



DanceSTAR

NORTH STAR CHAPTER NEWSLETTER

USA Dance, Inc

Volume 9, Issue 2

March - April 2009

"Economic Stimulus? Let's think Dancing Stimulus!"

By: Michael R. Singleton

President USA Dance North Star Chapter

The bad economy, serious fluctuations of the stock market, economic stimulus and \$2 trillion in bail outs for the economy and Wall Street...what else could possibly happen in our country?!?! So, what should *WE* do in Jacksonville during these trying economic times to relieve this stress? Well, in the words of David Bowie in his 1980's hit... "*Let's Dance!*"

Dancing is not only an enjoyable experience, but it also helps to relieve stress and lower the blood pressure by releasing chemicals called endorphins into your body that make you feel better and lower your stress level. In addition, many psychologists have found in studies, that even watching something beautiful, like ballroom dance, can give you a euphoric feeling that can release these chemicals as well, almost mimicking the physical activity (but at a reduced level). Why are you discussing this, you may ask? Well, what I am suggesting to you is: no matter what is going on in the world...keep dancing! Or, take a friend, family member, or even go on a date with your significant other and catch a professional show to enjoy watching this art, in addition to supporting our local dance community.

So, what is going on in our community? Last month, Ralph Ramirez of Bolero's sponsored his *Grand Challenge* competition. It is a bi-annual competition in which students can compete; in the evening he offers a great professional show and open dancing, which anyone can attend. The next comp Ralph will sponsor will be this fall. Sarwat Kaluby, of Kaluby's Dance Club, also runs two competitions a year with student comps, pro comps and shows, and open dancing: the *Grand Prix*, usually in March, and his large national comp, *The First Coast Classic* in the fall. In addition, Marina and Vasily Vlasov, of Arthur Murray's, sponsor shows (and dances) several times a year that are very entertaining to watch with local, national, and international talent. And, there is so much more! Any time you would like to have a fun night on the town with your friend, or your sweetie, contact me or Joy Bellamare and we will give you the local scoop.

Of course, do not forget our dances on the third Sundays of every month (and St. Augustine the second Saturday of every month). To help with our own stimulus, our beloved treasurer, Cheryl Schoonmaker, has created a competition

2009

Dance Calendar

Friday Musicale

645 Oak Street

Jacksonville, Florida

(904) 355-7584

March 15

April 19

May tba

June

July

August

September

October

November

December

Doors open at 6:30 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

“Economic Stimulus? ...” Continued

of our own here in NorthStar. Every quarter, we will give away fantastic prizes to those members who invite the most guests to our dances. Our first quarter competition winner will be announced at the April dance for the months of January-March. Next quarter’s competition will be for the months of April-June and will be announced in July; so get those guests in and let’s get some new members. As I always say: ‘let’s work together in building our membership to have the preeminent social ballroom dance organization in the River City!’

So to keep our heads above water and off the economy, stay positive and dance, dance, dance! And just remember:

Entrance to the Sunday dances: \$7; tickets to see a professional show in town to support the dance community: \$40; being a member of USA Dance North Star and recruiting new members into an organization that will offer good times, a social outlet, stress relief, networking and friends for a lifetime: PRICELESS!

Thank you, and see you on the dance floor!



For the Social Dancer

USA Dance Chapter #6104

**VFW Post 2391
6184 US Highway 1 South
St Augustine, FL**

Ph: 904-669-8276

March 14th

April 11th

Lesson 7:00 pm

General dancing: 8:00 - 10:30 pm

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

www.usadancestaugustine.net

Member Spotlight

Jean Beckwith: Jean may have inherited her love of dance from her parents who met while both were in the Navy and stationed in Green Cove Springs, FL. They loved to dance – in fact, they won a jitterbug contest a few weeks before Jean was born. She is part of a large family and has five younger brothers and sisters, none of whom are dancers, all living around Jacksonville.

Jean’s first ballroom dance lesson was a ‘free, introductory’ offer at Arthur Murray back in 1995 – she stayed with their studio for two years. She has continued taking lessons ever since with various studios, and says, “It’s too much fun to stop!”

Aside from her membership in USA Dance, Inc. Jean also serves on the board of the American Ballroom & Contemporary Dance Association (ABCDA) as the chairperson of Publications and History. In addition to her love of dance, Jean enjoys sewing, gardening, and working with stained glass.

She is currently the office manager at Dial Cordy and Associates Inc., an environmental consulting firm that specializes in natural resource assessments in marine and terrestrial environments. She especially likes reading and editing technical reports prepared by the professional staff from which she has learned stuff like how to find the perfect sand for a beach restoration project to knowing where gopher tortoises like to live. There is always something new. Jean enjoys her job and plans to continue working – until her dancing “White Knight” comes along or her kids hire her as a full-time nanny. But, above all, she will continue to dance!

