



Silver Slipper

Nanaimo Ballroom Dance Society
Newsletter — December 2006

The President's Corner

A Special Thanks to the Previous Board.

A big - "Thank you" is in order to last years executive and board members and to all those talented individuals who headed up Committees and/or volunteered at strategic positions. I applaud your dedication and hard work.

On behalf of all the members and guests of the NBDS I would like to thank the individuals involved who worked so diligently to make last year such a success. We are very fortunate to have a group of bright and creative people who pool their talents and resources to weave the magic that makes NBDS possible. It is truly amazing how such a small society manages to have such a large footprint in the Ballroom Dance Community. We can be justly proud of last years achievements that include a record attendance for the Island Fantasy Ball, spectacular ticketed events that showcased at our Bowen and Nanoose facilities and monthly dances that were unique in concept and fun to attend. To all those who made this happen I say, Well done all!

Stephen

The Reluctant Competitor

Most couples dance because they share an enjoyment of music and want to get out on the floor and have fun. Some lessons are needed so classes are taken at local recreation centres or churches and slowly the skills are learned to allow us to move around the dance floor. What a moment of euphoria when we travel around the floor without stopping or crashing into others. We can even, tell the difference between a waltz, foxtrot or a rumba and remember the appropriate steps. More lessons are taken and before too long the dance bug bites. We want to become better dancers.

At this point, many couples start to take private classes. Fine points such as balance, flow, musicality, footwork and floor craft are studied and discussions often ensue about the man's lead or lack thereof. The phrase – What was that supposed to be, is often heard floating across the dance floor. About this time, the question of competitive dancing comes up. A wonderful, magical and exciting world beckons!

Well, it has been suggested by people far wiser than I, that the dance world is divided into social dancing and competitive dancing. I do know that crossing over from one to the other is an interesting challenge and not for the faint of heart.

Couples who try will find it tests their relationship and their sense of humour, but the rewards are great for those who dare. First, your physical condition will improve. You will probably lose some fat and your muscle tone will improve. Your blood glucose and cholesterol numbers will appreciate the exercise and you will look and feel younger than you have in years. Your mental health will improve also. Dancing is good for the cognitive functions and releases endorphins to make your mood improve. No need for feel - good drugs.

Second, your dancing skills will improve. You will find you are breaking down the movements. An understanding develops that, oh my gosh, there is a reason your dance coach wants you to do the foot work in a specific way, or that using body sway actually makes the movement easier.

Third, you are challenging yourself. One must overcome a fear of dancing in public and been watched and judged by others. Overcoming fears are good, it is a way of feeling more confident about the challenges life throws at us and of facing the daunting task of losing loved one's and growing older.

There is good news. All of these things are not that difficult to accomplish. For those who decide to try Competitive dancing there are Newcomer and Pre Bronze level competitions available locally at the Island Fantasy Ball in Nanaimo and Pacifica in Victoria.

There are lots of talented and dedicated dance instructors in our area who would love to have new students to train for competition.

Inexpensive practice time on big dance floors is available at the Bowen and Nanoose centres to allow dancers to work on their routines. There is still time to get ready for the competitions next year. All it takes is the desire and lots of patience, practice and perseverance. Of course you also have to be understanding and considerate of your partner.

How do I know these things? I have experienced it all first hand. I am a good example of the most common of all males - The Reluctant Competitor.

Best regards, Stephen Gower



Our new board – and aren't they good looking!!

NBDS 2006-07 Executive

President	Stephen Gower	
Vice President	Lesley Tombs	
Secretary	John Maher	
Treasurer	Barbara Yee	
Past President	Keith Wilson	
Director	Sara Treutler	
Director	Dave Stevenson	
Director	Fred Rockwell	
Director	Tina Maher	
Director	Nelson Wong	

Committees

Bowen	Lesley Tombs	
Nanoose	Stephen Gower	
Island Fantasy Ball	Stephen Gower	
Newcastle Dance Camp	John Maher	
Dancesport	Nelson Wong	
Marketing & Promotion	Sara Treutler	
Newsletter Editor	Gwen Spinks	
Webmaster	Brian Gaines	
Database	Keith Wilson	
Librarian	Bruce Joiner	

Member news ...

Honorary Life Membership.

To all the members of NBDS. Minnie and I would like to thank everyone for this special award. Twenty five years of dances, wonderful friends and great memories. Thank you again. Love that Quickstep. Jim and Minnie

The Elegant 8.

I'm sure you all remember me going on about my trip to Argentina 2 years ago – Well, some of my Tango students decided they wanted what I got down there – So, in March 2007 eight of us are going for 5 weeks – on Saturday, February 3 & Sunday Feb. 4 (matinee) we will be putting on a “before” show called “dances of love & passion” on Gabriola – if you're interested in tickets please contact me – Gwen 247-9756



Tango:

The spirit of passionate renewal, the igniting power of fire that comes from the depths of the human spirit is known as Tango in Argentina.

