

# SO Dance Newsletter



USA Dance #1011

Issue Number Ninety-one <--> October/November 2008

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

## NEW NAME FOR SOUTHERN OREGON DANCE!!

### *Our Mission:*

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

### USA Dance 2008 Board of Directors

#### Officers:

- Rush Behnke, President
- Donn Knokey, Vice Pres.
- Esther Freeman, Treasurer
- Nancy Yie, Secretary
- Jeri Capuzo - Past President

#### Board Members at Large:

- Lois Adams
- Darlene Chapman
- Susan Dallas
- Marilee Grimm
- George Helfrich
- Bill Jordan
- Sonia Revitt
- Charlene Stewart

#### In This Issue

- New chapter name
- Word from your President
- Tips from the Pro's-Cori Grimm
- Youth Scholarship Fund
- Hawaiian Dance & Golf Tournament

#### Advertising Rates:

If you would like your ad to reach dancers, this is your opportunity. Check out the rate card and send in an ad.

#### Website:

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



## Southern Oregon Dance is now SO DANCE

Fall is here and the leaves are changing. Southern Oregon Dance is changing too - and has a new name! After considering the submissions for a new name, the Board of Directors chose SO Dance. As part of the national organization, USA Dance, the official chapter is still USA Dance #1011, but you can call it SO Dance!

Marilee Grimm, who won a year's membership to USA Dance, submitted the winning name. Marilee generously donated her prize to the Dance Scholarship fund. Thank you to Marilee!

### 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



Hello fellow dancers,

The Jazz Jubilee Dance venue at Studio C was a huge success this year. Brad Hicks, Medford Chamber of Commerce COE, confirmed that by adding that the Chamber Board of Directors said they

"heard a lot of good things about the dance venue." The Jazz Jubilee Board of Directors was pleased and impressed, as well. Dancers were jubilant and the exhibitions were excellent! Congratulations to all the winners of the dance contests.

June Kranenburg will be hosting the Black & White Charity Dance at the Evergreen Ballroom on Friday, November 28, 2008. It promises to be an affordable evening of formal fun and frolic.

It's our goal to double our membership by the end of this year, and we need your help to recruit just 53 more members! You can help us accomplish this goal for our chapter by recruiting a new member. Encourage your fellow dancers, dance enthusiasts, or supporters of dance to become a member of SO Dance. The membership fee is only \$25/year, and part of that fee goes toward the Dance Scholarship fund. Encourage them to visit our web site at [www.usadance1011.org](http://www.usadance1011.org), where we advertise as many dances as possible on a monthly calendar and provide the most comprehensive dance information available in the valley. Bios are available on most local dance instructors, links, and much more.

Remember, we are your local chapter of a national dance organization. We're here to promote dance in our community, but we need your help.

My goals as chapter president are:

1. Demonstrating "service before self", I hope to facilitate an energized Board of Directors to

define, activate, and direct the specific committees we need to share the ever-demanding burden of time and resources promoting dance.

2. Maintain the region's most comprehensive dance information website with an up-to-date USA Dance calendar, a monthly USA Dance newsletter, links to instructor websites, and short testimonials.
3. Develop a scholarship program for underprivileged and exceptional young dancers, to assure that future generations can appreciate the joy of dance.
4. Often, take dance out of the traditional ballroom and into our community where people meet.
5. Help promote the first annual Dancing with the Rogue Valley Stars (DWRVS).

*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.***

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# Tips from the Pro's

## Posture & Dance Frame by Cori Grimm

This month's tip on posture and frame comes from Cori Grimm.

Essential to comfortable and effective dancing is good posture, achieved through the proper alignment of the various body parts and correct relative position with one another. The various body parts, including the head, chest/torso, pelvis/hips, legs, and feet, are properly aligned when they are placed directly on top of one another in a natural and upright manner



### About Cori:

Cori is not only an accomplished and enthusiastic dancer, but also an excellent teacher of dance. She loves to help new dancers of all ages and abilities get out on the floor, feeling comfortable and confident. Having fun is a must! So many people come to dance at moments of transition in their lives. Whether your goal is to meet people, explore a lifelong dream of learning to dance, perform like on Dancing with the Stars, or just get some good exercise, Cori will help you experience the magic of ballroom dancing.

Cori got hooked on ballroom dancing by taking lessons with her dad in high school, nearly 20 years ago. She has performed with the UC San Diego Dance Team (where she met her husband John Ourant) and taught for the UB Ballroom Dance Club in Buffalo, New York. She considers herself a social dancer who knows how to turn on the style at performance time. At the Evergreen, she promotes ballroom dancing with beginning and continuing level classes, and is also the manager of the Evergreen Ballroom.

