

# Tucson Swing Dance Club Newsletter



The Official Publication of the Tucson Swing Dance Club: Established 1977 by Rose Marie Burrell

## President's Message

Hello everyone.

I hope all is well. I talked about goals and resolutions for the New Year in the last newsletter. I have noticed in the past that our club seems to have more new people at the beginning of the year and I have always thought this was people following through on resolutions to learn to dance or get in better shape or be more social. So if we in fact have more new people around in the next few weeks it behooves all of us to ask them to dance or sit and talk and get to know them. People decide quickly to continue with a new endeavor or give it up. Learning WCS can be hard for a lot of people. If they enjoy their experience at our club and meet some people that they like, then there is a much greater chance of them continuing to take lessons until they are a competent dancer. And we all want to see more people out dancing. Be sure to tell new people where dancing happens during the week.

The Phoenix club has another great workshop this month. Workshops are an enjoyable way to meet new people as well as improve your dancing. And speaking of Phoenix its not too early to make sure you have time off for the 4th of July convention. That's one convention I always make plans to attend. Getting a room at the Camelback is something to do early too.

My computer crashed a month ago and I was not able to get into my E-Mail for a long time. If you have sent me something and never got a reply you might want to send it to me again. I now have a high-speed Dell to match my high speed phone line. Doing anything on line is now dramatically faster for me. This will have to help with my response time. For the last two months you have hardly seen me out dancing, but now in February I can really say, until next month-I will see you out dancing.

Bill Garrity

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February  
2006



President  
Bill Garrity

### Inside this issue:

Member Spotlight Kari	2
January Contest Photos	3
Member Spotlight Todd	4
Winner's Square Bulletin Board	5
Calendar	6
Club Board Birthdays Advertisement Info.	7



Photos by Shadow! Nightwing

## Member Spotlight - Getting to Know You - Kari Rasmussen



When I first moved here in June from Northwest Arkansas, I searched the internet for any Salsa, East or West Coast swing dance venues. I was happy to find such an organized West Coast club since West Coast is my favorite of the three. I have really only started dancing about a year and a half ago. I began taking weekly group Salsa lessons after I took a trip to Puerto Rico and saw Salsa how it really should be done! My Salsa instructor also was proficient in West Coast and after I saw her dance I knew I wanted to invest more time in learning Swing. While out dancing, I also met a good friend who did East Coast who inspired me. I have realized since then that all three resonate with me because of my love for all three types of music. West Coast dancing in itself inspires me most because of its ability to be danced to all different sorts of music, the endless number of patterns, and (when you get good!) the freedom to make up moves and play.

Dancing has enhanced my life in incredible ways, I have had fun with many new friends am developing a talent I never really knew I had. The sense of accomplishment I feel when I bump up to the next skill level is worth every lesson/ dance and the amount of energy and sense of connectedness I have with myself and others after an intense night of dancing is one of the best feelings I have ever experienced. In my mind, I compare it with Yoga, in that you work your physical body in specific ways to increase not only your physical energy, but your emotional and spiritual being as well.

I presently am a Massage therapist at Canyon Ranch Resort as well as Focus Healing Arts in Northwest Tucson. I also am gradually building an in-home massage clientele the more I get to know people here in Tucson. I graduated in 1998 from Augustana College with a BA in Psychology and since then worked at a Holistic center/Massage school before moving here. My other interests include drawing, painting, designing jewelry, hiking, camping, travel and anything relating to health or spirituality. . My favorite things are dancing, designing anything, traveling to a new place (especially to the ocean) and learning anything new. I am fortunate to have my parents, grandparents and Aunt here with me, although we are all originally from a north suburb of Chicago.

# January Contest Photos - Novice and Intermediate



Photos by Shadow! Nightwing

## Member Spotlight - Getting to Know You - Todd Crawford



Photo by  
Shadow!  
Nightwing

I first was introduced to dancing by a friend that I met in college who was from Guatemala. He was very into Salsa and Meringue, and he went dancing every weekend with a group of people to a local hole in the wall Salsa club called El Palacio Del Rey in Colorado Springs. I loved the music and they taught me to dance by showing me the basic step and shoving me out on the floor. My friend would challenge me by getting me to copy different moves he was doing. When I started I was told that I had, "severe white man's disease." I stuck with it and was eventually told I was cured of my affliction. In addition to salsa I started doing east coast swing. Swing dancing was really big in Colorado at the time and the college offered free lessons on campus and there were a lot of live bands on the weekends.

