

February 2010

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

President
Carl Shackford
president@stlbd.org

VP Classes
Theresa Crnko
class@stlbd.org

VP Dances
Ellen Brommelhorst
social@stlbd.org

Treasurer
Susan Scott

Recording Secretary
David Weber

*Assistant to VP -
Class*
Barbara Chapman

*Assistant to VP -
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Celia Sutera

Newsletter
Steve Abernathy
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

- Feb. 10:** STL BD Board meeting, 6 p.m., Kirkwood Community Center
- Feb. 20:** **STL BD Club dance, 8 - 11 p.m., Kirkwood Community Center**
- Feb. 22:** Beginner and Intermediate dance class begins in Kirkwood
- Feb. 23:** Silver and International class begins in Creve Coeur
- Feb. 25:** Beginner, Intermediate and Pre-Silver class begins in Creve Coeur
- Feb. 26:** Gold and Open class begins in Creve Coeur

Tango improves balance in Parkinson's patients

Patients with Parkinson's disease who took regular tango dance classes for 20 sessions showed significant improvements in balance and mobility when compared to patients who did conventional exercise.

Researchers Gammon M. Earhart, assistant professor of physical therapy, and Madeleine E. Hackney, a predoctoral trainee in movement science, compared the effects of tango classes to exercise classes on functional mobility in 19 patients with Parkinson's disease. The participants in the tango program showed significant improvement in several standard tests for patients with Parkinson's disease -- the Unified Parkinson's Disease Rating Scale (UPDRS) and the Berg Balance Scale.

Parkinson's disease affects nerve cells

in a part of the brain that controls muscle movement. The nerve cells that make the neurotransmitter dopamine die or do not work properly, resulting in trembling of hands, arms, legs, jaw and face; stiffness of the arms, legs and trunk; slowness of movement; and poor balance and coordination. Parkinson's patients are at greater risk for falls or freezing -- the slowing or stopping of movement while walking.

"Given these preliminary results, we think tango dancing is feasible for individuals with Parkinson's disease and may be an appropriate form of group exercise for these individuals," says Earhart.

Thanks to Jeanne Schnieder, reprinted from Washington University's winter magazine



Become a fan of St. Louis Ballroom Dancers on Facebook

Dear Fellow Members,

There is a performance opportunity for one or two advanced couples coming up May 1. The show is a fundraiser for the "Whole Kids Outreach" program. This is the second year for this event, Mike Sutton was involved last year. There are two shows that day; one at 2:00 p.m. and another at 7:00 p.m. One couple could perform for both shows or two couples work in tandem for one show each.

The current opening is for two separate dances to be performed at each show but not at the same time. This would allow the dancers to change costumes for different styles of ballroom dance, smooth vs Latin as an example. The dances would be for 2.5 to 3 minutes each. This is an all adult show.

There is information on the website www.performingforlife.org or call Christine at 636-391-5678. I will be out of town so I do hope that our members will step forward to have some fun and exhibit the skill you work so hard at. Give Christine a call and do have some fun helping to raise money for a good cause.

I hope everyone had the chance to see St. Louis Ballroom Dancers showcased on ShowMe St. Louis. The program aired on Jan. 12. Thanks to those who came out on a cold Monday morning to promote the club -- **Andrea Kallaus, Suzy LaKamp, Jason Nance, Opal Beul, Theresa Crnko, Ellen Brommelhorst and Jim Steinbrenner.**

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

Dance Quote of the Month:

If dancing were any easier they would call it football.

Author Unknown

2010 Dance Dates

Saturday, February 20

Saturday, March 20

Saturday, April 17

Saturday, May 8

Saturday, June 12

Saturday, July 17

Saturday, September 11

Sunday, Sept. 19 (Picnic)

Saturday, October 23

Saturday, December 11

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

Ballroom Comp June 12 at Show Me Games

Interested in showcasing what you've learned at class at an affordable, low-key competition? The Missouri State Show Me Games will once again offer a Ballroom Dance competition as part of the Olympic-style summer sports event. The ballroom competition will be June 12, in Columbia Missouri. Details will be posted on the games website in the near future - www.smsg.org.

Last year St. Louis Ballroom Dancers were well represented at the competition with more than 12 members making the short trip to Columbia for the event. You do not have to be a resident of the state of Missouri to compete.

The details will be published in this newsletter as they become available.

