

Palmetto Ballroom Dance Club News



Vol. 15, No. 2

Spring 2014

UPCOMING DANCES MARK YOUR CALENDAR!



- June 13*
- July 11 *

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 the
full schedule.**

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Dancing is major Bonus on cruise ship

By Dorr Depew

Three years ago, if someone had said that Chrissy and I would be dancing up a storm this winter on a cruise ship, I would have thought he was crazy. No, I would have **known** he was! We had never been on a cruise, and we couldn't dance! Both sounded like fun, though.

The cruise part wouldn't be a problem...you buy a ticket and walk on board. But dancing? Neither of us had danced since high school, and back then "dancing" meant an adolescent conglomeration of waving your arms alternating with "slow dances" (rocking back and forth in place). We'd bought a "teach yourself to dance" book a few years back, but that got us nowhere fast.

Fast-forward to 2014, cruising to the Bahamas on Royal Caribbean's *Enchantment of the Seas*. We spent every evening in one of the ship's dance venues and thoroughly enjoyed ourselves. We danced on deck with the college students, in the atrium before dinner, and in Bolero's lounge until the wee hours. We met other passengers, had loads of fun, and burned off all those calories from the buffet!

So what happened over three years to change things so dramatically? Lessons and practice...and practice...and more practice, especially for me...it takes me a LONG time to learn a new step! We took Vence and Pauline Jelovchan's classes at Poynor Adult Center...in fact, we repeated the beginners' class several times! And we joined Palmetto Ballroom Dance Club, where we've made so many new friends and received tons of support as we've continued to learn. We are still very much "beginners" and there are so many talented dancers in the club. Everyone has been so encouraging, and the lessons before each month's dance are especially helpful! Vence, Pauline, Rich and Donna are great teachers.

Continued on next page



Cruise Dancing (continued)

Back to the cruise ship...Back in 2012, we took a short cruise to celebrate our 40th wedding anniversary. We'd been dancing about a year...had no idea if there'd be dancing on board (there was!), where or when it would be, or whether to even take dancing shoes (we didn't!) We tried a little waltzing around on the small dance floor in the atrium area (there was piano music). That was fun...I didn't step on Chrissy's feet or fall over! So after supper we found our way to Bolero's lounge, thinking that the name might indicate Latin dancing. Partly right...there was rumba, cha-cha, and samba, along with disco, slow dance, and even a few waltzes. We managed to steer our way around the dance floor without incident. By the time we took a break, we were having a great time...and we sure wished we had brought those dance shoes along! We came back on subsequent nights and stayed up way past our bedtime! Getting off the ship, we definitely felt good about our first onboard dance experience!



The lessons and PBDC dances continued for the next two years – along with plenty of practice in our kitchen at home! When it came time for another cruise in February of this year, we made sure to pack those dancing shoes. We were much more comfortable on the dance floor this time around, and we had fun meeting other folks. Some came to watch, some to dance. We quickly became friends with a couple who were just like we were a few years ago. They wanted to learn to dance (at least she did!) but had been putting it off. We encouraged them to sign up for some lessons when they got home. (My standard line is, “if I can learn to dance, anyone can!) We heard from them a few weeks later, and they had just completed their first lessons.

There was a live band in the lounge where we danced, and they tailored the music to the kind of dancing people wanted to do, which

was really nice. In between dances, we'd cool off and chat with other passengers. That social aspect of dancing has been a real plus for us. We met one gentleman who was a World War II veteran, in his eighties. He used a walker and his wife told us he was moving in and out of dementia. He loved to dance when he was younger, but couldn't dance anymore. They'd sit with us and enjoy the music...until, one night, the band struck up a favorite song from the 1940s. The band leader came over and helped the old gentleman to his feet. His wife joined him for a beautiful dance that was a trip back in time for this lovely couple.

Like dancing on land, shipboard dancing has several major benefits. It helps us stay in shape *physically*, especially some of the Latin dances. We also benefit from the *mental* effort of dancing, too. Scientists tell us that our brains stay in better shape when we learn new skills! And then there's the *social* benefit...an opportunity to get out and enjoy an activity with other people, whether it be on a cruise ship, in a gym, or at one of our monthly PBDC dances. Chrissy and I also feel strongly that dancing has another benefit...one which can strengthen and enrich a couple's relationship: it helps us learn to *communicate*. Whether we're leading or following, we're communicating with our partner. Communication is a skill that we need to learn and practice if we're going to do it well, and dancing is a great way to improve our communication skills!

