

Palmetto Ballroom Dance Club News



Vol. 14, No. 1

March 2013

UPCOMING DANCES MARK YOUR CALENDAR!



- April 12
- May 10
- June 14

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!

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Let's Talk About "Posture"

By Rich Gerner

Posture described: How we – Stand – Move – Create lines. The balance we create in the alignment of all of our body parts. What we do to complement our partners and their dance. Sounds to me like posture is everything to dance

Posture contributes to our dance so completely. Every good dancer spends time working on posture never taking it for granted. Posture is not automatic and everyone should, at the very least, give it some thought before and after each time you dance. If you really want to improve your look as a dancer you must have good posture. Good dancing is directly affected by our balance and balance starts with the proper posture.

So what is proper posture? This can be answered so easily but also can be lengthy as the finest of details are improved upon. Here we are just going to point out the basics. Understand that just the basic will give you a great look that everyone will notice. As you perform your dances more and more with good posture you will find it easy to maintain the look in your dance you desire.

Here are the basics:

- ❖ Stand Tall
- ❖ Head held high – ears over the shoulders
- ❖ Shoulders Back and Down
- ❖ Neck elongated
- ❖ Mid-section elongated
- ❖ Hips should have a feeling of down
- ❖ Align the Blocks of Weight
 - Head
 - Shoulders
 - Rib Cage
 - Hips

Two Practice drills:

1. Easy to do – Get in the best posture you can and check yourself in a mirror. Move side to side, forward and back. Do some simple pattern on your own do this whenever you think of your dance

See "Posture," page 3

Dance Into Spring!





From the President

Dear fellow ballroom dancers,

Isn't it amazing that our dance club is in its 16th year of dancing?! Our first quarter (Oct-Dec) was very busy and rewarding with our 15th anniversary dinner/dance and our Christmas dinner/dance. Both evenings were quite successful.

We appreciate everyone's support to keep our club running smoothly. This club cannot succeed without every single one of you and the contributions that you make. A special thanks to Kay and Al Roberson and their Sumter group for all their performances. It is always a treat when dancers give of themselves to perform for us.

Our April dance, with the theme "**bring a couple or guest to the dance,**" should be a great opportunity to show others what our club is all about. Hope to see you and your guests in April.

It's time to dance.....let the beat go on.....!

Pauline Jelovchan
Club President



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 Jane Snipes at 669-1920 x 103 or email janesnipes@northstarcorp.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, Bolero and 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 2012-13

Officers & Board Members

President: Pauline Jelovchan
Pbjelovchan@yahoo.com

Vice-President: Dorr Depew
dorrdepew@yahoo.com

Treasurer: Janice Flowers

Secretary: Chrissy Depew
cldepew@yahoo.com

Jane Snipes
janesnipes@northstarcop.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

Newsletter: Dorr Depew

Video Librarian: Janice Flowers

Webmaster: Bruce Blumberg
bruceb@uscsumter.edu



Posture (continued from front)

- Harder to do - Place two tennis balls in the mid part of your back lying flat on the balls between your shoulder blades (start with smaller and softer items and build up to tennis balls.) Ask me for details.

Look at the definition of Posture as found in the DVIDA Instructors Manual:

Posture – The correct alignment of the body's block of weight: head, shoulders, rib cage, and hips. One of the most important aspects of good dancing, posture is responsible for good balance and professional appearance.

Proper Posture Description

Waltz and Foxtrot Posture – Both partners are upright with spines lengthened up through the crown of the head with the shoulder blades down, ribcage flat. Followers should have a fully stretched spine, angled slightly leftwards, without tipping the shoulders.

Tango Posture – Both partners are upright with spines lengthened up through the crown of the head with the shoulder blades down, ribcage flat, and blocks of weight aligned. Leaders poise should be such that the back of the head is in line with the heels and with their blocks of weight aligned. Followers should have a fully stretched spine, angled slightly leftwards, without tipping the shoulders.

Understand these tips, practice always with thoughts of maintaining your posture throughout the entire dance. Re-examine your practice each and every time. Work hard at being in the best posture you can and you will be a much better dancer.

I hope this helps you in your pursuit toward better ballroom dancing!

