

SO Dance Newsletter



USA Dance #1011

Issue Number Ninety-six <-> July/August 2009

www.UsaDance1011.org

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

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WORD FROM YOUR PRESIDENT, RUSH BEHNKE



Hello, SO Dance Members – hope you're enjoying your summer. Things quiet down a bit during the summer, but not for long! Lots of wonderful dance activities are coming our way. A don't miss event is SO Dance's Hawaiian Dance on August 29. This year, the Golf tournament will be at a later date.

Activity continues in preparation for the coming Dancing with the Rogue Valley Stars fundraiser, which has a tentative date for November 14. Local celebrities

will be matched with accomplished dancers. This will be a wonderful event, and a huge success. Stay tuned for more details as they develop.

The Community Fun Fair is August 28 and 29th at the Medford Armory. We will be promoting the Hawaiian dance and selling memberships as well. SO Dance will have a 20x20 booth and dance instructors will be there to teach mini-lessons and advertise their stuff. Come out and support your dance community for what promises to be a fun event!

I know everyone is challenged right now by the current economy, but we need your membership to help keep SO Dance on its feet, which is where all dancers want to be! Membership is only \$25/year, and part of that membership fee goes to the Dance Scholarship fund. It helps to have members to make dance opportunities happen and promote dance in general.

See you on the dance floor, Rush

A Look at Ballroom Dancing The Five Points of Contact

A Look at Ballroom Dancing The Five Points of Contact



Ballroom dancing is one of the oldest activities to ever be new again. The long-standing activity has made a resurgence due partly to reality television shows like Dancing With The Stars and So You Think You Can Dance.

Originally derived from casual folk-dancing, it now refers to partner dancing where there is a leader and a follower.

Ballroom dances include ten dances that fall into four categories: American Smooth, American Rhythm, International Standard, and International Latin.

The official ten dances are: Waltz, Viennese Waltz, Foxtrot, Tango, Quickstep, Samba, Rumba, Paso Doble, Cha Cha, and the Jive. Other social dances are also part of today's ballroom activities, and include Salsa, Argentine Tango, West Coast Swing, East Coast Swing, to name a few.

The modern ballroom dances all involve a couple dancing in a closed hold, and vary in tempo (beats per minute) and rhythm (structure). A closed hold involves 5 bodily points of contact between the couple. Three of these points involve the hands:

1. The leader's left hand holding the follower's right
2. The follower's left hand on top of the leader's right upper arm (for the American Tango, the follower's hand would go behind the leader's arm)

3. The leader's right hand on the follower's back resting on her left shoulder blade (fingers closed)

The other two points of contact are:

4. The follower's left elbow resting (but not pushing down on) the leader's right elbow
5. The right side of the follower's chest touches the right side of the leader's chest.



This dance posture provides a very elegant look as the couple floats across the dance floor, as well as helping with stability and balance.

The dancing posture for Latin American ballroom varies from dance to dance with some dances using the closed hold and others where the partners hold each other with only one hand.

The next time you step into dance frame for a Waltz or Foxtrot, think about those five points of contact, and Happy Dancing!

Southern Oregon University Ballroom Dance Program

Part I of a two-part article.

Southern Oregon University's (SOU) ballroom dance program may be one of the valley's best-kept secrets. This wonderful program in Ashland is something to brag about, so SO Dance Newsletter would like to share some information (and bragging opportunity) with you about this great activity.

The program, or dance club, was started by John Hampton, then a student at SOU. John shared with SO Dance Newsletter how this dance club came to be.

I created the SOU Ballroom Dance Group in the winter of 2007 to provide more local opportunities for ballroom dancing in Ashland. There were a lot of people in the beginning and intermediate social ballroom classes at the local university that wanted additional time to practice what they'd learned in classes taught by June Kranenburg,

The club was created with this in mind, so we wanted to include dancers with varying levels of experience - some who had never danced before, to those with lots of experience and skill. We wanted to get more youth involved in dancing and have them become part of the dancing community in the valley.

We started out small - with dances every other week, and had a small, but loyal group that attended. To draw more dancers in, we changed the location and decreased the frequency of the dances and wanted to offer something special.

We were able to have guest instructors from the area, and provided workshops and demonstrations that resulted in a considerable increase in the number of people attending. With June Kranenburg's advice and guidance, the club continued to grow and draw more dancers.

With more talented and dedicated dancers helping to make the program succeed, it took a whole new

life, and continues to be a great opportunity for the dance community.

