

The Tucson Swing Dance Club's August 2010

Newsletter

This Month

Ro Vaughn and Lacey Petterson are the volunteer dance instructors for August.

- Thursday, August 5th: **Jim Davis** is the DJ.
- Tuesday, August 10th: Board meeting 7 pm at Village Inn, 4245 E Speedway Blvd. All members are welcome.
- Thursday, August 12th: **Ron Gonzales** is the DJ.
- Thursday, August 19th: **Jack & Jill Finals! Scott Miller** is the DJ.
- Thursday, August 26th: **Joe Erker** is the DJ.



Ellen Colonna and Darian Barrett were two of our beautiful, talented judges for the All-American Contest in July. Thank-you to ALL of our judges!



Jeannie Tucker exudes style and grace as she cuts loose with Nick Moor at the GPSDC 4th of July Convention.

Upcoming Events

- August 12-15th: Palm Springs Swing Dance Classic and Swingin' Summer Dance Camp.
www.peoplewhodance.net
- September 9th-12th: Desert City Swing National Convention in Phoenix. For more info :
www.desertcityswing.com

President's Message

Picture this: a frail, old man with a breathing tube in his nose, an oxygen tank on his back, having the time of his life dancing the night away. Ellen Colonna and Eric Wade met this gentleman at Eric's family reunion a few weeks ago. Mary and I shared a laugh when they talked about their encounter with the amazing oxygen tank man. We had to admit that this was one cool cat! He wasn't going to let a little thing like an oxygen tank prevent him from getting his dance on. Maybe he was old in age but he was definitely young at heart.



If you don't think that dancing can help keep you young, just think about the amazing oxygen tank man. As a matter of fact when scientists study longevity, they strongly advise us to get off our rear ends and move because movement of any kind is one of the best tools for extending life. Dancing is considered one of the absolute BEST movements for doing this. Dancing is great for the brain, heart and soul. Dancing can even help you lose a few inches and shop for smaller clothes.

Keeping your brain young and sharp is critical as you age. If you've ever been around a loved one who suffers from Alzheimer's disease or dementia you know what I'm talking about. Hell. Hit middle age and see how the ole brain starts slipping. What's that saying? "The first thing to go is your memory." Or something like that, I think.....See what I mean!!!

Seriously though, one of the best ways to keep your brain sharp is by learning new things. As you well know in this dance there is always something new to learn. While you're beating yourself up, you're actually creating new

pathways in your brain. It's like building a brand new super highway under your skull. All of those millions of cars on your sparkling highway are new nerve impulses that stimulate your brain and keep it young. So when you get frustrated with all of this WCS learning just remember you're doing your brain a huge favor.

If you want to avoid heart disease you've got to keep your arteries clear so that blood can carry nutrients to the various parts of your body. The best way to keep your arteries clear is by pumping blood as strongly as possible through them. Dancing is great for this because it gets the old ticker pumping like mad. Stay out on the dance floor for an hour or two straight and you'll know what this feels like. The more blood the heart pumps through your arteries, the clearer they remain. It's just that simple. Imagine a garden hose with the water turned up full force. You can image how clean the inside of a garden hose must be. So, don't sit too long. Be good to your heart and dance long and hard!

You don't have to be a yoga master to know that dancing is good for the soul. You know how great you feel after a fantastic night of WCS. Your heart is laughing. You feel exhausted yet exhilarated. Your feet hurt but your soul feels at peace. Dancing is indeed good for the soul. Dancing is just moving to music and it's one of the most natural things that the body does. It's not a matter of being good or bad at dancing. It's a just a matter of enjoying those precious moments on the dance floor with your partner. I cannot imagine a life without dance. I cannot imagine a life without WCS.

