

# SO Dance Newsletter



**USA Dance #1011**

**Issue Number Ninety-three – January 2009**

[www.UsaDance1011.org](http://www.UsaDance1011.org)

***Our Mission:***

*To promote and facilitate dance as a healthful, enjoyable, community-building activity for all ages.*



## **USA Dance 2009 Board of Directors**

**Officers:**

- Rush Behnke, President
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- George Helfrich, Website
- Charlene Stewart, Editor

**In This Issue**

- Word from your President
- Tips from the Pro's - Dance Shoes
- New Year's Eve Dance
- Ball Gown Program If you have a gown at your house, remember, it's a loan. Call Esther and make arrangements to return it.

**Website:**

[UsaDance1011.org](http://UsaDance1011.org)

## **Advertising in the SO Oregon Dance Newsletter**

Here's your chance to spread the word about your business and help support your local dance chapter at the same time! It's a win-win situation. Check out the first ads in this issue.

**Advertising Rates:**

**USA Dance Member rates:**

Business card size - \$7.50 per issue  
¼ page - \$12.00 per issue  
½ page - \$20.00 per issue  
Full page - \$34.00 per issue

**Non Member Rates:**

Business card size - \$11.25 per issue  
¼ page - \$18.00 per issue  
½ page - \$30.00 per issue  
Full page - \$51.00 per issue

Please send electronic files to

[charlene\\_100@msn.com](mailto:charlene_100@msn.com) or

hard copy to:

Southern Oregon Dance, PO Box 1750,  
Jacksonville, OR 97530



**This newsletter is sent via email to all members with an email address and a copy is mailed to members who do not have an email.**





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## Word from Your President, Rush Behnke



I was not able to attend the USA Dance Conference in Orlando, Florida due to our local infamous fog canceling flights the day I was scheduled to leave. Needless to say, I was disappointed, but decided to look at it from the perspective that life throws a lot of curves, and I have found these are opportunities to

grow. I hope to network with other chapter presidents throughout this year about ways to motivate the membership to volunteer their services to help build our chapter.

While the current economy challenges all of us, history shows that dance was one of many mediums that wove society together during the Depression Era. I believe we are at the cultural edge of ballroom dance becoming the most popular activity in the USA and possibly the world.

We are the caretakers of this hope: that the popularity of dance won't fade with loss of incomes during these trying times. Let your instructors know what your dance needs are and try to find ways to cut the budget without sacrificing too much time on the dance floor. I have found when I don't have the time or money for lessons that just being at the dances is wonderful and the practice truly helps.

When I was a newcomer to dance lessons, I found I was not as quick to learn as most other beginners. This was a challenge I decided to overcome with extra practices and more lessons. The best practice I found was social dancing. I learn more dancing with others than at any other time. I want to say to everyone, "Spend at least as much time social dancing as you spend taking lessons". Motor skills are fine tuned when you are communicating with a partner while dancing. This is when surprises are discovered and you find new talent.

Let's all try to find ways to keep dancing and spread the joy of dance to others. I want to ask all members to make it a point to ask somebody new to dance and at least be sure to introduce your self to them if they don't want to dance. Ask people to become members. It's just \$25 per year, and that's a bargain no matter how you look at it! Don't forget about the SO Dance scholarship fund. For those who can't afford dance

lessons, we have funds available that can be accessed by application available from your instructors.

"Dancing with the Rogue Valley Stars" is coming soon! "Sparrow Clubs" and SO Dance are working together to make this happen. The tentative date is April 18, 2009. Sparrow Clubs is working hard to find the rest of the celebrities, handle the business end, and gain sponsorships. SO Dance's committee is working on the dance competition. Stay tuned for more information and contact Esther Freeman (estherfreeman@aol.com) for committee details if you want to be on the committee. We will need lots of help

*See you on the dance floor, Rush*



### Chapter NEWS

- Monthly Board Meetings are held at Marie Calendars. Call Rush for details.
- Don't forget to keep your membership current. Renew on line at [UsaDance.org](http://UsaDance.org)

***DO YOU HAVE PRODUCTS OR SERVICES FOR DANCERS??***

***YOUR ADVERTISING CAN BE HERE.***

### *Professional IT Services*

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## Tips From the Pro's

### Darcy Dodge of Follow My Lead

This month's tip on dance shoes (a personal favorite of this newsletter's editor!) comes from Darcy Dodge of Follow My Lead.



Her topic is one near and dear to anyone who has lamented dancing for hours in regular street shoes as they

nurse their aching feet. Dance shoes aren't just about looking good; they are about taking care of your feet and preventing injuries.

#### About Darcy and Jerry:

Jerry Pariseau and Darcy Dodge together are known as Follow My Lead. Jerry and Darcy offer dance classes at the Central Point Grange.

Jerry was bitten with the dance bug at an early age, and started teaching dance when he was 19 years old. At that early age he was already teaching Silver and Gold steps for the Arthur Murray Studio in Medford

He released his first instructional dance video in 1994, and stresses the importance of breaking down steps to their simplest level so students can grasp the patterns.

Jerry and his dance partner, Darcy Dodge, have gone on to produce 25 instructional dance videos and currently market them from their website.

Jerry also wrote and produced several television shows teaching dance that were shown locally a few years ago. The shows were popular, and people still tell Jerry how much they enjoyed them.