I first stumbled on to the TSDC after graduating from Colorado College in 1999. None of my local friends were into dancing, and I was looking for a somewhere to dance. At the time I thought swing was swing and was very surprised to see how different West Coast Swing was to the east coast swing that I had been doing in Colorado. West Coast swing was very difficult for me at first since it has a lot more structure than any other type of dance I had done previously. It took me about three months before I was able to be able to do the basic steps without having to count aloud. After that I was hooked.

The last few years I have been away from dancing. I own a music store called Metro Gnome Music that rents and sells musical instruments, in addition to selling used video games, movies, and CDs. Two years ago my lease was ending on my former location, and I desperately needed to move to a larger location. I relocated my business to its current location at 4044 E. Speedway. The move took a lot of extra work and I had to drop some of my recreational activities. Unfortunately, dance was one of the ones that had to be put on the back burner.

Having settled into the new location and gotten my life back to normal, I felt there was something missing. I had my other activates such as soccer, playing saxophone in my high school alumni band, cycling, and doing a few triathlons, but they did not offer the same relaxation as dancing. Dancing is a very different from other activities in our daily lives in that in that speed is not a part of it. At work everyone wants things done quickly. We are constantly rushing from one thing to the next in our daily lives. Dancing is one of the few activities where you can just relax and listen to the music. A good dancer is not someone who dances quickly, but one that can hear and move in sync with the beat of the music. I am very glad to have found the TSDC and would like to thank all of the instructors and other people that put so much time and effort into making it possible.

## January Jack and Jill Contest

**Novice:**

- 1st Place: Chris Hughes and Gail Vamadeva
- 2nd Place: Chris Hughes and Jan Rust
- 3rd Place: Todd Crawford and Cathy Schreiber

**Intermediate:**

- 1st Place: James Hood and Maryanne O'Shaughnessy
- 2nd Place: Mike Gadberry and Heather McLean
- 3rd Place: Rich Cridebring and Lori Sunderland

**Advanced:**

- 1st Place: Hondo Velasco and Wendy Miller
- 2nd Place: Scott and Wendy Miller
- 3rd Place: Robert Vaughn and Marta Buchanan

Greater Phoenix Swing Dance Club

Dances are held every Sunday night

At the VFW Post 720

4853 E. Thomas Road , Phoenix

Lessons—5:00 to 7:00 PM

Open Dancing - 7:00 to 10:00PM

For more information call the hotline

(602) 269—5657

or visit the website

[www.gpsdc.com](http://www.gpsdc.com)

**Instructor of the Month**  
**L Perez for February**  
**9th - 16th -23rd**

**TBA**  
**for the 2nd of February**

**St. Patrick's Day**  
**Party and Potluck**  
**March 16th**

**Membership Renewals are now delinquent. You must be a member to compete in the contests.**

### Board Elections Coming Soon!

- President**
- Vice President**
- Treasurer**
- Corporate Secretary**
- Membership Secretary**
- Hospitality Director**
- Dance Director**
- Music Director**
- Sergeant at Arms**
- Public Relations**

Keep your Dance Club up and dancing by participating on the Board or as an Officer or as a Director.

Volunteers are always needed.

If you are interested about serving on the Board or being an Officer or Director, please notify Bill Garrity, your President.

A printed job description manual is available to review with Jane at the door table.

See the website for additional information at [www.tsdn.net](http://www.tsdn.net)

**Newsletter online in color**

Send newsletter input to [tsdcnewsletter@gmail.com](mailto:tsdcnewsletter@gmail.com)

**Rust & Associates, LLC**  
*JAN C. RUST, EA, CLDP, REALTOR*

**Tax Preparation, Real Estate,\***  
**Notary, Paralegal Services**  
**9865 E. Creek St. Tucson, AZ 85730**  
**520-275-6634/520-721-7962**  
**[jcrrealtor@aol.com](mailto:jcrrealtor@aol.com)**  
**Real Estate offered through Tierra Realty**