**See You on the Dance Floor!
Zo Carroll**



All-American Jack & Jill Results



1st Place Hondo Velasco & Mary Carroll

2nd Place Zo Carroll & Heather McLean

3rd Place Phil Holton & Brooke Schilling



Finalists (In Alphabetical Order by Leader)

Cris Candelario & Kim Kirkpatrick

Harvey Dong & Eleanor Schrandt

Robert Grace & Mary Lou Duckworth

L Perez & Cindy Hoppe



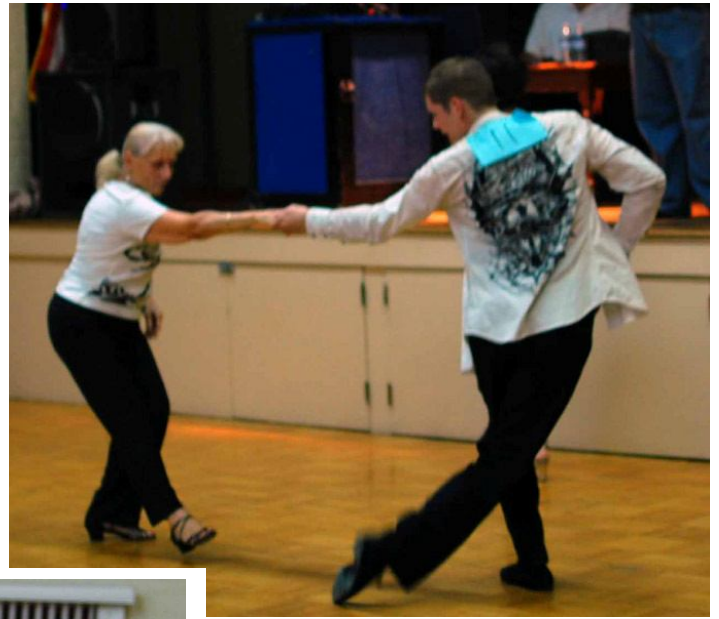


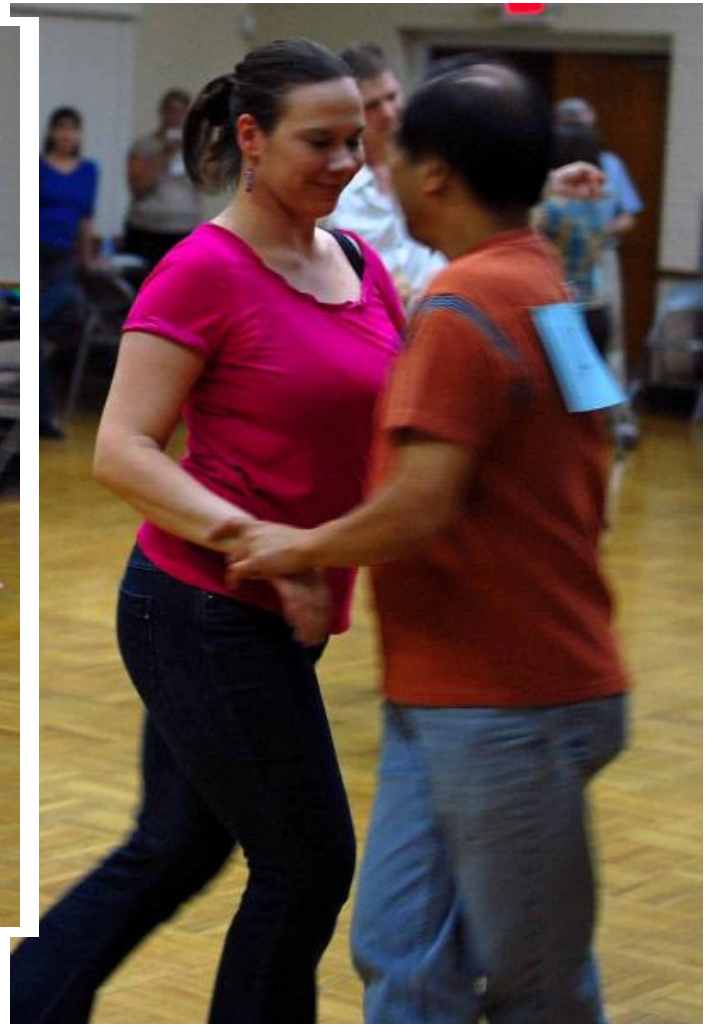
The All-American Contest



It was a night of surprises...

*as leaders & followers of all different levels were paired up to compete!
Novices and Intermediates loved getting a chance to dance with
our amazingly talented advanced dancers! What a treat!*





My First Convention... Worth Every Moment!