John has since moved to Portland to continue his education, and has handed the baton/dance shoes over to Taliah and Nathanael Mortensen. We'll hear from them in the next issue what's happening now with SOU's Ballroom Dance Program, and what the plans are for the future.

Medford Jazz Jubilee



Dancing Fun Reigns Supreme at the Medford Jazz Jubilee

October 9, 10 & 11, 2009

From the energetic, uninhibited steps of Jump-Jive to the classical, intimate Waltz, the 2009 Medford Jazz Jubilee is the ultimate place to dance, dance, and more dance to live music for three straight days. Celebrating 21 exciting years, the Medford Jazz Jubilee dances into Southern Oregon October 9, 10 & 11, with 14 hot bands performing everything from Zydeco and Swing Jump-Jive to Big Band and traditional Dixieland root jazz.

Dancing at the Jazz Jubilee has been a growing phenomenon for years, with last year featuring the first-ever all-dance venue so successful, it's been expanded to a larger location at the Medford Armory. Dance enthusiasts will be able to jump and swing to the live music of more than 12 bands, including the popular Gator Beat, Salsa Brava,

Tom Rigney & Flambeau and more. To accommodate a bustling dance crowd, a special 60-foot by 40-foot dance floor will be set up in the main arena at the Armory. Lots of seating will be available for spectators who want to have fun watching dancers and listening to live music, and possibly step out on the dance floor themselves.

For dance buffs who really want to perform, dance contests in Waltz, Salsa and Swing will be part of the weekend venue.

This year, the Medford Dance Jubilee offers **FREE** dance lessons to the public with just the purchase of a ticket. which are on sale now for all events, all three days, or special pricing for individual days. Local studios from around the Rogue Valley will offer lessons every hour on the hour to coincide with the type of music the bands are playing, including Fox Trot, Swing, Zydeco, Salsa, and more.

“This year we’re offering some phenomenal dance lesson opportunities that people would typically pay hundreds of dollars for, but at the Jazz Jubilee, it’s available for price of admission,” said Dennis Ramsden, president of the Medford Jazz Jubilee. “It’s an incredible opportunity for people of all ages to take lessons and then dance what they just learned out on the dance floor with live band music.”

The Medford Jazz Jubilee has the full support of the community and loyal jazz fans. It is through community support, continued attendance and great volunteer work that the Jubilee continues to be successful. For more information about dancing, venues, bands, schedule of events, or to purchase discount tickets, please visit the website at www.medfordjazz.org.

For more information, please contact Nanci Grabner, Medford Jazz Jubilee Board Member, at (541) 773-7718.



Members' Corner

Welcome to a new feature in the SO Dance Newsletter – a place to welcome new members, thank current members, and say Happy Birthday,

too! And for you members-to-be, we’re hoping you’ll join real soon!

So, for this first column, we’d like to say Happy Birthday to the following members with birthdays in June, July and August.

Don’t worry, you September birthday dancers – you’ll see yours in the next issue!



June birthday dancers

Grimm, Bill F.
Navarrete, Isabel
Bucaojit, Johnny
Meyer, Joyce
Navarrete, Carmen
Grimm, Marilee M.
Adams, Lois R.
Knokey, Donn D.
Lund, Linda J.
Mattos, Rick A.



July birthday dancers

Forrette, Linda L.
Leach, Emma (Esther Freeman and Dorene Goin’s mother –celebrating her 90th birthday!)
Ash, Jim
Helfrich, George



August birthday dancers

Norman, Louise
Gallagher-Hill, Teresa
Goin, Dorene
Works, Emily

Do you have something you’d like to share about a member? Send us your member news!

Shoes, Dresses, and Dancing, Oh My!

Shoes and dresses: A few dresses have now been donated, to the SO Dance Dress Collection.

Members can reach Tara at 541-734-9312 to make an appointment to borrow a dress for that special occasion. After the event, the dress is to be returned to the collection, and a donation given for dry cleaning, if it is needed. If you have a dress to donate, please call Tara, and remember, it is tax deductible. We are also looking for more shoes if you have a pair you can donate (also tax deductible), and contact Cori Grimm and leave a message at 826-8000.

Dance demonstrations

Thank you to those who have contacted Marilee to be willing to do dance demonstrations around the community. We are still looking for more volunteers! A partner is not required, and demonstrations are usually "lead and follow" just to share the love of dance-at the mall, at a nursing home, or for community events. If you are willing to participate, please contact Marilee Grimm at bgrimm@connpoint.net and she will add your name to the list of volunteers willing to dance just for the fun of it and share it with others.