So, the bottom line is this...a cruise ship is a very enjoyable and economical place to take a vacation. It's also a great place to DANCE. **Just remember to take your dancing shoes!**

Dorr & Chrissy



From the President

Dear Friends,

It is so nice for the winter months to be behind us and spring and summer in front of us. I know you probably get tired of hearing this from me; BUT, recruitment is so vital to our club. The old Girl Scout motto comes to mind, "Make New Friends But Keep the Old!" We do try to think of new ways to promote the club. Group dance lessons have worked the best in the past. Steve Snipes has volunteered Trinity Collegiate Dance Room for us to organize a group lesson. We will probably start in the fall.



Our Club has lost a longtime member. Perry Dumez passed away on April 15th. Vana and Perry started dating on our dance floor, and their love for each other and for dancing showed through. Vana, our deepest sympathy to you for your loss.

Thank you to all of you that do so much to keep the club running. I appreciate each and every one of you. Let's hope that the summer dances are well attended.

My best,

Pauline Jelovchan

Club President

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.

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



Club Leadership 2013-14

Officers & Board Members

President: Pauline Jelovchan
Pbjelovchan@yahoo.com

Vice-President: Dorr Depew
dorrdepew@yahoo.com

Treasurer: Janice Flowers

Secretary: Joann Groover
Jgroover22@yahoo.com

Andrea McKenzie
andreamckenzie@ymail.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

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



Media Library

Big news! We have just added a Salsa DVD to our instructional library! We also have 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

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.

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>





2014 Dance Schedule

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

Here's the schedule for the remainder of 2014:

- June 13 *
- July 11 *
- August 8 **
- September 12
- October 10
- November 14
- December 5

* Summer casual dress

** August dance to be confirmed

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.
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.

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Editor's Notes

Dear Friends,

Happy Spring! Hope everyone is enjoying the warm weather and longer days.

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. My own first attempt is included in this issue!

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 when convenient, but no later than the end of July. Thanks!

Dance with us in Camden

Please join your friends for dancing at the Palmetto Coffee Shoppe and Tea Room, 1012 Broad. St. in Camden. Dances are normally scheduled for the 1st Saturday night of each month from 7 to 9 p.m. Come early and enjoy supper at the restaurant! For more information, contact Al and Kay Roberson at (803) 438-9356 or alfredrobertson@bellsouth.net. The restaurant's number is (803) 272-0983.



From Our Instructors - By Vence & Pauline Jelovchan



Things They Don't Tell You in Dance Class

Student anxiety and frustration are the major causes of failure in learning to dance.

This article is to help increase learning for the dance student in a traditional dance class, where most students feel inadequate, frustrated, and overwhelmed. The following are to help you better understand your discomfort. The good news, learning to dance isn't all that difficult after you get the hang of it, so "hang in there."

You Will Be Overwhelmed. The typical dance class will have a dozen, and perhaps more than twenty, important pieces of information. The capacity of human short term memory ranges from five to nine pieces of information; most of us feel memory overload at seven. This has been confirmed at all levels of learning. Don't feel bad because you aren't able to remember all that is required. No one can, and if you think some do, they are probably repeats.

You Will Be Frustrated. Research shows that to retain new psychomotor skills, you must practice past the point of proficiency. Here is the typical sequence for learning a new motor skill, note that both the first few items, and the last, take place *inside our brain*: confusion, planning, sequencing, replication, proficiency,

and, finally, retention. Don't feel alone; others are feeling the same way. Take advantage of the opportunity to practice. Practice as soon as possible after class, to better your chances to retain what you learned.

Listen to the *how* and disregard the *what*. There is a lot of information presented in a typical dance class which may result in "overload" to some. Try to remember the variations you have learned, and implement them at your discretion. This greatly increases the likelihood that you will retain some of the information covered in class.

Our Teaching Style. Be prepared to repeat dance classes. Repetition is key to eventually converting new steps into "muscle memory" so that you can execute new steps automatically. We try very hard to make each student feel comfortable, regardless of your level of dance proficiency. You don't need to have a dance studio with mirrors in your home (although that would be ideal!) to improve your dancing. Nor do you need to always have your partner practicing with you. You would be surprised at how you can improve by just taking a few minutes here and there practicing the steps in the kitchen, on the driveway, along the hallway, even in elevators (preferably when alone!), etc. One tip we personally use is to practice a new step in slow motion to ensure you have the count and movements correct. Once you feel comfortable, increase your speed slowly to the point where you can execute the step(s) at "target speed". Most important..... **Have FUN!**

"We are not here to wait for the storm to pass, but to learn to dance in the rain."

- Storefront, Lexington, VA



THRU THE VIEWFINDER



PHOTOS FROM RECENT DANCES
CHECK THE CLUB WEBSITE FOR MORE!