By Penny Erickson

When I returned from The Greater Phoenix Dance Convention, I labeled my program "My First Dance Convention", slipped off my sparkling silver wristband, and put them in my keepsake drawer. I had a tremendous natural high. Club members encourage new dancers to attend the professional workshops, participate in the huge ballroom dances, and observe the high-level competitions that are all part of the dance convention experience. The GPSDC was an excellent host, and every expectation I had was exceeded.

I was able to attend the convention from Friday morning until Saturday afternoon. Wanting to take advantage of every opportunity, I took four workshops on Friday and two more on Saturday. I must admit, for a beginning dancer, this was overwhelming, but fun to see the professionals at work. Each person I had the pleasure of dancing with

showed excellent etiquette, and it is extremely beneficial for the new dancer to dance with so many experienced dancers.

At one point during the open dancing. I noticed an older gentleman who wasn't dancing, so I thought I'd be polite and ask him to dance. He kindly let me know he wasn't dancing until Sunday since he was judging and teaching workshops, and I quickly realized he was one of the pros. The man was Buddy Schwimmer, and I had made a rookie mistake not to have recognized him!

The Greater Phoenix Swing Dance Convention was so much fun, and it was even more fun to be able to room with another club member, Jan Chen, and get to know her better. The food in the hospitality room was awesome, and there was always a familiar Tucson face to sit with and share a meal. Desert City Swing is coming, and I don't want to miss it!

If you're a new dancer and planning to attend the convention for the first time here are some suggestions:

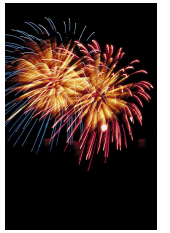
- 1). Know the pros, so you don't embarrass yourself.
- 2). Find a fun roommate.
- 3). Take a small notepad to the workshops so you can jot down quick tips the pros give so you don't forget.
- 4). Be prepared to dance your --- off.
- 5). A dip in the pool after a late night of dancing is a really good thing.
- 6). If you can't attend the entire convention- go anyway.
- 7). Take it all in and enjoy it! And finally, when you get home and feel a little let down after such a fun experience, look forward to the next convention!!!

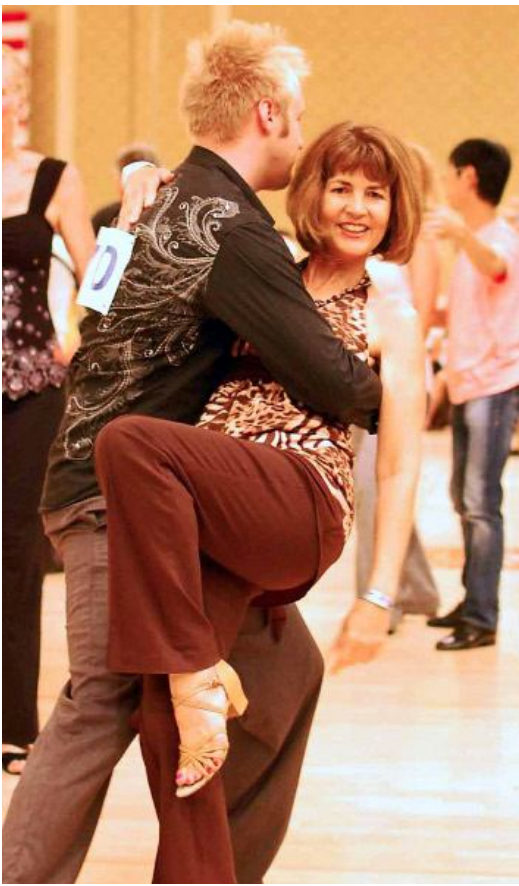
See You at Desert City Swing!



GPSSDC 4th of July Convention

Tucson Dancers Set the Night on Fire!





Special Thanks to Our
Club Photographer...**Matt Rounseville**
for all the **AMAZING** photos in this and
EVERY issue of the newsletter!

Make sure you let **Matt** know
just how much you **LOVE** his photos!

Take the Plunge... Conventions are a Blast!



