

ST. LOUIS BALLROOM
DANCERS
C O N N E C T I O N
www.stlbd.org

January 2010

**St. Louis Ballroom
Dancers Board &
Committee Chairs :**

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Carl Shackford
president@stlbd.org

VP Classes

Theresa Crnko
class@stlbd.org

VP Dances

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social@stlbd.org

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Recording Secretary

David Weber

*Assistant to VP -
Class*

Barbara Chapman

*Assistant to VP-
Dance*

Celia Sutera

Newsletter

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info@stlbd.org

Class Coordinator

Dee Townsend

*Corresponding
Secretary*

Ruby Benkendorf

Membership

Norman Pratt
membership@stlbd.org

Webmaster

Jason Nance
webmaster@stlbd.org

Upcoming Club Events

- Jan. 4:** Beginning and intermediate classes begin in Kirkwood
- Jan. 5:** Silver and International classes begin in Creve Couer
- Jan. 7:** Beginning, intermediate and pre-silver classes begin in Creve Coeur
- Jan. 8:** Gold and open classes begin in Creve Coeur
- Jan. 13:** STL BD board meeting, 6 p.m., Kirkwood
- Jan. 15:** **Club Dance, 8 p.m. - 11 p.m. Kirkwood Community Center**

Newsletter Available via email

Do you want St. Louis Ballroom Dancers Connection delivered electronically and timely? Simply send an email to stlballroomdancers@gmail.com to be added to the list.

As a cost savings measure, the club has the goal of transitioning to digital communications. Those without access to email will continue to receive copies of the newsletter via snail mail. So far, about 50 members have signed up for the electronic newsletter and have received this edition about a week before it is printed, stamped and mailed. During the transition period, you will receive both a digital copy and a copy in the mail. You must have Adobe Acrobat to view the electronic version of the newsletter.

STL BD to be featured on KSDK

St. Louis Ballrooms Dancers are taping a segment that will air on Show Me St. Louis on KSDK, Channel 5. The taping is Jan. 11. At press time, the club does not have an air date. Check the web site for updates. If you are on the club's email list, information will be sent about the air date as soon as it is available.

VISIT WEBSITE FOR CLASS FORMS

Winter 2010 classes will be starting in just a few days. The registration forms were mailed with the December newsletter. If you misplaced your form, go to www.stlbd.org and click on the "group class" tab in the upper right corner. You will find all the information you need and be able to download the registration form.



Become a fan of St. Louis Ballroom Dancers on Facebook

Dear Fellow Members,

First Happy New Year to all and may this message find all of you in good health and ready to dance in 2010.

I do hope that you were able to make it to the December Dance and were there to observe the exhibition by Diana Roberts and John Koester. I was a bit jealous myself watching them glide across that huge floor. They created such a beautiful vision. We all know that is hard to do but dang it sure did look easy. Thank you Diana and John!

Our new winter classes are getting under way and we are trying something a bit different for our beginners. Our enrollment is down a bit from our normal levels so we are going to try only 2 dances per hour vs our standard three. This is the format we use in our advanced classes, we shall see how it works out. I am hopeful that with the extra time spent on each dance our beginners will acquire the confidence to display their new skills a bit sooner. We all did start at this same place. Please share any comments about this (or any other club function) be they good or bad with Barbara, Dee, Theresa or to any other board member. DO spread the word to your friends that we have space for beginners. Remember we are on the look out for new dance

music. Please submit your play lists with Artist, Album and Title so we can review the selection. We do have the technology available to change the tempo should it be too fast or too slow. Our By Laws stipulate that 80% of what we play at our dances is strict tempo. Of course in a live band situation that usually does not happen so the 20% we add to the mix just as important.

By announcing what the selection is we try to help all of our dancers learn the differences. I have made mistakes in the past and will do so in the future with this. Basically if the leader hears a tempo please dance that tempo, who am I to say you are wrong. At the same time if you don't know or did not hear the announcement please ask. We are there to help each other be better dancers.

I will be traveling during the next couple of months but will be communicating via email etc. so keep dancing and be sure to have fun too.

Sincerely,
Carl Shackford
President

A New Year's Resolution to practice dance floor etiquette

We can all use a reminder on basic dance floor etiquette and what better time to do it than at the beginning of a new year.

The dance floor, especially the gym at the Kirkwood Community Center, is big enough to handle many styles of dancing at the same time. To make this work, dancers need to follow a few simple rules.

