



# DanceSTAR

NORTH STAR CHAPTER NEWSLETTER

USA Dance, Inc

Volume 10, Issue 2

March-April 2010

## “Dance The "Blues" Away!”

by: Michael R. Singleton,  
President USA Dance North Star Chapter

Is the cold weather making you feel down, "depressed" or blue? Dance may help regulate the genes that increase levels of brain chemicals. These chemicals are believed to combat these ailments and relieve stress. You may find that dancing might be your escape. Research shows that addressing your physical side can break the chains of such diseases as depression or the "blues". For example, Tango movements were taught for 6 weeks for 1 1/2 hours a week to a control group. The findings of the study showed that performing these dance moves can BANISH negative thoughts and may even ward off depression. So get yourself in gear, off that couch and dance!

Our North Star chapter dances offer our members and guests a fun-filled night of dancing. We have an excellent guest program and hope that all of you will invite a friend to attend. We are constantly working to improve our monthly dances.

When I first showed up at USA Dance three years ago, I didn't realize what a great volunteer we had in DJ Tony Love. Tony always showed up, was early to arrive, stayed to the end and never complained. When I first became President, a little over two years ago, I learned that he did ALL for free. And now that he has decided to start his own business, we wish him all the best.

**2010**

## *Dance Calendar*

### *Friday Musicale*

*645 Oak Street*

*Jacksonville, Florida*

*(904) 355-7584*

**March 28th**

**April 25th**

**May 23rd**

**June 27th**

**July 25th**

**August 22nd**

**September 26th**

**October 24th**

**November 28th**

**December tba**

**Doors open at 6:00 PM**

**Lesson 6:30 - 7:15 PM**

**General Dancing 7:00 - 10:00 PM**

**Members \$7.00**

**Non-Members \$10.00**

## Dance Host Program

Just a reminder ladies...the Dance Host Program is still in effect!!! Contact **Joyce Pastre at 262-3789** by the Thursday prior to the monthly dance to get on the dance host's dance card. Please call early so we can ensure we have enough hosts to keep you all dancing! The cost is \$10.00 per lady...PREPAID. Send checks to: 12249 Kinelaven Rd, Jacksonville, FL 32258-9472

“Dance the “Blues...”

The truth of the matter is, I don't even know how many years to thank him for!

For all of you that attended the dance in January, I'm sure you noticed the change with the music. We hope for a smooth transition. I would like to thank Ray Stanley for all his hard work and expertise with this project. I couldn't have done it without Ray!

See you on the dance floor!

Member Spotlight



**Donna Smith** moved to Florida 20 years ago from New England when her parents retired here. Her family is now nationally distributed with daughter Melissa's family in Colorado Springs (Air Force) with 2 grandchildren – Amber and Collin, son Steven in Connecticut and daughter Dawn's family in Tavares Fl with granddaughter Kayla. She spent 15 years in Orlando before moving to Palm Coast in 2004.

Donna started ballroom dancing about 18 months ago after watching Dancing with the Stars one night, she decided why just watch instead of participating. She started taking lessons in Palm Coast. She attended the American Ballroom Christmas Dance at Bolero's in 2008 where she asked an exceptional dance host if he was taking new students. She began in January 2009 as Mike Singleton's student. They began to compete in Feb. 2009 and have been very successful in several competitions. She has also participated in the Arthur Murray summer and Christmas showcases.

Donna went on the Moonlight dance cruise in October 2009, coordinated by Mike Singleton, Joy Bellemare and Cheryl Schoonmaker. Donna states "It was one of the best trips ever" and that is coming from someone who has traveled globally a great deal. She loves all forms of the performing arts- music, ballet, opera and attends performances throughout Florida. Her outdoors persona enjoys fishing, hiking and rollerblading. She also takes a great deal of pride in gardening and has many exotic plants and orchids. When she has time, she has dabbled at oil painting since she was 16 years old.

Donna has spent her 20 years in Florida as an executive in the healthcare profession. She is currently the Practice Manager for a growing Neurology practice in the Jacksonville area.