By Jan Chen

When you're looking to engage in any of life's new experiences, there is always a measure of wonder, excitement, anticipation, and perhaps even fear as you consider all the outcome possibilities of your novel endeavor, like, "Will I have a good time? Will I make a fool of myself? Will I cripple myself or worse, some innocent fellow participant?" Such was my experience leading to the GPSDC 4th of July event this year. This was actually my 2nd year attending, but last year I had made myself more of a spectator as I had just started learning this incredibly fun but complicated style. My actual "on the floor" dance time was limited ... my own insecurities taking over.

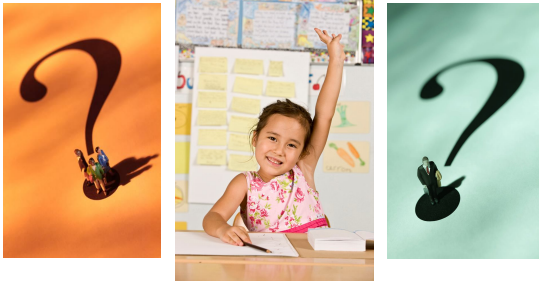
So, with all these thoughts, it was a bit unnerving when I excitedly checked into the beautiful yet ominous main building of the Arizona Biltmore early on Thursday (by myself), to find the elevators blocked off, staff unseen, various pieces of furniture in the hallways and a guarantee "to be completed before the evening was through". Fortunately that evening the Biltmore magically resumed its air of elegance and the most incredible weekend unfolded as the ballroom doors opened.

I danced non-stop for four days, took between 2 and 4 lessons a day, met the most incredible people from all over the US, Canada, Europe, South Africa, and our Tucson WCS dance club, went through 2 bottles of ibuprofen, Band-Aids, and most importantly, successfully crippled no one... well, that I know of! Of course, I am proud to exclaim, I am a lucky novice to this dance since my now "much older" younger brother, Chip DiStefano, is a very accomplished WCS dancer from Houston (won 1st place in masters division J&J this year). So when we get together in our brief moments during the year, I get "on floor dance instruction" from someone that well, I used to beat up... so the worry of making mistakes magically dissipates and I can have a learning curved blast! Seriously, what is so wonderful about attending these dance events in all, is that no matter what your level of dance experience is... **you improve exponentially while you are having an absolute ball...** if you let yourself. Of course, if you are a true novice (as am I) you may also need to prepare for a week of recuperation after your "party like a rock star" bodily torture that the 4 days of non-stop dancing can evoke.

If you are wondering/worrying the question of "should I" or "shouldn't I" attend a weekend dance event... some words of advice might be to **definitely take the plunge** and sign up because guaranteed, you will enjoy every minute of getting better at the dance.



Jan gets a few valuable tips as she enjoys a dance with her talented brother Chip!



Ask the Swing Lady

Dear Swing Lady,

I've heard people describe West Coast Swing dancing as being like having a conversation. What does that mean? I need your help!

*Thanks,
"Failure to Communicate"*

Dear "Failure to Communicate",

Think about what it's like to have a great conversation. Usually, it means being close enough to a person to be able to hear what they're saying without either person having to shout. There's a lot of give and take. One person doesn't interrupt constantly or talk over the other unless they have something really important to say that can't wait another second. There's a wonderful exchange of ideas. One person may ask a question, then politely wait for the answer before moving on. There is good eye contact. The people involved are really paying attention to each other. There's a general mood or tone or theme to the conversation - it can change over time, but there's enough time given to any subject to cover it well. A good listener has the ability to listen twice as much as they talk. You feel a connection to the person you're having the conversation with. You take your time and take turns speaking. Hopefully, people make requests of each other

rather than demands.

It's the same with West Coast Swing. The leader invites the follower to move to the other end of the slot, or turn, or compress. The follower has the opportunity to respond - sometimes agreeing, sometimes not. If the leader is unclear in the request, the follower may not respond in the way that was intended. There is time and space for each partner to express themselves in their movement, and the other may choose to wait patiently while a movement is completed. The leader doesn't "shout" by pulling or dragging the follower. The follower moves easily and gracefully in response to the leader's invitation, offering constructive suggestions in the form of movement as the music dictates. Sometimes, when a break is coming or one of the partners hears something special in the music, they might choose to "interrupt" to accentuate it - but it's done in a considerate manner. At the end of the song, ideally both partners feel like they've had an opportunity to express themselves and feel appreciated. There's been a genuine connection. And even if it's not your favorite person that you've ever danced with, you can choose to take the opportunity to find something that you enjoy about the other person during your "three minute relationship."

