

Palmetto Ballroom Dance Club News



Vol. 12, No. 4

October-December 2011

UPCOMING DANCES MARK YOUR CALENDAR!



- **JANUARY 13, 2012**
- **FEBRUARY 10, 2012**
- **MARCH 9, 2012**

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.

Dancing Helps Keep Body and Mind In Shape

Did you know stepping onto the dance floor is a great **mental** workout, too? A recent study published by AARP has shown that our hobby has both physical and mental benefits! When she was just 13 or 14 years old philanthropist Hillie Mahoney learned the waltz from her father. She's been ballroom dancing socially ever since, but Mahoney says she's still learning the nuances—posture, for instance—especially since she recently began dancing competitively. "I thought I knew how to dance until I took classes," she says. "It's more than dragging the feet around. There's a coordination between the brain and the feet."

Ballroom dancing attracts a wide variety of participants, although, like Mahoney, 73, the majority is older than the tattoo-and-nose-ring set. It's easy to figure out why dancing makes great exercise—just go dancing. For hard scientific proof, in a study presented at last November's annual meeting of the American Heart Association, a group of 110 individuals who had suffered chronic heart failure were randomly assigned traditional aerobic exercise (such as cycling or walking on a treadmill), waltzing, or no exercise. After performing their assigned tasks 3 times a week for 8 weeks, the exercise group showed an oxygen consumption increase of 16 percent versus 18 percent for the waltzers, and an 18 percent increase in cardiovascular fitness, compared to 19 percent among the dancers. While the percentages between the groups are close, the dancers also reported an improvement in their emotions, compared with no improvement for the non-exercisers. And they were more likely to stick with dancing after



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Merry Christmas and Happy New Year from the officers and board of Palmetto Ballroom Dance Club!



FROM THE PRESIDENT

**Dear friends, fellow dancers
and recent visitors to our social dances,**

The holidays are fast approaching. Maybe the waning of 2011 is what makes us pause and consider how lucky we are. We live in a place we love. We get to enjoy dancing with others who too, appreciate the joy to be found while dancing. These are simple pleasures, and they make life good.



In a letter that Edward Winslow wrote after what is considered the first Thanksgiving back in 1621, he says that in preparation for the feast "oure governor sent 4 men on fowling". Those 4 guys brought back enough wild turkeys to last a week! The turkey was supplemented with venison from local natives, but turkey seems to be the menu item that remains in place today.

The glorious poinsettia was --- according to Mexican tradition---a weed that was transformed into the "Flor de la Noche Buena" (the Flower of Christmas Eve) when a young boy who could not buy flowers, laid a small bouquet of weeds in the manger instead. This humble offering immediately bloomed with beautiful scarlet flowers!! In fact, the name of this traditional holiday plant was given to it in 1836, in honor of Dr. Joel Poinsett, the U.S. ambassador to Mexico from 1825-1829.

So as the holidays approach, I want to thank each of you for making our Club a special coming-together of many diverse backgrounds but with that common denominator of our sheer Love Of Dancing. I've been a member of the P.B.D.C. for a very short time; however, your friendship continues to give me something which money and material things can never give me!

I hope your holidays will be full of your own traditions---from favorite recipes to sacred contemplations. They are the truest gifts of this season, shared with the people you love best.

Blessings!

Bill Bramlett
President, PBDC



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

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Pauline Jelovchan
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April Wolfe
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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@yahoo.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

Please email if you have suggestions or would like to volunteer to help!

Decorating Help Wanted!

If you'd be willing to help decorate the Leatherman Center for PBDC dances, please contact Jane Snipes: janesnipes@northstarcorp.com



Spotlight dances Are a special treat

By Vence & Pauline Jelovchan

In October, November and December, Spotlight Dance routines have been the focus as additional entertainment for the PBDC. Here's a recap:

October: Vanessa Huggins and Paul Purvis performed a very moving Waltz to "Sam".

November: Five couples of the Sumter Ballroom Dance Club performed a tastefully choreographed Waltz routine to the song "Open Arms" by Journey.

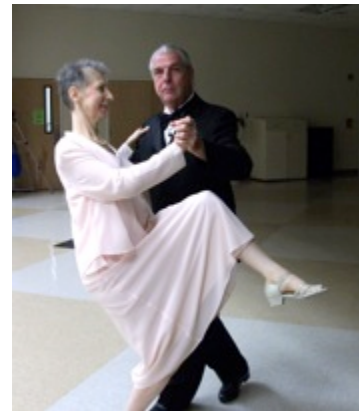
Participating couples were: Al & Kay Roberson, Bruce &

Catherine Blumberg, Bob Wall & Ruth Kinsley, Kody Brown & Mercedes Hull, and Paul Purvis & Bonnie Belger.