Donna considers herself to be a perpetual student. Although retirement looms on the horizon, she is continuing to complete her Masters with only her thesis course left. She hopes to continue with pursuing her doctorate next now that there are options for online courses.

In a contest on the Moonlight dance cruise last year, Donna and Ruby won two different weeks' stay at a condo anywhere in the world and plans to travel to Italy later this year with perhaps a side trip to Greece. She plans to repeat the Grand Challenge and World competition this year.

**For the Social Dancer**

**USA Dance Chapter #6104**

**Arthur Murray Dance Studio  
1092 Ponce De Leon Blvd  
St Augustine, FL 32084**

**Ph: 904-669-8276**

**Mar 20th**

**April 17th**

**Lesson 7:00 pm**

**General dancing: 8:00 - 10:30 pm**

**Admission \$6.00 members,  
\$10.00 non-members**

**[www.usadanceaugustine.net](http://www.usadanceaugustine.net)**

## FOR THE SOCIAL DANCER

### Thursday

#### **Ballroom Dancing at Club Savoy,**

6354 Arlington Road

Group 8 - 8:30 pm (gratuity requested)

General dancing 8:30 -10:30 pm. Cost \$6

Music by Wade Nolan and Burt Pringle.

### Saturday (1st & 3rd)



#### **DanceSport and Wellness Center**

10131 Atlantic Blvd, Jacksonville, FL

Free group at 8 pm.

North Star members \$8

**You MUST show your USA Dance card!**

**Call 721-3399** for more information.

#### Daytona and Orlando

#### Dance Calendars

#### **Greater Daytona Chapter**

#### **City Island Recreation Center**

**108 E. Orange Ave**

**386-423-7455 or 386-427-4591**

March 13th, 27th

April 10th, 24th

Lesson 7 - 8 pm—Dance 8 - 10:30 pm

\$6.00 members , \$10.00 guests

#### **Central Chapter—Orlando**

#### **United Methodist Church**

#### **Cnr Interlachen Ave & Morse Blvd**

**John Davis @ 407-644-6286**

March 19th - Emerald Ball

April 16th - Anniversary Ball

Lesson 7:30 - 8 pm—Dance 8 - 11 pm

Admission \$6.00 members, \$10.00 guests

## Competition Corner

### 2010 Competition Calendar

<b>March 14</b>	Kaluby's Grand Prix Jacksonville, FL
<b>March 28</b>	NJ DanceSport Classic "Spring Fling" Hackensack, NJ
<b>April 9-11</b>	National DanceSport Championships Los Angeles, CA
<b>April 24</b>	Atlantic DanceSport Challenge Hunt Valley, MD
<b>May 8-9</b>	Columbia Star Ball, NQE Portland, OR
<b>May 21-22</b>	Smoky Mountain DanceSport Champs, NQE Knoxville, TN
<b>June 25-26</b>	Gumbo DanceSport Championships, NQE Baton Rouge, LA

More events...

<http://usadance.org/dancesport/competition-calendar/>

# *Good Luck!!*

## **In 2010**

*Jim & Kathleen  
Job & Sandy  
Randy & Jean  
Terry and Sandra*

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# ART by Bronwen



“TGIF”



“A Walk on Christmas Day”

Some of my work in acrylics on canvas is currently on display at the Abbott Tract Artists gallery at:

31 San Marco Ave  
St. Augustine,  
FL 32084.

**Hours: Noon - 6 pm**  
**Thursday - Sunday**

Also open for the Art walks. and Uptown Saturday Night  
Gallery Phone: 904-829-2934

**New Website! [www.artbybronwen.com](http://www.artbybronwen.com)**

You may also contact me directly to arrange to view additional work:

E-mail: [Bronwen\\_chandler@hotmail.com](mailto:Bronwen_chandler@hotmail.com)

Phone: 904-662-7354

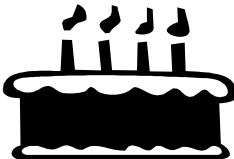
“...I am becoming freer in expressing both a looser technique and my own coloration. I love to paint in acrylics, and am always striving to improve. I want the composition to be solid, and the viewer to be drawn into the work and to be able to strongly relate to it.”