Take the time to enjoy your dance floor "conversations."

The Swing Lady

Editor's Note: The Swing Lady wishes to remain anonymous, so please email any questions to newsletter@tsdc.net and they will be forwarded to her. Also when submitting questions, you may request that your name not be used in the newsletter.

4th of July Stand-Outs!

***Congratulation to the following
TSDC Dancers ...***

Intermediate Finals...Nick Moor

Novice Finals Alternate...Zo Carroll

Novice Semi-Finals... John Calvo

Novice Semi-Finals... Cris Candelario

Novice Semi-Finals...Heather McLean

Novice Semi-Finals...Sylvie Morel-Seytoux

We Love You All!



***Head Judge, Ellen Colonna, confers
with DJ Ron Gonzales prior to the All-
American.***

August 19, 2010 TSDC Jack & Jill Finals Attention Judges, Competitors and Spectators



Congratulations to everyone who qualified!

I am looking forward to being the head judge for finals this year.

Listed below are the meetings and sign-up deadlines contestants **MUST** adhere to in order to compete:



8:15 p.m. Judges' meeting

8:30 p.m. Contestants' sign-up deadline (note the word "deadline"....grin)

8:40 p.m. Mandatory contestants' meeting (mandatory means you must be there!)

9:00 p.m. Contest begins

**YOU MUST MAKE THE SIGN-UP DEADLINE AND
ATTEND THE MEETING IN ORDER TO BE ABLE TO COMPETE!**

This is a special night and these are the Jack and Jill Finals, so you want to "**Dress to Impress**".
PLEASE DO NOT WEAR JEANS! There is a suggested (not mandatory) color scheme of red and black.

Best of luck to everyone!

Ellen Colonna

Head Judge

***Please remember that all finalists must be current members in order to compete.
If you are not a current member, you must renew prior to the competition date.**

August Birthdays

Members get in **FREE** the week of their birthday!

August 1st Ruthann Coyote
August 7th Tanya Bentley
August 8th Lisbeth Davis
August 11th Tom Grubaugh
August 12th Cindy Hoppe
August 15th Wilbur Carter
August 18th DeAnne Blea
August 19th Ram Voorakaranam
August 20th Terry Waters
August 21st Chris McLean
August 24th Don Bennett
August 25th Edith Allen

New Members

Welcome...

Cris Candelario

Deanna Downard

Sandy Kunzman

Suzan Moore

Ask a new member to dance!

Your Ad Should Be Here!

Advertising in the newsletter
is **affordable** and **effective!**

Contact:

newsletter@tsdc.net

Dance Lessons at the Club

Each month the club's dance instructors teach the beginning patterns in West Coast Swing. Students may start the sequence on any Thursday.

- First Thursday of the month: Left side pass, underarm turn, underarm turn with a hand change, and the right side pass.
- Second Thursday: 4-beat starter step, throwout, and closed basic.
- Third Thursday: Sugarpush, tuck throwout, and turning basic.
- Fourth Thursday: Basic whip, whip with an inside turn, and whip with an outside turn
- And in months with a fifth Thursday: Basket whip and variations.

We recommend taking the beginning class for three months before going on to the intermediate class. Intermediate classes teach pattern variations, combinations, and syncopations beyond the basics.

About the TSDC

Founded in 1977 by Rose Marie Burrell, the Tucson Swing Dance Club has dances every Thursday night at the Tucson Woman's Club, 6245 E Bellevue Street. There are dances every Thursday night except on Thanksgiving or other major holidays.

Club instructors teach a beginning lesson from 7-7:45pm and an intermediate lesson from 8-8:30pm, with dancing until 10:30pm.

Admission is \$3 for members and \$5 otherwise; annual memberships cost \$25 and run from January 1st through December 31st. Members are also eligible to compete in the club Jack & Jill contests and can choose to get a printed copy of the newsletter. Anyone can read the newsletter online at www.tsdc.net.