Jean had an annual “girls” cruise to Key West and Cozumel in February. The cruise group is called CHAN (Children Husbands Allowed Not). Also, she has trips planned to Fort Worth, TX in April and May to see her grandchildren

FOR THE SOCIAL DANCER

Thursday

Ballroom Dancing at Club Savoy,

6354 Arlington Road

Free Group 8 - 8:30 pm

General dancing 8:30 -10:30 pm. Cost \$5

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 Calendar

Greater Daytona Chapter

City Island Recreation Center

108 E. Orange Ave

386-423-7455 or 386-427-4591

March 14th, 28th

April 11th, 25th

Lesson 7 - 8 pm—Dance 8 - 10:30 pm

\$6.00 members , \$10.00 non-members

Central Chapter—Orlando

United Methodist Church

Cnr Interlachen Ave & Morse Blvd

John Davis @ 407-644-6286

March 20th- Emerald Ball

April 17th - Casino Royale Ball

Lesson 7:30 - 8 pm—Dance 8 - 11 pm

Admission \$6.00 members, \$10.00 guests

Competition Corner

2009 Competition Calendar

Feb 28-Mar 1	Southeastern Championships, NQE Washington, DC
Mar 8	NJ DanceSport Classic Spring Fling Hackensack, NJ
Apr 3-5	USA Dance National DanceSport Championships Baltimore, MD
May 16	“Quest for the Best” Seattle, WA
Jun 13-14	NJ DanceSport Classic “Summer Sizzler” NQE Hackensack, NJ
June 26-27	Gumbo DanceSport Championships NQE Baton Rouge, LA

More...

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

Good Luck!!

In 2009

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

Mixed Media

By
Lisa Buckloh

Some of you may have caught **Superstars of Dance** on NBC recently, an international dance competition hosted by *Lord of the Dance* creator and star, Michael Flatley. Solo artists, duets, and groups from eight countries competed for the scores of judges from the represented countries. The Australian ballroom couple and the Argentine tango couple were fantastic. Also featured were duets performing in theatre arts from South Africa and the United States. Other forms of dance were also showcased, including traditional Indian and Irish dance, ballet, hip hop, martial arts, and contemporary dance.

Dancing with the Stars will be back on ABC starting with the season premiere on Monday, March 9th at 8:00 pm. Stay tuned for the list of cast members for Season 8. There's a rumor that Donny Osmond is joining the celebrity cast this season...

Visit www.dancewatcher.com for the latest information about dance programming on television, including video clips, pictures, and links to full episodes on the Internet for shows such as **So You Think You Can Dance-Australia 2009**, which kicked off a new season on February 1st. Also highlighted is **America's Best Dance Crew-Season 3**, airing on Thursdays at 10:00 pm on MTV.

There is a new local salsa dance studio in Jacksonville. **Salsa Caliente Dance Studios** opened its doors on January 5th and held a grand opening social on January 16th. Salsa Caliente is located at the Caliente Arts Center at 9751 Mining Drive near the Avenues Mall off Phillips Highway. The owners also have had a successful salsa dance studio in Gainesville for the past 8 years and are now expanding their salsa expertise to Jacksonville. They teach L.A. Style salsa (salsa on the 1) and Casino Style salsa (Rueda – salsa in a circle). Salsa Caliente also has latin variety class (Cha Cha, Bachata, Styling and Footwork, and Salsa Dips and Tricks) and weekly dance parties on Fridays. For more information call (904) 370-1199 or visit www.salsacalientestudios.com

Please contact Lisa Buckloh at (904) 396-4259 or lisa.buckloh@alumni.duke.edu if you would like to write about a book, movie, video, music CD, television show, etc., related to dancing. Keep our members informed about ballroom dance coverage in the media!

Editor's Notes

- * Don't forget to visit <http://usadance.org/> for a wealth of interesting information regarding our national organization as well as upcoming events and information on the Chapters.
- * The Florida Dance Spree will be held in Kissimmee at the Radisson WorldGate Resort May 8-10. Workshops, dinner dances, vendors, fun contests, etc. Check out the website for an application. <http://www.floridadancespree.org/floridadancespree.htm>
- * If you would like to submit a dance-related article that our readers would enjoy, please contact me: 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>
- * If you need a spare copy of our newsletter to share with friends, we are posting it on our web-site.

Non-Profits - Dancers in the Next Generation: In these difficult economic times non-profit organizations (501c3) are having an especially challenging time to meet their financial goals in order support their programs. As avid dancers, we can particularly appreciate what a benefit dance is to our youth. Amelia Island Ballroom Youth Academy, is one such non-profit group that is directing its efforts to bring dance into the Nassau County community for children of kindergarten through high-school age. The academy relies on charitable contributions to sustain the programs. Felix Solis is the Dance Director; he gives his time free of charge for weekly group lessons, as well providing private lessons to youth on scholarships – there is no cost to the students.

If you are interesting in contributing to this program please contact Felix Solis at 707-6762 or felixsolis@msn.com for further information. Donations are tax deductible. Sponsorship levels are:

Bronze- \$50-100
Silver - \$200-300
Gold - \$400-up
Platinum \$500-up.

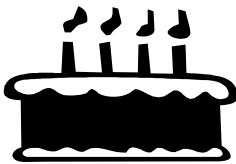
Welcome New Members

** Invite your friends to join **

Keep our chapter a Quality Chapter.

Renew your membership early!!

Bring a friend to a dance...they get in FREE for their first dance!!



Member Birthdays

March

April

Carol Wyninger	1	David McGugan	4
David Ignacio	2	Job Travassos	6
Marian Taylor	6	Carole Wells	9
Thomas Pagaoa	7	Tony Love	12
Alice Lucey	11	John Baskerville	15
Bruce Hinchcliffe	22	William Jenness	24
Dianna Smith	24	Vicki Washburn	27
Sharon Alexander	24	Bill Wheat	28
Sandi Travassos	31		

North Star Chapter Officers and Committee Chairs

President.....	Michael Singleton
1 st Vice President.....	vacant
2 nd 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

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

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 improve is to change; to be perfect is to change often.

Winston Churchill

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