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, Feb. 5

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

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, Feb. 6

Groove Tunes at Just Dancing Studios
West Coast Swing party
hosted by Mike and Dave
Cook at Just Dancing
236 Old Meramec Station Rd
Manchester, MO 63021
Dancing 8 to 11 pm,
\$8 per person includes snacks
BYOB

Friday, Feb. 12

CasaLoma Ballroom
Ambassadors of Swing
\$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

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

Stan Mayer & Linda Landwehr Dance Workshop/Party
Swing Workshop: 7:15 p.m.
Dance: 8:15 p.m. - Midnight
\$7 per person
All varieties of music
at Knights of Columbus
2199 Post Rd.
Dardenne Prairie, MO
63368
636-926-2680
www.stardancer.net

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

Saturday, Feb. 13

CasaLoma Ballroom
Mardi Gras Party
Miss Jubilee & Los Carnales
\$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

GoldStreamers Dance Club
Monthly Dance Party
7:30 Dance lesson
8 - 11 p.m. Dance
\$8 per person
Held at Kirkwood Community Center
111 S. Geyer Road
314-487-9002

Sunday, Feb. 14

Crystal Ballroom
Valentine's Day Dinner
Dance featuring the
Dick Elliott Orchestra
Dinner: 12:30 p.m.
Dance: 2 p.m. - 6 p.m.
\$50 per couple
\$15 per person dance only
Reservations required call
or visit web site.
Staunton Road
Staunton, ILI-55 Exit 41
618-635-3506
crysball@madisontelco.com

www.kc-crystalballroom.com
St. Charles American Legion
Nice and Easy
2 - 6 p.m.
\$6 per person
2500 Raymond Dr.
St. Charles, MO 63301
Cash bar, bring snacks
636-946-9186

Friday, Feb. 19

CasaLoma Ballroom
Original Knights of Swing
\$10, doors open 7:30, dancing
8:30-11:30
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

Saturday, Feb. 20

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
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

Dance Pizzaz
Social Dance Party
124 Jungermann Road, Ste A
St. Peters, MO 63376
7:30 Lesson
Dancing 8 -11 p.m.
\$12 per person
636-441-6854
www.dance-pizzazz.com

Friday, Feb. 26

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

Stan Mayer & Linda Landwehr Dance Workshop/Party
Ballroom Workshop: 7:15 p.m.
Dance: 8:15 p.m. - Midnight
\$7 per person
at Knights of Columbus
2199 Post Rd.
Dardenne Prairie, MO
63368
636-926-2680
www.stardancer.net

Saturday, Feb. 27

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

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 Dillard's)
www.allthatdancestl.com
stardancebaby@hotmail.com
314-276-4453

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

continued on back

AROUND THE AREA

Friday, March 5

Other Dance Info

Other Dance Info

CasaLoma Ballroom

Sentimental Journey
\$10, doors open 7:30,
dancing 8:30-11:30
3354 Iowa Ave.
St. Louis, MO 63118
314-664-8000
www.casalomaballroom.com

CasaLoma Ballroom

TBA
\$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

Concord Farmers Club

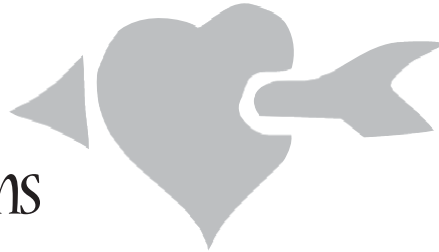
Call for a recorded
schedule of dances:
314-843-7769
\$8 per person
Cash Bar Available
10140 Concord School Rd.
St. Louis, MO 63128
www.concordfarmersclub.org

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

St. Louis Equality Dance

Same-sex Ballroom classes continue
on Thursday
Beginner Standard/Latin 7 p.m.
Team Formation Class 8 p.m. (Compe-
tition performance date: Mar 27-
Philadelphia)
Check website for further details.
www.stlequalitydance.org



February Celebrations

Birthdays

2/2 Mike Maguire
2/9 John Goslik
2/7 Jodi Granok
2/7 Jolene Hilligoss
2/7 Betty Perry
2/7 Stephanie Thomson
2/8 Theresa Crnko
2/9 Mary Brong
2/9 Patti Bailey
2/12 Ruby Benkendorf
2/12 Gayle Larson
2/13 Grace Carlson
2/13 Robert Surtin
2/15 Holly Karraker
2/18 Alan Gerber

2/18 Janina Johnston
2/20 Daniel Thiel
2/21 Pat Boudria
2/21 Sharon Preston
2/22 Jean Abernathy
2/22 Barbara Fine
2/23 Marilyn Cohn
2/24 Ken Sennert
2/28 Marilyn S Schear

Anniversaries

2/3 Donald W & Marilyn
Humphrey
2/9 Dick & Betty Perry
2/9 Charles & Mary
Donnelly

Check out this website:

www.ballroomadvisor.com for
local dance related information

Contact Information

Questions about class:

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

Membership/Change of Ad- dress:

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

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