2010-2011 TSDC Board

President: Zo Carroll

Vice President: Ellen Colonna

Treasurer: Heather McLean

Membership Secretary: Tom Grubaugh

Corporate Secretary: Vera Tucker

Sergeant at Arms: Bill Garrity

Head Judge: Ellen Colonna

Newsletter Editor: Mary Carroll

Contest Coordinator: Jim Davis

Dance Director: Tom Grubaugh

Music Director: Scott Miller

Club Photographer: Matt Rounseville

Website Administrator: Heather McLean

Publicity Director: Ewa Sikorski

Hospitality Director: Eleanor Schrandt

Workshop Coordinator: MaryLou Duckworth

Contact Us

We now have email addresses for most of the club officers:

President: president@tsdc.net

Vice President: vp@tsdc.net

Membership Secretary: members@tsdc.net

Dance Director: dance@tsdc.net

Music Director: music@tsdc.net

Hospitality Director: hospitality@tsdc.net

Website Administrator: webadmin@tsdc.net

Newsletter Editor: newsletter@tsdc.net

Mailing Address: Tucson Swing Dance Club
PO Box 32226
Tucson, AZ 85751

Ad Rates

Email ads to newsletter@tsdc.net and send a check payable to the Tucson Swing Dance Club to TSDC, PO Box 32226, Tucson, AZ 85751. Deadline for submission is the 15th of each month.

Issues	1	2	4	6
Business card	\$7	\$13.50	\$25	\$35
Quarter page	\$14	\$27	\$50	\$68.60
Third page	\$19.50	\$37.50	\$65	\$95
Half page	\$25	\$45	\$70	\$100
Full page	\$40			
Single-sided insert	\$50			
Double-sided insert	\$80			

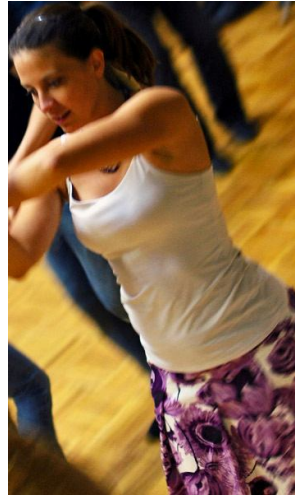
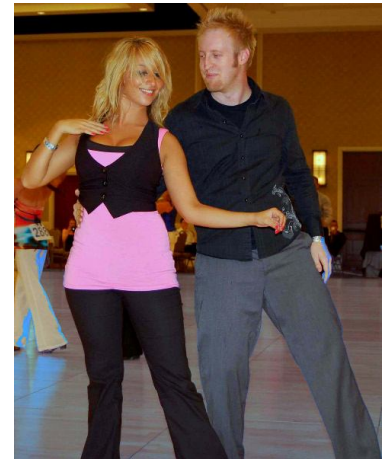
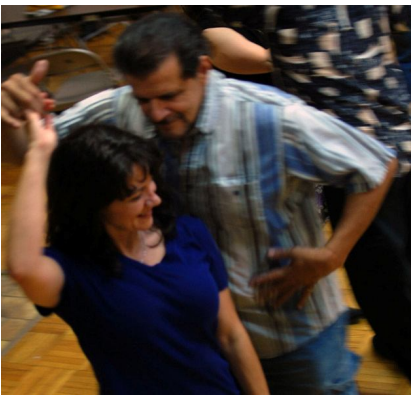
Local WCS Instructors

If you're a current TSDC member and you'd like to be listed here, send your contact information to newsletter@tsdc.net.

- Lawrence Bonfoey: dontdelaydancetoday.com
- Ellen Colonna: 520-548-6777
- Matthew Loukopoulos: 520-248-7290
- Wendy Miller: 520-318-9236, wendymillerdance.com
- L Perez: 520-792-2067 www.myspace.com/L_Perez
- Jeannie Tucker: jeannietucker.com
- Ro Vaughn: 520-260-2200



**Former TSDC
Music Director and DJ
Tamra Hood
was visiting Tucson and
stopped in to Guest DJ and
DANCE. It was fun for all!
We Miss You, Tamra!**



Tucson Swing Dance Club
PO Box 32226
Tucson, AZ 85751-2226

