

Palmetto Ballroom Dance Club News



Vol. 13, No. 1

March 2012

UPCOMING DANCES

MARK YOUR CALENDAR!



- **April 13**
- **May 11**
- **June 8 - 1st summer dance – casual attire!**

Free dance lesson starts at 7:30; brief review of previous month's lesson starts at 7:15; open dancing from 8:30 to 10:45. Bring your favorite finger foods to share, and/or a door prize (value not to exceed \$10-12), and enjoy an evening of fun and fellowship. And don't forget to invite a friend – our monthly dances are a great introduction to ballroom dancing!

See inside for more details.

It Takes Two to Both Tango and Tangle

Before either a lesson or a dance, we need to take the time to ask each other: "What do you need in order to have a good time or to have a productive lesson?" Most of the time, we find that our needs are similar. While some of the following suggestions for the prevention of arguments are geared to both partners, others can be accomplished by one member of the couple.

Make Eye Contact

This helps us to not get lost in our own thoughts or what's happening around us.

Offer Encouragement and Support Rather than Criticism

Everyone knows that people respond with openness and trust when they feel safe, and become defensive when they feel attacked. Out on the dance floor, any comments, requests, or suggestions about one another's dancing should wait until we are off the floor and can talk in private.

Sensitivity and Gentle Touch

We remind one another that we have different levels of sensitivity to touch and the manner in which we like to be held

Occasionally, One of Us Will Need Something for a Particular Mood or the Situation We Are In

For example; start with some slow dances if one of us is not feeling energetic, or taking more time to socialize with friends we may not have seen for a while and sitting out some dances.

Attitudes

When practiced by one or both partners, can prevent conflicts from arising because one person's positive energy can have a calming effect

See **Two to Tango** on Page 3

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**Dance your way into
Spring with the Palmetto
Ballroom Dance Club!**





FROM THE PRESIDENT

Dear Fellow Dancers and Friends,

In recent weeks I've been privileged to observe how dancing affects us...and the observations have really made me smile. I know a couple who's now retired and are beginning to learn ballroom; the husband mentioned how he wanted this to be a "giff" to her in that she'd done so much for their marriage! I looked at her face when he said that, and she just beamed.

Another couple who are also very new to dancing...I've heard her tell me about how she goes fishing with him and that's something her husband enjoys very much. Well...let me tell ya...he's been coming to the dance classes because that's something she's wanted to do. I was so happy to hear how communication IS working between those two.

Yet another couple I've met recently.....are not yet married, but they're now learning to dance so that during their wedding reception, they will "turn heads" of everyone there. As for me...I think this is a very positive attitude for this young couple to have even before they marry!

An acquaintance of mine recently had major surgery five weeks ago in Charleston. She got interested in dancing only six or seven years ago and once I saw her on the dance floor, it was readily apparent how much dancing is a part of who she is! Well, three weeks back she came to the dance using her walker and I could tell how much just being there at the dance meant to her. Well, the next week she returned to the dance and even though she could not get up and dance, a guy went over and held her hand and he did some dance steps with her sitting on her walker. I spoke with her that night and told her how much dancing made me stay motivated following my October surgery until I could again get out on the dance floor! The look on her face told me that dancing for her, too, will keep her motivated to recover from her illness!!!

I hope that dancing continues to make your daily journey in life an even better one!

"I'd Rather Be Dancing"

Bill Bramlett
President, PBDC

P.S. "Enjoy the little things in life, for one day you may look back and realize they were the big things."



Needed: Table Decorations For the May Dance

It doesn't have to be fancy, just a flower in a vase (we have the vases already) or blooms in a bowl (we have the bowls, too).

We can always use help decorating the Leatherman Center for our monthly dance. If you have a flair for decorating, this is your chance to get involved! It does not require you to spend any money for we have an inventory of decorations available.

If you'd like to decorate in May, please call Jane Snipes at 669-1920 x 103 or email janesnipes@northstarcop.com.

Media Library

For some time now, we have been working on upgrading the instructional videos in our ballroom dance library. So far we have completed DVDs in: Waltz, Cha Cha, Tango, Rumba, Foxtrot, East Coast Swing and Bolero. Coming soon will be the Samba. These DVDs are available for loan to members of the PBDC. If interested, please see Janice Flowers who is responsible for maintaining the library. We ask that DVDs be signed out for only one month at a time to allow other members access.