### **Posture and Frame for Ballroom Dance**

Most people don't need to be convinced that good posture is a good thing. Good posture looks good and feels good. The trick is learning what corrections to make, how to make them, and how to stay motivated to keep working on it. Ballroom dancing is an excellent motivator and can lead to gentle, steady progress.

Some posture issues can take months of training or bodywork to fix. But, here's how you can get the most

out of your posture right now, just by relaxing and adding awareness.

### Reboot Your Posture

- 1) Bend your knees slightly, reach down, and touch your toes. Obviously, if this hurts, don't do it. This is not a hamstring stretch.
- 2) Roll back up, one vertebra at a time. Keep your chin tucked to your chest until the very last. Imagine stacking your vertebrae on top of each other, with your head coming last.
- 3) **Bonus:** Have a friend or two look at you from the side and front to identify any misalignments. You should be able to draw a vertical line from the front of your ear, through the middle of your shoulder and hips to the front of your ankle.

### Sample Quick Fixes

- 1) Slumped shoulders: Lift the front of your breast bone (sternum) up away from your belly button, so the rib cage is vertical and your head sits on top of your spine. If you feel strain in your mid- or lower-back, you've tilted the ribs too far.
- 2) Hips that sway forward: Bring the hips back until your weight is evenly distributed over the feet.
- 3) Arched back (common for men): Rotate the pelvis under to a vertical position (*not* tucked).

### The Importance of Dance Frame

Dance frame is how you hold and communicate with your partner. A good leader uses his frame to clearly enunciate where he wants to go. His precise, relaxed movement makes following effortless. From the other side, dancing with a good follower is like driving a sports car or playing a fine instrument (sorry, ladies, but it's true). Put two good frames together, and you may not achieve enlightenment, but you could experience the euphoria of creating movement that is more than the two bodies that make up the partnership. Just ask an Argentine Tango dancer. They know where it's at!

Advanced dancers learn that there are different holds for each style of dance. Since we don't have room for them all, here are some general tips for all styles.

Excellent frame and posture can take months or even years to achieve. But, every step along the way is rewarding, and it's hard to imagine a more pleasurable exercise. I hope these starter tips will help you along the way.



## Hawaiian Dance & Golf Tournament



The Hawaiian Dance and Golf Tournament was a big success and a good time was had by all! This was a first-time combo of the two events that took place over the weekend of September 6th and 7<sup>th</sup>. The dance was held Saturday evening at the Evergreen Ballroom, and the golfers teed off on Sunday morning at Stewart Meadows Golf Course.



The event raised over \$1,200 total, of which \$600 will go into the Youth Dance Scholarship Fund. And due to popular demand, this will be an annual event!

See you next year – Aloha!





# SO Dance Scholarship Fund

The SO Dance Scholarship Fund is part of what makes SO Dance an integral part of the dance community. A portion of membership dues and proceeds from fund-raising events goes into this fund to help young dancers be able to participate in ballroom dancing.

The Scholarship committee was developed in response to SO Dance's mission statement that includes "promote and facilitate dance as a healthful, enjoyable, community-building activity for all ages".

The Scholarship Committee oversees the funds that are available to recognize and award the interest and efforts of local dancers who want to improve their ballroom dancing skills and whose qualified ballroom dance instructors\* feel would need the benefit of a scholarship to enhance their skills.

Marilee Grimm is the chairperson of the Scholarship Committee and explained how the process works:

- The instructor nominates student(s) and submits a nomination form to the SO Dance scholarship committee Chair (Marilee Grimm)
- The Scholarship Committee reviews the nomination and submits a recommendation to the SO Dance Board of Directors.
- An award certificate is given to the dancer to give to the instructor for redemption from SO Dance.
- Awards may be given for either private or group lessons.



- Dance students who develop the skills to compete may receive other types of awards.
- Local qualified ballroom dance instructors have been notified that the committee is now available and how to access them for identified students

A portion of your membership dues and direct contributions to the Dance Scholarship fund make it possible for "ambassadors for

dance" to receive a scholarship that would enable them to improve their ballroom dancing skills. SO Dance members and the community may contribute directly to the Scholarship fund, and may also direct their gift for something specific but not for someone specific. (Pear Blossom contestants, ages 10-12, Waltz technique, etc.) and may make bequests naming SO Dance Scholarship fund.

There are lots of wonderful things happening to and for dancers in Southern Oregon, and SO Dance is proud to be part of that.

\*SO Dance defines a qualified ballroom dance instructor as someone who has consistently taught ballroom dance classes for a minimum of 5 years. Ballroom dances to be considered are those lead- and-follow partner dances done on a ballroom dance floor.

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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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