN and so EASY to learn

Learn all the popular dances or just choose the ones you prefer.

So don't sit on the sidelines anymore.....Celebrate Life, learn to dance!

Guaranteed to learn and have Fun in the process or your money back!

No Partner Required

Starting Sept 14, 2015

Mondays

Beginners - 6:00 PM

Intermediate -7:00 PM

4 consecutive weeks of the same dance will be taught.

Each month learn a new dance.

\$25. mo. for USA Dance members, \$35. mo. for non-members

Classes will be held at PM Respiratory Services located at

3306 S.W. 26th Ave. Suite # 402 Ocala, Fl

To register & more info. Call:

Trish @ (352) 216-1657 or Pat @ (352) 307-8486



Ballroom Dancing: One Man's Perspective

Men like to work toward goals. When ballroom dancing, my main goal is to provide my dance partner with an enjoyable dance. Implicit in that goal is to keep her safe by minimizing the risk of falling.

I have witnessed dancers fall on the dance floor. From what I have observed, it is the woman that falls more often than the man. Recently at an area dance, a senior lady fell while dancing with an instructor. This got me thinking about the risk of dancers falling and motivated me to write this piece.

Lead and follow ballroom dance relies on two-way communication through body language. As the follower, the lady listens with her body for the physical lead from the man. For me as the leader, dancing is not simply about leading my moves. It is much more. Whether I am dancing with a new partner or with someone I have danced with before, I try to assess my partner's dance experience and her physical condition. My dance partner may be young and new to ballroom dancing or she may be very senior and someone I've danced with before. In this way I have some information before she even steps into my frame. At the moment I lead her with my first step, it is important for me to listen with my body for her physical feedback as she responds to my lead. Through her feedback, I can continually adjust my choice of leads and moves to best suit my partner on all levels.

Here are a few examples. Let's say my partner is very senior and she appears a little unsteady on her feet. Initially, I will keep her in closed position and repeat basic steps. Any moves I do with her will be simple and I will keep at least one hand on her at all times and keep her in front of me where I can see her. Believe me, she will enjoy the dance even doing simple moves rather than stumbling through more complex moves. The key benefit to this approach is that her risk of falling is greatly reduced and she is kept comfortable in her balance. Next, let's say my partner is young and fit, but she is new to ballroom dancing. Once again I would begin with simple basics and gradually adjust my lead selection based on the physical feedback I receive from her. One difference here from the previous example is that I may not be as concerned with this partner getting dizzy or having balance issues, so I could do moves with my back to her or use shine position as options. All of us have good days and bad days. Therefore, even with my regular dance partner I listen for information and act accordingly. She may mention in passing that she took a migraine pill earlier that day. Just from that one comment I would likely decide to eliminate all double turn moves for the evening and keep a close eye on her balance. Of course, I would listen closely to her physical feedback as well, and make other lead adjustments I feel would help her better enjoy the dance.

As the leader, I need to process all sorts of information and make decisions from one second to the next regarding leads and direction. Maneuvering through dance traffic, listening to the music tempo and adjusting to the dance floor surface all demand concentration. However, focus on those environmental aspects of dancing must not blind me to the information coming from my partner. Regardless of the floor, the dance traffic or music tempo, I must also pay attention to my partner's balance and stability and listen to her physical feedback. Only then can I adjust my leads to achieve my goal, which is to provide a safe and enjoyable dance experience for my partner.

Happy dancing.

Dennis Rose

USA Dance Membership Application

Please PRINT Clearly
This form may be used by two people at the same address.



Name		Date of Birth (required for Athlete members)	
1.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
2.		Male <input type="checkbox"/>	Female <input type="checkbox"/>
Street Address		Apt. #	City State Zip Code
Home Phone	Work Phone	Cell Phone	Email Address
1.			
2.			

Is this a renewal application? ☐ Yes ☐ No If Yes, Member # _____, # _____

Name of USA Dance Chapter I wish to be affiliated with Ocala FL Chapter #6027 USA Dance

Name of College or Youth Club you are affiliated with (if applicable): _____

MEMBERSHIP CATEGORY			ADDITIONAL INFORMATION
Recreational: Social Ballroom Dancer	\$45	\$	Dances for enjoyment and works to improve but does not compete . May include retired DS Athlete.
Recreational: Social Adult Dancer	\$35	\$	Enjoys and appreciates the physical, mental, and social benefits of social dancing.
Recreational: Social Youth Dancer	\$10	\$	A social dancer under the age of 19. Often a family member or friend of adult member.
Recreational: Social Dance Teacher	\$60	\$	An individual who is engaged in the teaching of social dance.
DanceSport: Adult Athlete*	\$70	\$	A competitive dancer who is age 19 or above.
DanceSport: Student Athlete*	\$25	\$	A competitive dancer age of 19 or above but below age 35 and is enrolled in school full time.
DanceSport: Minor Athlete*	\$20	\$	A competitive dancer who is below the age of 19.
DanceSport: Professional Athlete*	\$75	\$	A competitive dancer who declares him or herself as a professional or dances as a professional in competition.
DanceSport Official*	\$80	\$	An individual who serves in an official capacity in the field of DanceSport and/or ballroom dance, i.e. judge, emcee, music director, invigilator, independent comp organizer, chairperson of judges, WDSF adjudicator etc
DanceSport: Special Olympics Athlete	\$10	\$	Qualifies for participating in Special Olympics competitions only.
DanceSport: Unified Sports ® Partner	\$25	\$	Dance Partner of Special Olympics Athlete -for participating in Special Olympics only.
DanceSport Supporter*	\$40	\$	This category of membership is designed for those who are not active competing athletes but who want to show support for the DanceSport initiatives of USA Dance. This would include former athletes, parents or other family members of athletes, and general supporters who would like their voice counted on DanceSport matters.
Other Misc. Fees	\$	\$	This space for upgrades, and other miscellaneous fees.
Total Membership Fees	\$	\$	
Total Contributions & Donations	\$	\$	Donations are used to help fund our many efforts to increase the quality and quantity of ballroom in the US on a social and competitive level including youth outreach, raising public awareness of the physical, mental and social benefits of dance, development of chapters, increased social dance options, support for our athletes and dancesport events. Thank you for helping us achieve these goals. USA Dance is a 501c3 non-profit corporation. Any donations in excess of value received are tax deductible.
TOTAL AMOUNT DUE		\$	

You may enroll on-line at www.usadance.org

Or, you may mail your application and payment. Make check payable to USA Dance and send to:
USA Dance Member Services Dept. P O Box 90 Oak Hill FL 32759-0090
 Central Office 1-800-447-9047

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

We are a volunteer organization. Can we count on you? ☐ Yes If yes, where? ☐ Chapter ☐ Regional ☐ National

What is your area of expertise? How are you willing to help USA Dance?

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

MEMBER BENEFITS OF OCALA CHAPTER 6027 USA DANCE

- FIRST TIME MEMBERS RECEIVE FREE ADMISSION TO OCALA CHAPTER #6027 USA DANCE THE NIGHT YOU JOIN
- RECEIVE THE USA DANCE OCALA CHAPTER NEWSLETTER
- RECEIVE THE USA DANCE NATIONAL MAGAZINE "AMERICAN DANCER"
- RECEIVE DISCOUNTED ADMISSION TO ALL USA DANCE CHAPTER DANCES
- NEW MEMBERS MAY RECEIVE DISCOUNTS FROM SEVERAL LOCAL DANCE INSTRUCTORS AND STUDIOS
- RECEIVE DISCOUNTS ON SHOES AND APPAREL AT PARTICIPATING LOCATIONS