- Vence & Pauline



Club Leadership 2011-12

Officers & Board Members

President: Bill Bramlett
billbramlett@webtv.net

Vice-President:
Vanessa Huggins
vanh1961@yahoo.com

Treasurer: Janice Flowers

Secretary: Chrissy Depew
cldepew@yahoo.com

Parliamentarian:
Pauline Jelovchan
Pbjelovchan@yahoo.com

April Wolfe
aprilm.wolfe@gmail.com

Jane Snipes
janesnipes@northstarcorp.com

Dorr Depew
dorrdepew@yahoo.com

Standing Committees

Dance Theme & Decorations:

Jane Snipes

Music and Band:

Vence & Pauline Jelovchan
Pauline: Pbjelovchan@yahoo.com
Vence: Vjelovchan@aol.com
DJ - Eddie Collins

Dance Instructors: Vence and
Pauline Jelovchan

Door Prizes: April Wolfe

Newsletter: Dorr Depew

Video Librarian: Janice Flowers

Webmaster: Bruce Blumberg
bruceb@uscsumter.edu

Two to Tango (continued from Page 1)

on their partner who may be getting angry or become controlling when frustrated by the dance experience.

Most Important - Remember the Relationship

Dancing is FUN, togetherness and the sheer pleasure of movement. It is very easy to become obsessed with doing the steps perfectly, trying to look good for others, or looking at yourself in the mirrors. Don't forget your goal of dancing as a couple.

Expect to Go Through Some Difficult Periods

In all aspects of a relationship, one partner is likely to learn more quickly than the other, and will begin to feel impatient and judgmental. If your priority is to continue dancing together, tolerance and support are needed for the slower learning partner who may be feeling poorly about himself or herself.

Practice Focusing on What You Can Do

Focus to improve couple dancing, rather than criticizing your partner's efforts. When one person changes his movement or frame, it creates a need for adjustment on the part of the other. Instead of trying to control your partner, work on yourself and change will come naturally.

Let Go of Being Right

As good as it feels to be right, this means that your partner has to feel wrong, and this can only create tension. When there is a question about a step or movement, ask your instructor.

Accepting and Respecting Differences

People are different. Each of us will hear the music a little faster or slower. What is experienced as a firm hand hold by one can be felt as a vise-like grip by another. As in all elements of our relationship, we must take time to negotiate our differences and respect our partner's perspective. Despite the obstacles, the challenge of moving as ONE around the dance floor with each person taking responsibility for his/her own part is an opportunity for couples to experience a sense of joy and togetherness that can heal the deepest wounds at the same time it enhances love and intimacy.

Final Thought

Let your personality shine. Think of the joy and happiness you'll receive, not to mention the joy you'll give to others as they watch you and your partner, as you orbit the center of the ballroom like two stars, gliding through space together, intertwining as one harmonious couple.

VISIT OUR WEBSITE!

For the very latest info about PBDC activities, including lots more photos and plenty of information, visit the club Web site: <http://www.palmettodanceclub.org>





2012 Dance Schedule

Dances are normally held on the second Friday of each month, except as noted *.

January-May

- January 13
- February 10
- March 9
- April 13
- May 11

Summer Dances – June-August

- June 8
- July 13
- August 10

Admission to summer dances is free for members; casual dress.

September - December

- September 14
- October 12
- November 9
- December 7*

Free Dance Lesson from 7:30 to 8:30 pm. (review of previous month's lesson at 7:15). **Open Dancing** from 8:30 til 10:45 pm.

Admission - \$5 for members of the PBDC and \$10 for non-members.

Dance Location: The Palmetto Ballroom Dance Club meets at The Leatherman Center, Freedom Blvd., Florence, SC.



Editor's Notes

I hope everyone is enjoying the fine spring weather and the longer days that come along with this season of the year. The first three dances of 2012 have been great - thanks to everyone who worked so hard to set up and decorate! Want to help? Check out the note in this issue.

The purpose of the PBDC Newsletter is to provide members with news, features and information about ballroom dance in the Pee Dee. In this edition, you'll find a variety of articles about dancing, along with photos from our first three 2012 dances. Your comments, suggestions and articles of interest for the newsletter are welcome and encouraged. Try your hand at writing a brief article about your dance experience. It's not hard - just tell it in your own words!

You can email me at dorrdepew@yahoo.com, send items via regular mail to 400 Church St., Cheraw, SC 29520, or call me at 843-910-2283. The newsletter is published four times a year. We encourage all club members to contribute news and information for the newsletter. Next publication date is June 15, so I need your information by June 1. Thanks!

Dorr Depew
Newsletter Editor

Club Membership

The PBDC tries to make it as easy as possible to experience ballroom dance in the Pee Dee. The PBDC is the only ballroom dance club within 60 miles. Pass the word and let's boost attendance this season.

Please renew your membership promptly when due. Our club depends on your dues to help pay for the hall, DJ and special treats throughout the season. If you have not renewed your membership, we urge you to fill out and send the form below with your check to the address shown.

