

Palmetto Ballroom Dance Club News



Vol. 17, No. 2

Spring/Summer 2016

UPCOMING DANCES MARK YOUR CALENDAR!



- June 10
- **NO JULY DANCE in 2016**
- August 12
- September 9
- October 14
- November 11
- December 2

Dance lesson starts at 7:30; 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 the
full schedule.**

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From Our Instructors

Ballroom Dancing Builds Strength in Movement

By Vence Jelovchan

From the foxtrot to swing, salsa and even the cha-cha, these dances showcase not only the way a body can move, but the way it can command strength. Ballroom dancing emphasizes that it is more than just physically demanding — it also is social. It is therapeutic. It is emotional, and it is mental.

When you first start dancing, I wouldn't say it was that great of a workout because you have to learn different patterns and movements. But as you move farther into it, it becomes more cardiovascular and requires more muscle control, movement control. You're constantly moving. In any one given dance situation, you will surpass 10,000 steps, because dance is movement.

The popularization of dance-inspired television shows like *Dancing With the Stars* and rising interest in dance as an alternative form of exercise have positively impacted the industry over the past five years. The nonprofit USA Dance Inc. reported a 35 percent spike in the number of people taking lessons and attending ballroom events over the past 10 years.

The aspect of ballroom dancing that makes it such a good exercise and health program is you're maintaining a good posture, stretching your body, standing up as good as you can. While you're doing a (box pattern), you're not just moving your body ... you're controlling your muscle movement to get the right body movement. And these muscle groups, the way you're controlling them, are working much harder than they would work if you were just walking.

Ballroom dance students typically range in ages from 16 to 85. The younger students, have danced ballet, modern, and tap for years and happened to stumble upon ballroom dancing. The proof of the benefits of ballroom dancing, however, is in the older generation.

The longevity of a ballroom dancer's career is much greater than that of a ballerina or modern dancer. And not because the steps are slower.

The older students who have been dancing for years still enjoy a great range of mobility and flexibility while some of their friends are having trouble getting around. It keeps your mind active, because as you're learning new patterns and new methods, it's forcing your

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brain to exercise and move around.

Ballroom dancing is good for balance, which is really good for when you're older. To some, the appeal is the constant movement, and learning the lead.

You're not standing still. You learn to do turns. You have to put your brain into it. Most men don't like to dance because you have to know the lady's step, you have to know your step. You have to know the lead.

Still, it can be done at any level — from new students walking through patterns and learning new muscle memory thought processes to social dancers. Then there are amateur entry-level competitive dancers on up to professional dancers, on both national and international levels.

The interesting thing about the athleticism and/or the exercise quality of dance — when someone comes in looking for exercise, if they know anything about dancing, they come in asking about the swing, and the salsa, the cha-cha.

What they don't realize is a properly-done waltz or a properly-done foxtrot is much more exercise-oriented and physically exhausting than a swing dance, because you're using your muscles, but you're using them in a more of drawn-out control method than haphazardly running through a pattern. There's a lot more control involved.

Food for Thought

“Ballroom Dancing just gets more exciting the more you know about it, which is why you have to do well at school so you can spend the rest of your life supporting your habit!”

- Kay Teague



From the President

Dear Fellow Dancers,

Once a year, the president is to give a “state of the club” report. Your club is in very satisfactory shape from all angles. What is so pleasant is seeing smiling faces coming in the door and smiling faces going out the door.

One thing to mention is that our attendance is down. I usually know why almost every single member hasn't attended. They let me know ahead of time or after the dance. Actually, I look out and know exactly who is not there, and I miss every single person. I have stressed how important it is to make anyone attending our dance feel welcome. We have all made a great effort at just that. I don't think there is any one thing we can pinpoint to our lower attendance, except that life is busy, people move, people have illnesses, etc. I know how much I love the Palmetto Ballroom Dance Club, and I see that love on a lot of faces on the second Friday of the month.

Thank you for all your support and help. Let's not have the Palmetto Ballroom Dance Club be the “best-kept secret” – let people know about our club and ask them to attend with you!

Close your eyes for a moment while dancing—you will hear your heart beating...

Lovingly submitted,

Pauline Jelovchan





Club Leadership 2015-16

Officers & Board Members

President: Pauline Jelovchan
Pbjelovchan@yahoo.com

Vice-President: Jane Snipes
Janesnipes@northstarcorp.com

Treasurer: Janice Flowers

Secretary: Andrea McKenzie
andreamckenzie@ymail.com

Standing Committees

Dance Theme & Decorations:
Marilyn Mong

Music and Band:

Vence & Pauline Jelovchan
Pauline: Pbjelovchan@yahoo.com
Vence: Vjelovchan@aol.com

DJ - Eddie Collins
eddiecollins@sc.rr.com

Dance Instructors: Vence and
Pauline Jelovchan

Assistant Instructors: Rich and
Donna Gerner

Newsletter: Dorr Depew

Door Prize Chairpersons: Rich
and Donna Gerner

Video Librarian: Janice Flowers

Webmaster: Bruce Blumberg
bruceb@uscsumter.edu



Decorating Help Wanted!

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 help with decorating, please call Marilyn Mong at 665-7513 or email Marilyn.mong@att.net.

Media Library

Our club's media library includes instructional videos featuring Waltz, Cha Cha, Tango, Rumba, Foxtrot, East Coast Swing, Bolero, Samba, and Salsa! 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 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. We as members must constantly recruit new dancers in hopes that they will join our club. In the past 6 months, many members have moved away, missed attending due to medical issues, etc. Pass the word and let's boost attendance this year.

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 in this newsletter, along with your check, to the address shown.

Playlist suggestions welcome! If you'd like to suggest favorite songs for our monthly dance playlists, email DJ Eddie Collins at eddiecollins@sc.rr.com.

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>



2016 Dance Calendar

Dances are held on the second Friday of each month, unless **noted***.

- February 12
- March 11
- April 8
- May 13
- June 10
- **NO JULY DANCE this year**
- August 12
- September 9
- October 14
- November 11
- December 2*

Dance Lesson from 7:30 to 8:30 p.m. (review of previous month's lesson at 7:15).

Open Dancing from 8:30 til 10:45 p.m.

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

* December 2 is the date for our Christmas Dinner/Dance - \$10 for members, \$15 for non-members.

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



Editor's Notes

Dear Friends,

Hope your summer is getting off to a good start! School's out for kids (and teachers!), and it's vacation time. Let's all enjoy and cherish our time with family and friends, and be careful as we travel!

The purpose of the PBDC Newsletter is to provide members and friends 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 most recent dances. Your comments, suggestions and articles of interest for the newsletter are welcome and encouraged.

Why not try your hand at writing a brief article about your dance experience! I give this invitation in every newsletter, but I've had very few to take me up on it. You don't have to be a great dancer...or a great writer...to tell your dance story! Just send it to me and we'll include it in a future newsletter. I'll even edit and polish if you like!

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. Please submit items for the next issue as soon as possible! Thanks!

Dorr Depew
Newsletter Editor

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



THRU THE VIEWFINDER

PHOTOS FROM RECENT DANCES
CHECK THE CLUB WEBSITE FOR MORE!