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



2013 Dance Schedule

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

January-May

- January 11
- February 8
- March 8
- April 12
- May 10

Summer Dances – June-August

- June 14
- July 12
- August 9

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

September-December

- September 13
- October 11
- November 8
- December 6

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 pm.

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

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.

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>



Editor's Notes

Dear Friends,

Spring has sprung!! The days are longer, and we're all coming out of "hibernation" and getting active again. For all of us in the PBDC, activity includes dancing! The club's monthly dances through spring and summer will give us plenty of opportunities to dance, socialize, and introduce newcomers to ballroom dance. **Our PBDC is a great place to learn and practice in a supportive environment! Let's be sure to share it with our friends.**

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. Try your hand at writing a brief article about your dance experience.

You can email me at dordepew@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. We'll publish another issue in June, so please submit items when convenient, but no later than the end of May. Thanks!

Dorr Depew
Newsletter Editor





From Our Instructors - By Vence & Pauline Jelovchan

To Our Fellow Ballroom Dancers and Friends,

As you are aware, our PBDC consists of dancers with varying levels of dance expertise. Regardless of level, it's always good to remind ourselves of things we can do, both male & female, to add to our dance experience. The following tips are nothing new but always good to review:



MAKE YOUR PARTNER HAPPY

The single biggest secret of success to social dancing is to make your partners happy. Once you succeed at this, your popularity will soar and you will never have a shortage of enthusiastic partners. Once a commitment is made, one needs to master the skills needed to implement this process.

A few examples:

NO UNCOMFORTABLE LEADS

Cranking your follower's arm to make her turn, pushing and pulling to bring her into position, and other forceful leads will not be appreciated. If she is not doing what you want, then probably your lead was not skillful enough. Unless you know a pattern well, do not execute it on a social dance floor. Keep it for classes and practice time until you have mastered the pattern, then bring it on the social dance floor. **If the lead is good and the follower is still not following, again the leader is at fault, because he is leading a pattern too difficult for his follower.**

NO BACK-LEADING

When you ask or accept to follow someone in a dance, you implicitly agree to let him lead. While this doesn't mean that you have to be a perfect follower, or even a particularly good one. **It does mean that you should not try to lead him.** It is disrespectful and disturbing to your partner when you steal the lead; you are rejecting their contribution to the partnership.

PROTECT YOUR PARTNER

For the leader this has two aspects. The first is floor craft. **Anticipate the movement of other dancers** and match your figures to empty spaces on the floor so that you do not run your partner into other couples. Secondly, if there is imminent danger of collision, pull your partner close and turn so that you absorb the blow. The follower can also protect her partner by keeping an eye out behind his back. If a couple is approaching from his blind spot, a small pressure **on the shoulder or hand can warn him of possible collision.**

ENTERTAIN YOUR PARTNER

You are there not only to have a good time yourself, but also to entertain your partner. This means, among other things, making him/her comfortable, dancing at a level that is enjoyable for both and maintaining a good sense of humor if something goes wrong. If you are a perfectionist in your dance studies, leave it behind in social dancing. Own up to mistakes if yours but do not dwell on them either way. Playfulness and lightheartedness in dancing also goes a long way. Look at your partner and smile (except in dances she is not supposed to). . Focus, not on yourself, but on your partner.

MAKE YOUR PARTNER FEEL APPRECIATED

The most popular dancers are not necessarily the most skillful, but rather the ones who **make clear to each partner how much that person's company is appreciated and enjoyed.** Most people would rather not dance with someone who acts bored or put upon, no matter how amazing their dancing is.

Continued on next page





THE ANNOYANCE FACTOR

There are many things that may be acceptable in everyday situations and yet can be very annoying when done at very close proximity, as one must be while dancing. In particular, avoid humming to the music, counting the steps or chewing gum while dancing.

**REMEMBER –
YOU ARE HAPPY WHEN
YOUR PARTNER IS HAPPY!**

He: “Can I have the last dance with you?”

She: You are having it!

Author unknown

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

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

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.

Please note that some dance shoe companies list sizes in European sizes, not the standard American. This is not a problem for standard comparison charts are usually listed. Please make sure you clarify this when ordering.



THRU THE VIEWFINDER

PHOTOS FROM RECENT DANCES
CHECK THE CLUB WEBSITE FOR MORE!