**Palmetto Ballroom Dance Club
Membership Application**

Name(s): _____
 Address: _____
 Phone: Home _____ Work _____ Cell _____
 Email _____

Annual membership dues are \$20 per person.

Mail to: Palmetto Ballroom Dance Club, 410 Eastburn Ct., Darlington, SC 29532



From Our Instructors - By Vence & Pauline Jelovchan

Shoe Info

For those of you interested in purchasing dance shoes, the following vendors & web sites may be of interest:

The Shoe Center: N. Myrtle Beach, 710 Hwy 17 S, Suite I, N. MB. Ph: 843 272-6515

They have shag shoes and ballroom shoes. You can order online. www.shagshoes.com

Judy's House of Oldies, 300 Main St., N. Myrtle Beach. Ph: 843 249-8649. Online: Judyshouseofoldies.com

Dance Etc & Characters Costume Shop: 1213 W Evans St, Florence, SC 29501 Ph: (843) 665-9300

- Offers a 10% discount – tell them you are members of the Palmetto Ballroom Dance Club.

The Turning Pointe: 5143 Forest Drive, Columbia, SC 29206, **Telephone:** 1-800-76-DANCE or 803-782-8188, **Email:** pointet@bellsouth.net

Online: If you Google ballroom dance shoes, lots of sites will show up. Suggested sites are:

- **Carmen's Dance Shoes:** www.carmensdanceshoes.com
- **www.dance4less.com**
- **Discount Dance Supply:** www.discountdance.com Ph: 1-800-328-7107 Note: If you use our Teacher Discount # TP48261, you will receive 10% off and free shipping if over \$100 order.
- **Glide Shoes:** 551 Jesse Street, San Fernando, CA 91340. Ph: 818-408-0522, Fax: 818-408-0585, Website: www.glideshoes.com

We personally have been to Shoe Center and Judy's. We have also bought from Carmen's online (California). She will have specials each month-20 or 30% off.

Ballroom Instruction

For those of you who may be interested in furthering your ballroom dancing skills & techniques, we have been, and will continue to provide Ballroom I & Ballroom II lessons at the Poynor Adult Center here in Florence. Please find below an overview of these lessons.

The Poynor lessons are an excellent opportunity to learn the basic steps in the six dances taught. Even if you have some basic knowledge of the dances, these lessons are a valuable tool to improve your dance styling & technique. Many of our students have returned to retake the basic lessons multiple times, for something new is always gleaned. At the conclusion of these basic lessons, we then offer Ballroom II for those that wish to take what they learned in Ballroom I to a new level. In Ballroom II, we focus on some new steps, the man's lead, lady's styling, maneuvering around the dance floor, etc. In addition, at the end of each week's dance instruction, a recap video is provided so that students can view and practice the steps at home. We have found this to be invaluable in trying to remember the step details from week to week and also can be viewed in the future as a refresher.

Ballroom I lasts for 6 weeks from 6:00 - 7:30 PM. Each week, one of the six dances is taught with the first 15 minutes of the following week's class a 15 minute review of the dance steps taught the prior week. For those who may not be able to make all 6 lessons, we coordinate with the students to come in at ~ 5:30 PM or stay a little later to get caught up on the week that was missed. Ballroom I was recently completed and we have now begun Ballroom II. The next Ballroom I class will occur in September. Dates to be announced as the Poynor Fall class schedule is finalized. Ballroom II lasts for 3 weeks from 6:00 – 8:00 PM with two dances reviewed each week, one the first hour and one the second hour with a few "bonus steps" offered, time permitting.

If you are interested in these lessons, please contact Vence or Pauline. For those of you who may prefer a more personal setting, we offer private lessons as well. Please see Pauline or Vence for details. In closing, we hope you choose to participate in the Ballroom I or Ballroom II sessions. We have found ballroom dancing to be a life changing experience as you will soon find out. Please advise if you have any questions or if we can be of further assistance.

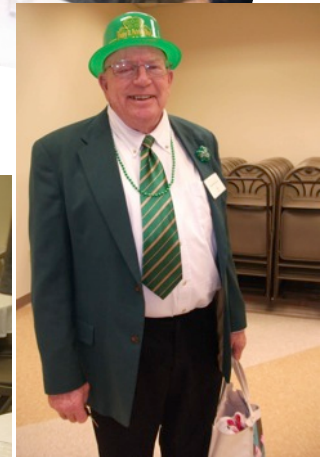
Sincerely,

Vence & Pauline Jelovchan



THRU THE VIEWFINDER

PHOTOS FROM RECENT DANCES
CHECK THE CLUB WEBSITE FOR MORE!



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