## Editor's Notes

- \* Good news! After about a year of no serious dancing following foot surgery, Helen Jones and her long-time partner Felix Solis got back together and entered Felix's Holiday Classic competition on Dec. 19th, 09. They did 10 entries and won 10 first-place awards. In February they also did an exhibition at the Jacksonville Ballroom Dance Club at Bolero's. They have tentative plans to enter Kaluby's Grand Prix competition in March. Helen says "It's great to be back in the loop!" We've missed her and hope we'll see more of her at our monthly Chapter dances.
- \* You can visit <http://usadance.org/> for a wealth of interesting information regarding our national organization as well as upcoming events and information on the Chapters. There are a lot of dancesport competitions coming up in early-mid 2010...check the web-site for more comprehensive information.
- \* If you would like to submit a dance-related article that our readers would enjoy, please contact me: [bronwen\\_chandler@hotmail.com](mailto:bronwen_chandler@hotmail.com) and I'll notify you when it is time to collect submissions for the next newsletter. Also, if you are competing in DanceSport and not listed in our competitors' list please let me know and I'll add you in. Thank you!
- \* Here's a useful link to tell you about the various dance venues around Jacksonville: <http://www.dancersdelight.net/newsletter.htm>
- \* You can contact Kaluby's Dance Club at 904-338-9200 for more info. about their Grand Prix ballroom competition to be held at Deerwood Golf and Country Club on Sunday, March 14th .
- \* If you need a spare copy of our newsletter to share with friends, we are posting it on our web-site.

**Welcome New Members**  
\* \* \*  
\* Nate and Adeline Orange \*

**Keep our chapter a Quality Chapter.**  
**Renew your membership early!!**  
**Bring a friend to a dance...they get in for half-price for their first dance!!**



**March**

Carol Wyninger	1
David Ignacio	2
Marian Taylor	6
Alice Lucey	11
Teresa Dickinson	14
Bruce Hinchcliffe	22
Raymond Stanley	23
Dianna Smith	24
Sharon Alexander	24
Sandi Travassos	31

**Member Birthdays**

**April**

David McGugan	4
Job Travassos	6
Carole Wells	9
William Jenness	24
Bill Wheat	28

**North Star Chapter Officers and Committee Chairs**

President.....	Michael Singleton
1 <sup>st</sup> Vice President.....	vacant
2 <sup>nd</sup> Vice President.....	Joy Bellemare
Secretary.....	Jackie Hamlin
Treasurer.....	Cheryl Schoonmaker
Membership.....	Carol Wyninger
Publicity .....	Kathy Anderson
Dance Host Program .....	Joyce Pastre
Web Design .....	Jim Scalise
Newsletter.....	Bronwen Chandler
Hospitality/Decorating.....	vacant
Youth.....	Lisa Buckloh
Telephone .....	Sharon Alexander
Outreach .....	Helen & Joe Jones/ Burt Pringle
Members-at-Large.....	Suzanne Connery Carol Wyninger
Immediate Past President..	Wade Nolan



**Have You Moved ?**

Don't miss a single issue of the North Star newsletter—DanceStar. If you have moved, please let us know your new address(s) - mailing and email!

Michael Singleton, 894-3160,  
michaelsingleton@yahoo.com

***North Star Chapter***

[www.northstarjax.org](http://www.northstarjax.org)

**The newsletter is now available on our web-site. If anybody has any suggestions for our web-site please let us know!!!**

**Tony Love-DJ Services**

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**Music For Your Special Occasion**  
Private Party - Wedding - Anniversary - Birthday

Ballroom	R & B
Disco	Latin
Rock and Roll	40's - 90's
	Line Dance

904-744-5427  
Danceballroom@excite.com

"To stay young...put on life's golden slippers and dance."

Burt Pringle

**NORTH STAR CHAPTER, USA Dance**  
**606 Briarway Lane**  
**Jacksonville, FL 32259**