Also in November, Bob Wall & Ruth Kinsley performed a very entertaining Samba routine which got the Latin

blood flowing. And, Kody Brown and Angelyn McKeever performed a very lively Swing that made us all wish we were many years younger!

December Christmas Dance: Under the tutorial and guidance of Pauline Jelovchan, eight couples from our club performed a complex choreographed Rumba repertoire to the James Bond theme "Golden Eye." Participating couples were: Vence & Pauline Jelovchan, Rich & Donna Gerner, Al & Kay Roberson, Don & Helene Ellis, Bruce & Catherine Blumberg, Steve & Jane Snipes, Mark & Deni Sibley, and Joann Groover & Paul Purvis. Rich and Donna went on to entertain us with a Bolero-Rumba spotlight as their special Christmas gift to our club.



Want to do a Spotlight?

If anybody is interested in doing a Spotlight routine in the future, please contact Pauline or Vence Jelovchan. Spotlights can be a single couple or a routine involving several couples. Please do

not be concerned about your level of dance; the objective is to participate and have fun!



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

As your new newsletter editor, I'd like to thank the club for this opportunity to serve, as well as for making Chrissy and me feel so welcome as newcomers... both to the club and to the enjoyable world of ballroom dancing!

The purpose of the PBDC Newsletter is to provide members with news, features and information about ballroom dance in the Pee Dee. Your comments, suggestions and articles of interest for the newsletter are welcome and encouraged.

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 March 15, 2012, so I need your information by March 1, 2012.

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 promptly renew your membership 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



Dance Benefits – Physical and Mental!

(continued from page 1)

the test. Really, how much fun is riding a stationary bike? As for a mental workout, a study published in 2003 in *The New England Journal of Medicine* analyzed 469 people at least 75 years old who answered a questionnaire about physical and mental activities, ranging from crossword puzzles to dancing. Within a median timeframe of 5 years, 124 had developed dementia, though the frequent dancers showed a reduced incidence. According to the study's lead, Joe Verghese, MD, assistant neurology professor at Albert Einstein College of Medicine in New York, dancing was the only physical activity tied to a lower risk of dementia.

The physical exercise increases blood flow to the brain, but dancing has a social aspect, too: Fewer dancers felt depressed and lonely. In addition, dancers must memorize intricate steps and movements, master timing, and coordinate movements with a partner—the type of mental acrobatics that hold off memory loss and dementia. According to William Greenough, professor of psychology, cell and developmental biology at the University of Illinois, "Learning intricate physical skills improves subsequent learning of other skills." Greenough adds that his significant other, Nancy Blake, is an accomplished tango dancer, and he's been trying to follow in her footsteps (or rather lead her) the last four or five years. "Very definitely the package as a whole enhances my motor skills and mental skills as well," he says. But still, he says, Blake dances much better.

Doing the Tango, Looking Gorgeous

In another study, presented at the 2005 meeting of the Society for Neuroscience by Patricia McKinley of Montreal's McGill University, 30 people between ages 62 and 90 were chosen. Half were assigned to tango classes, while the other half walked twice a week for two hours. After 10 weeks both groups scored better on cognitive tests, yet only the tango dancers did better on a multitasking test. They also displayed improvement in balance and coordination.

Larissa Velez, who, since 1999, has been teaching ballroom dancing to a range of ages,

says she notices a boost in her students' energy levels. "I see folks walk in with a slow gait," she says. "But when swing music comes on, they dance a fast swing. It's almost like their memory gets into that rhythm." Also, she says, ballroom dancing gives people an opportunity to feel sexy—especially the Latin dances. Greenough agrees: "There is a real grace to tango—it just looks gorgeous." The McKinley study backs up Greenough and Velez. According to McKinley, when dance classes began the students showed up in sweats and jeans, but by the third or fourth class they were wearing makeup and jewelry.

For Hillie Mahoney, dance classes have turned out to have benefits beyond exercise and memory improvement. After leaving the studio one night she ran into friends. "They said to me, 'Where have you been? You look wonderful,'" she recalls. "Then I realized it was because of the waltzing."

Source: AARP News

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

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>



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

- 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.

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

- **Carmens 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.

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. **The next Ballroom I class will be begin February 2 and will run through March 8, every Thursday from 6 to 7:30 p.m.** **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.

If you are interested in these lessons, please contact Vence or Pauline. 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

Ph: 843-667-9322

E-mail: pjelovchan@yahoo.com



THRU THE VIEWFINDER

PHOTOS FROM RECENT DANCES

CHECK THE CLUB WEBSITE FOR MORE!