Outreach Dances

All right everyone, let's all get out and dance, dance, dance! The monthly Outreach Dances are So Dance Club's way of getting out there and supporting our local dance instructors, meeting new people, and seeing new venues- and supporting our SO Dance Scholarship fund! Here's how it works: each month a dance given by one of our local instructors is designated as the Outreach Dance of the month. The instructors have agreed to give USA Dance members a \$1.00 discount (bring your membership card!) and to donate \$1.00/attending USA Dance member to our scholarship fund. It's a win-win situation. Please come out to these monthly Outreach Dances and show your support for our scholarship fund and have a great time dancing!

Outreach Dance Schedule

- **Sat. Sep 19th, 2009** - 4:30-6:00 Follow my Lead with Jerry & Darcy (band-Fabulous Fairlanes)
- **Fri. Oct 23rd 2009** - 7:30-10:30 June-Evergreen Ballroom
- **Fri. Nov 20th, 2009** - 8:00-10:30 Tina-Dance Factory
- **Fri. Dec 18th, 2009** - 7:30-10:30 Cori-Evergreen Ballroom (Christmas Party)
- **Jan. 8th, 2010** - 7:30-10:30 Richard & Susan-Evergreen Ballroom
- **Thr. Feb 4th, 2010** - 7:00-9:00 West Coast Swing Group – Evergreen Ballroom

Please see our website for details regarding individual dances; www.usadance1011.org

The Hawaiian Dance

ALOHA!!!

SO Dance's fabulous annual Hawaiian Dance is

**Saturday,
August 29,
7:00 PM
at the
Evergreen
Ballroom.**



Put on your flowered shirt (come on guys – you know you have them!), and ladies, your beautiful tropical themed dresses.

This wonderful event is being hosted by SO Dance's own June Kranenburg and Jeri Capuzo, and promises to be an evening filled with wonders not to be missed! Starting with a beginning lesson, followed by dancing, a Polynesian show, treats, and a mystery dance contest (oohhh – sounds interesting), it guarantees a good time to be had by all. Minus the sand and surf, (we don't want to damage that beautiful dance floor), you'll swear you're on a mini vacation in the Hawaiian Islands.

See you there – Aloha!



2009 Medford Jazz Jubilee

www.medfordjazz.org

October 9th, 10th & 11th

Dance Hosts Needed

The "Let's Dance" committee working with the Medford Jazz Jubilee is looking for dancers to dance with ticket holders. They need both male and female dancers and entrance into the event is free during your volunteer time and depending on amount of time you have available can earn a ticket for entire weekend. Jackie is coordinating this project and would like an email at jackiejazz@clearwire.net.

Dance host volunteer benefits

Be a Dance Host at:

1. Two (2) bands, receive free admission to any other single session at the Medford Armory.
2. Four (4) band, receive free admission to any three sessions at the Medford Armory.
3. Six (6) bands, receive an all day regular Jazz Jubilee badge
4. Eight (3) bands, receive an all event Jazz Jubilee badge.

Dance Host Responsibilities

1. All Dance Hosts will be signed up to start at the Medford Armory first.
2. After completing their volunteer time slot at the Medford Armory, they may volunteer at other venues.
3. Dance Host badges will admit the volunteer into any Jubilee Venue only if they are there to be a host.
4. They are to be in the vicinity of the dance floor and invite Jubilee patron's to dance.

5. If a volunteer ceases to work as a dance host, he/she can remain if they are in possession of a current Jubilee badge/wristband.

Training of Hosts

Dance Hosts are not necessarily those dancers with the most experience in the community. Additionally some people will volunteer to be a Dance Host with no experience in this task. To build their confidence, they will receive two brief refresher-training sessions for volunteers who have moderate dance skills.

Training will take place on

Tuesday, September 22nd & 29th 6-8 pm
at the Central Point Grange
436 Pine Street in Central Point

This course will be offered at no cost to the dance host volunteers.

Follow My Lead Dance Studio (773-8568) will conduct training. The free training sessions will build confidence of good but lesser skilled dancers and we expect everyone both host and ticket holder to have a wonderful dance experience.

Interest?

Please contact Jackie at
jackiejazz@clearwire.net

Support our Advertisers...

Advertising in the SO 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 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 email.

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

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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 Dancer | \$ 10 | \$ _____ |
| • Social Dance Instructor | \$ 50 | \$ _____ |

Make Check payable to:

USA Dance #1011

Mail to: POB 1750 – Jacksonville, OR 97530

Or log on to UsaDance.org

USA Dance #1011

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August 29 - Hawaiian Dance

September includes - National Ballroom Dance Week!

October we will be Dancing at the Medford Jazz Jubilee!