# February 2006

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

			1	2 J & J contest DJ Jim B Instructor TBA	3	4
5 GPSDC Sunday Night Lesson and Dance	6	7 Board Meeting 7pm	8	9 DJ Scott Miller Instructor L Perez	10	11
12 GPSDC Sunday Night Lesson and Dance	13	14 Valentine's Day	15	16 Valentine Party DJ L Perez Instructor L Perez	17	18
19 GPSDC Sunday Night Lesson and Dance	20	21	22	23 DJ Joe Erker Instructor L Perez  J & J Evaluation	24	25
26 GPSDC Sunday Night Lesson and Dance	27	28				March 16th St. Patrick's Day Party and Potluck

**Thursday dances: 6245 E. Bellevue Street 520 745-0255 www.tsdn.net**

**Beginning lesson 7-7:45pm Intermediate lesson 8-8:30pm Dancing until 10:30pm**

## February Birthdays

2/22  
Randy McNellis

2/22  
Randy Malak

2/28  
Richard Roche

Get in **FREE**  
during the week  
of your  
Birthday

## New Members

Valerie Seabre

Laurence P  
Bonfoey

Sherry Lotz

John Wright

Tom White

Connie Folse

Tom Fox

Sandra Fox

Support TSDC by advertising in the newsletter. Send camera-ready ads and checks payable to the Tucson Swing Dance Club to: TSDC, P.O. Box 32226, Tucson, Arizona 85751-2226, or email a Postscript file of your ad to [tsdcnewsletter@gmail.com](mailto:tsdcnewsletter@gmail.com) and drop your check in the mail.

**Must be received by the 15th of the month for the following month's newsletter.**

Issues	1	2	4	6
<b>Business card</b>	<b>\$7</b>	<b>\$13.50</b>	<b>\$25</b>	<b>\$35</b>
<b>Quarter page</b>	<b>\$14</b>	<b>\$27</b>	<b>\$50</b>	<b>\$68.50</b>
<b>Third page</b>	<b>\$19.50</b>	<b>\$37.50</b>	<b>\$65</b>	<b>\$95</b>
<b>Half page</b>	<b>\$25</b>	<b>\$45</b>	<b>\$70</b>	<b>\$100</b>
<b>Full page</b>	<b>\$40</b>	-	-	-
<b>Single-sided insert</b>	<b>\$50</b>	-	-	-
<b>Double-sided insert</b>	<b>\$80</b>	-	-	-

## TSDC 2005-2006 Board

### Elected positions:

President Bill Garrity  
 Vice President Wayne Scheibe  
 Treasurer Shadow Nightwing  
 Membership Jim Davis  
 ww3lstep@gmail.com  
 Corporate Secretary Laura Loman-Pressler

### Appointed directors:

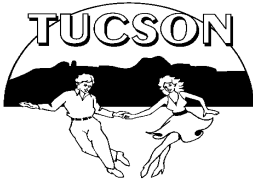
Music Director Jim Buchanan  
 Sergeant-at-arms open  
 Hospitality/Publicity Director Marta Buchanan  
 Dance Director Lisa Brink  
**Appointed coordinator:**  
 Contest Coordinator Terry Waters  
 Newsletter Editor Jane Morgan  
 Photographer Shadow Nightwing

# Valentine's Day Party

on Thursday February 16th

Lessons as usual

**Wear your RED clothes and feel the LOVE**



P.O. Box 32226  
Tucson, AZ 85751-2226

We're on the WEB!  
WWW.TSDC.NET

*Swing Dance Club*

## **Tucson Swing Dance Club**

**The only place to be on Thursday**

### **Free pass**

This pass entitles \_\_\_\_\_  
to a free beginner's lesson at the Tucson Swing Dance Club, compliments of

\_\_\_\_\_

who is a club member. **Good for the first visit only.**

**Tucson Swing Dance Club - 6245 E. Bellevue - 520 745-0255 [www.tsdc.net](http://www.tsdc.net)**

**Beginning Lesson at 7pm**  
**Intermediate Lesson at 8pm**  
**Open dance till 10:30pm**

**Member entry donation \$3.00**  
**Guest and non members \$5.00**

**Annual membership \$25.00**

**Hot Line phone #520 745 0255**

## **Dance Lessons At the Club**

Each month the club dance instructors teach the beginning patterns in West Coast Swing. Students may start the lesson 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, closed basic.

**Third Thursday:** Sugar push, tuck throwout, turning basic.

**Fourth Thursday:** Basic whip, whip with an inside turn, whip with an outside turn.

**Fifth Thursday:** Basket whip and variations.

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