Dances that move in a continuous forward movement should be danced in the outer lanes (counter

clockwise which is also the line of dance). There are two lanes depending on the forward movement of the dancers: the outside (fast) lane and the inside (slow) lane. Progressive dances which are danced in the two outer lanes are Waltz, Fox Trot, Tango, Viennese Waltz, and the Two-Step. Generally, more advanced dancers will be in the fast lane with those beginning sticking to the inside lane. (Remember, all dancers have been beginners and experienced the fear when a more advanced dancer comes 'flying' by.)

The floor center is where line dances, spot dances, and "position" dances are held such as the Jive, West Coast Swing, and Cha Cha. Do not dance in the outside lanes unless everyone else is doing them at the same time. For example, some couples may be "fox trotting" while others choose to swing. Those "swingers" should stay in the center of the floor.

If we all follow the golden rules of dance floor etiquette, then all can enjoy dancing to the fullest.

Dance Quote of the Month:

There is a bit of insanity in dancing that does everybody a great deal of good. -

Edwin Denby

AROUND THE AREA

The following events were scheduled at press time. Please call or check the sponsoring group's web site for further information.

Friday, Jan. 1

Happy New Year!

Friday, Jan. 8

CasaLoma Ballroom
Gateway City Big Band
\$10, doors open 7:30,
dancing 8:30-11:30
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

U Can Dance Studio
8:30 - 10:30 p.m.
\$8 per person
3670 Adie Road
St. Ann, MO 63074
314-209-9228
www.ucandancestlouis.com

**Stan Mayer & Linda
Landweir Dance Work-
shop/Party**
Swing Workshop: 7:15 p.m.
Dance: 8:15 p.m. - Midnight
\$7 per person
All varieties of music
at New Fireman's Hall
117 McMenamy
St. Peters, MO
636-926-2680
www.stardancer.net

Saturday, Jan. 9

CasaLoma Ballroom
Swing into 2010 with
Miss Jubilee & the Hummers
\$10, doors open 7:30,
lesson 7:45 - 8:30 p.m.
dancing until 12:30 a.m.
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

Sunday, Jan. 10

St. Charles American Legion
Dynamic Combo
2 - 6 p.m.
\$6 per person
2500 Raymond Dr.
St. Charles, MO 63301
Cash bar, bring snacks
636-946-9186

Friday, Jan. 15

St. Louis Ballroom Dancers
Monthly Social Dance
8 - 11 p.m.
\$8 per person
Kirkwood Community Center
111 S. Geyer Road
www.stlbd.org

CasaLoma Ballroom
Check web for band*
\$10, doors open 7:30,
dancing 8:30-11:30
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

Mahler Ballroom
Free lesson 8 p.m.
Dancing: 8:30-11 p.m.
\$8 per person
smoke-free
4915 Washington Ave.
St. Louis, MO 63108
314-367-1001
www.ballroomdancestl.org

Saturday, Jan. 16

CasaLoma Ballroom
Imperial Swing with Marcell
Strong and the Apostles
\$10, doors open 7:30,
lesson 7:45 - 8:30 p.m.
dancing until 12:30 a.m.
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

Friday, Jan. 22

CasaLoma Ballroom
Check web for band*
\$10, doors open 7:30, dancing
8:30-11:30
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

All That Dance
Dance Party
\$8 per person, 8 - 11 p.m.
Recorded music
Light snacks and soda
Bring anything you desire
123 Crestwood Court (just
east of the escalator between
Sears and the old Dillards)
www.allthatdancestl.com
stardancebaby@hotmail.com
314-276-4453

St. Peters City Centre Dance
Two Star Final
7- 10 p.m.
St. Peters City Hall
One St. Peters Centre Blvd.
\$6 in advance
\$7 at the door
636-477-6600

**Stan Mayer & Linda
Landweir Dance Work-
shop/Party**
Ballroom Workshop: 7:15 p.m.
Dance: 8:15 p.m. - Midnight
\$7 per person
at New Fireman's Hall
117 McMenamy
St. Peters, MO
636-926-2680
www.stardancer.net

Saturday, Jan. 23

**Dance Variations at Just
Dancing Studios**
hosted by Mike and Dave
Cook at Just Dancing
236 Old Meramec Station Rd
Manchester, MO 63021
Workshops at 7 and 7:30 p.m.
Dancing 8 to 11 pm,
\$10 per person includes
snacks and wine
Wide selection of music for
dancers from all disciplines

Friday, Jan. 29

CasaLoma Ballroom
Check web for band*
\$10, doors open 7:30, dancing
8:30-11:30
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