In recent years Jerry has been instrumental in putting together the very successful Dance Venue for the Medford Jazz Jubilee, and is also the performance coordinator for that event.

For a class schedule and more information about Follow My Lead, go to their web site at [www.2dance.com](http://www.2dance.com)



#### Dancing - It's All in the Sole



People new to dance, as well as dancers who have logged many "foot hours" on the dance floor, aren't always dancing on solid ground when it comes to dance shoes.

Dancing can be hard on the knees and feet, and good dance shoes are important to both comfort and endurance, as well as preventing injuries.

The difference between dancing in street shoes versus dance shoes is vast. Dance shoes have suede soles that are lightweight and decrease the friction between your feet and the dance floor. They also have extra padded cushioning and a steel shank through the heel that provides for good support and balance. When you wear your first pair of dance shoes, you will feel the difference - and the dance floor will be your friend.

Don't let an uncommonly small, large, narrow or wide shoe size deter your desire to own a pair of ballroom dance shoes. Many people share that challenge. You can still get a good dance shoe with the right fit for you.

Women have more styles to choose from than men and the variety can be overwhelming. Men and women need to be practical with their first pair of dance shoes. Points to consider include:

- Make sure you've decided you will be dancing for a while, and that you aren't just experiencing a passing fancy. Dance shoes are costly and designed to be worn on a dance floor only.
- Get something comfortable in a color and fabric that will work for most colors you wear. (Not usually a problem for men!)
- Latin open-toed shoes and closed-toed shoes can be worn by the non-competitive dancer for all dances.
- Choose a style you like and that feels comfortable.
- Consider the heel height - a three-inch heel might look great, ladies, but not everyone can wear that height comfortably.

- Don't be swayed by an "adorable" style that you may regret after a short time of actually dancing in them

Men may wonder about the difference between Latin and Standard shoes, and if it's necessary to wear Latin shoes for Latin dances.

The main difference is heel height - Latin shoes have a 1.5 inch heel, and some may have no solid instep support, making it easier to point your toes and added flexibility. For social dancing, it comes down to what feels most comfortable for you, and works best for you.

For both men and women, some may want to try adding a metatarsal pad in your shoes for additional comfort to counteract the thin-soled dance shoe.

Whatever style, color or height shoe you choose, choose wisely for you. Your feet will thank you. Now go on out on the dance floor and put you best foot forward!



## Ball Gown Program



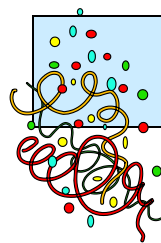
Esther collects "experience" ball gowns from ladies all across the United States and donates them to young people who are just getting their start in dancing. Dance gowns are expensive and this is just one way we help to make it more affordable for our nation's youth to have more fun with their dance and to stretch their dance dollars.



The good news is - while these gowns are in the area waiting for new owners, our members can wear them (no, not you Donn!!) to showcase dance in our own community.

Call 541-899-1933 if:

- you want to wear one
- you want to just "try one on" and get that "princess feeling"
- you want to help take care of the collection (*I need sorting, photographing & shipping help*)



## In case you missed it!! New Year's Eve Dance

New Years Eve celebration at the Evergreen was just that! It was a celebration of life, friends and of course, dance.

The 2008 event hosted by Jeri and June was very well attended, the food was a big hit, and the ballroom was dressed to the nine's.

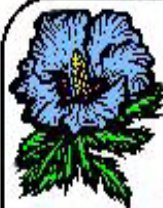
Everyone had a wonderful evening, and nobody had to call a cab to get home safely.



Mark your calendar.

This celebration of life, friends and dance will happen again on December 31<sup>st</sup>, 2009.

See you there.



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# Rogue Valley Waltz Ball



## Saturday, March 14

7:15 PM - 11:00 PM at the Historic Ashland Armory



- Full Orchestra
- Dessert Buffet
- Large Dance Area
- 'No Host' Bar
- Prep Classes\*
- Black Tie (Optional)

Registration? More info?

Cori Grimm at 541.482.0134 or [www.rvwaltzball.org](http://www.rvwaltzball.org)

\*Ticket includes dessert, complimentary tea & coffee and a FREE Prep Class. Several classes offered in Ashland & Medford, February 3 through March 14. Cost by March 7 is \$35 for open theater seating; \$45 reserved table; \$420 table of ten. \$50 after March 7. Up to \$10 discount with extended Prep Class.

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## USA Dance #1011 - Individual Membership Application

Please print clearly

Name _____	Date of Birth _____	_____
Street Address _____	City _____	State _____ Zip Code _____
Email: _____	Phone(s) _____	_____

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

Additional Information:

Profession and/or hobbies: \_\_\_\_\_

Are you willing to help USA Dance as a volunteer? Yes ☐ No ☐

If yes, at what level? Chapter ☐ Regional ☐ National ☐

How are you willing to help: \_\_\_\_\_

Name of chapter I wish to be assigned to: Southern Oregon #1011 (or other) \_\_\_\_\_

### Individual Membership Categories:

Ballroom Dancer	\$ 35	\$ _____
Social Dancer	\$ 25	\$ _____
Social Youth	\$ 10	\$ _____
Social Instructor	\$ 50	\$ _____

Make Check payable to:

USA Dance #1011

Mail to: POB 1750 – Jacksonville, OR 97530

Or log on to <https://secure.UsaDance.org>

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