U Can Dance Studio
Special Workshop and
Fundraiser for studio junior
dancers in need
7:30: Workshop Am.
Smooth by former
champion Edward Simon
8:30 General Dancing
\$15 per person
3670 Adie Road
St. Ann, MO 63074
314-209-9228
www.ucandancestlouis.com

Just Dancing Studio
9 - 11:30 p.m.
\$8 per person, smoke-free
236 Old Meramec Station Rd
Manchester, MO 63021
636-227-7202
www.just-dancing.com

Saturday, Jan. 30

CasaLoma Ballroom
Rockabilly with Hudson and
the HooDoo Cats
\$10, doors open 7:30,
lesson 7:45 - 8:30 p.m.
dancing until 12:30 a.m.
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

Other Dance Info

Concord Farmers Club
Call for a recorded
schedule of dances:
314-843-7769
\$8 per person
Cash Bar Available
10140 Concord School Rd.
St. Louis, MO 63128
www.concordfarmersclub.org

Crystal Ballroom
Sunday dances, about
once per month, call for
2010 schedule
Cash bar & snacks
Staunton Road
Staunton, ILI-55 Exit 41
618-635-3506

St. Louis Equality Dance
Winter Same-sex Ballroom
classes start on Thursday
January 7, 2010.
7 p.m.: Beginner Standard
Ballroom Class
8 p.m. Team Formation
Class (Competition per-
formance date: Mar 27-
Philadelphia)
Check website for further
details.
www.stlequalitydance.org

**Bands have been sched-
uled but not posted as of
press time for the STL BD
newsletter*

December Celebrations

Birthdays

1/2 Renee Mettle
1/6 Sue Link
1/7 Fred Hall
1/7 Ron Mulvaney
1/10 Bob Lee
1/11 Marsha Shepley
1/11 Penny Sweaney
1/11 Betty Simons
1/13 Gary Sweaney
1/18 Sandra Segal

1/19 Sharon Poe
1/23 Rick Brooks
1/23 J Carlene Cox
1/23 Norman L Pratt
1/23 Daniel Weaver
1/27 Chris Bieri
1/28 Paula Brooks

Anniversaries

1/1 Hsin-Nan & Jean Chou
1/6 Dan & Karen Lake

PRACTICE OPPORTUNITY

Couples in Diana Roberts' pre-silver and silver classes meet the *2nd and 4th Sunday* evening of each month to practice what they're learning in class. Diana is available to help as needed and provide style pointers.

Time: 4:30 to 6:45 p.m.

Everyone is welcome to stay and practice the full time, but dedicated practice is:

4:30 – 5:45, Pre-Silver

5:45 - 6:45, Full Silver.

Cost per couple is as follows: \$35 SLBD members, \$40 non-members paid in advance; \$40 SLBD members, \$45 non-members at the door

Place: Wellbridge, 998 Woods Mill Rd in Ballwin

Participating couples paid in advance have the chance to win a private dance lesson with Diana. Members of St. Louis Ballroom Dancers are invited to try one complimentary practice session.

For more information or to make a reservation, contact Ruby Benkendorf at 314-434-7575. Dates and location are subject to change, so an RSVP is requested.

WHERE TO BUY BALLROOM SHOES

If you need dance shoes, there are several places to try on and purchase a pair, including:

Gateway Ballroom Shoes
662 Greensleeves Dr.
Fenton, MO 63026
636-343-0036

(Call to set up an appointment)

or go to
Just Dancing
236 Old Meramec Station Road
Manchester, MO 63021
636-227-7202
and
Dance Pizazz
(call for consultation)
124 Jungermann Road, Ste A
St. Peters, MO 63376
636-441-6854
www.dance-pizazz.com

2010 Dance Dates

Friday, January 15

Saturday, February 20

Saturday, March 20

Saturday, April 17

Saturday, May 8

Saturday, June 12

Saturday, July 17

Saturday, September 11

Saturday, October 23

Saturday, December 11

All dances are 8 to 11 p.m. at the Kirkwood Community Center, 111 S. Geyer Road, 63122.

Contact Information

Questions about class:

Dee Townsend - 314-965-8852
or Theresa Crnko
class@stlbd.org

Membership/Change of Address:

Norm Prattt- 314-631-8770
membership@stlbd.org

Newsletter Ideas/Information:

Steve (or Jean) Abernathy
314-750-8906
info@stlbd.org

President, General Questions

Carl Shackford
president@stlbd.org

Help with Monthly Dance:

Ellen Brommelhorst
social@stlbd.org

www.stlbd.org

Jason Nance
webmaster@stlbd.org