It is a form of passion that hinges on the ability to hold the tension between discipline & spontaneity, to combine smouldering silence and activity, and to embody soulful expression in creative form. *By unknown author*

DanceSport on television next two Monday nights

For those who missed the television presentation of the IDSF Latin World Championships on Bravo this past Monday, there will be two more DanceSport events on TV in the coming weeks.

Monday, December 11 at 7PM, Bravo will feature the IDSF World Ten Dance Championships. This is a one-hour program with interviews and insightful comments from the viewpoint of judges.

Monday, December 18 at 7PM, Bravo will feature the IDSF World Standard Championships. This one-hour program, like the others, features high production quality and excellent commentary.

The first broadcast, covering the IDSF World Latin Championships held recently in Karlsruhe, Germany, featured interviews with all the finalists as well as insightful comments by Bryan Watson and others. They also showed scrutineering results for each event, which is something we don't normally see on television. We expect that the other broadcasts should be of the same high standards.

You may also wish to send a note to Bravo to thank them for supporting DanceSport on television. Write to bravomail@bravo.ca to let them know you appreciate the coverage. Television producers in North America have said that interest in televised DanceSport events can be unpredictable, making it difficult to get advertising support to pay for programs like these. Your letters, even short ones, can have quite an impact to encourage them to add more DanceSport to their schedule.

To get the latest on ballroom dancing around Nanaimo and around the world, with a listing of the mid-island dance instructors, check our web site at

www.ballroomnanaimo.ca

Volunteer! Volunteer! – We need Volunteers! Doing a little helps a lot! Talk to Keith about what you can do.

Note from the Editor ...

Help! I do desktop design — I am not a writer! Please contact me with your contributions and ideas and we will all enjoy the Sliver Slipper a lot more. 247-9756 or wannadance@shaw.ca Gwen

NBDS' New Year's Ball

Here's a wonderful opportunity to attend a New Years extravaganza for \$15.00. It is a potluck of cold finger foods but there will be complimentary tea, coffee, punch, party favours and at midnight, champagne. Included is a no host bar. Join us at Nanoose Place from 9:00 to 1:00. For tickets phone Sara (250) 468-2095 or Jim at (250) 390-2489.



Grand Ball 2006

Local dancers participated at the 2006 Grand Ballroom in Richmond last weekend with good results:

Fred & Barb - 4th Senior Bronze Latin & 5th Adult Br. Latin
Brian & Beth - 2nd Senior Silver Standard & 5th Senior Gold Standard

Kevin & Ciara - 1st U21 Gold Latin & 1st Adult Gold Latin
Kimberly & David - 2nd U21 Gold Latin; 3rd Adult Gold Latin; 4th U21 Pre-Champ Latin; 1st U21 Pre-Champ Standard
 4th Adult Pre-Champ Standard; 5th U21 Open Standard & 8th Adult Open Championship

Ken Yung also danced Pro-Am with **Jacqui, Donna & Nancy** in great style.

Congratulations to all. *Nelson*

Photo Credits: Nelson Wong



History of the Nanaimo Ballroom Dance Society

The Association we refer to as the "Nanaimo Ballroom Dance Society" traces its origin back to 1981 and a creation of Peggy and Alf Craythorne. These two people from 1981 to 1984 had the passion, drive and energy to host and nurture the "Silver Slipper Friday dances". They were the mentors, teachers and friends of all those who were interested in learning Ballroom dance.

In 1984 when Peggy and Alf moved to Victoria, Jim and Della Burrell and Rob and Sue Pearson took up the challenge and continued to host the Silver Slipper dances and look after the dance training.

Rob Pearson had the honour of being the first "President" to be elected to the club. In 1992 to better fit the format of hosting Competitive Ballroom dance events, Nelson and Pinky Wong organized and incorporated the club into the more formal and registered Society that was named the Nanaimo Ballroom Dance Society. The Society has continued to grow and flourish because of the dedication and hard work of numerous individuals who share a common love of exciting music and ballroom dance.

By Stephen & Elaine

The following people have been privileged to hold the position of President of the "NBDS".

1981 – 1984
 1984 – 1985
 1985 – 1986
 1986 – 1987
 1987 – 1988
 1988 – 1989
 1989 – 1990
 1990 – 1991
 1991 – 1992
 1992 – 1993
 1993 – 1994
 1994 – 1995
 1995 – 1996

Peggy and Alf Craythorne (Founders)

Rob Pearson

Jim Burrell

Mac Atkinson

Sue Pearson

Jim Beaman

Louise Severn

Andy Croll

Gavin Cooper

Pinky Wong

Kam Bandali

Nelson Wong

Louise Severn

1996 – 1997

1997 – 1998

1998 – 1999

1999 – 2000

2000 – 2001

2001 – 2002

2002 – 2003

2003 – 2004

2004 – 2005

2005 – 2006

2006 – 2007

Jim Beaman

John Maher

John Maher

Keith Wilson

Keith Wilson

Andrea Bonkowski

David Bonkowski

Jim Beaman

John Maher

Keith Wilson

Stephen Gower





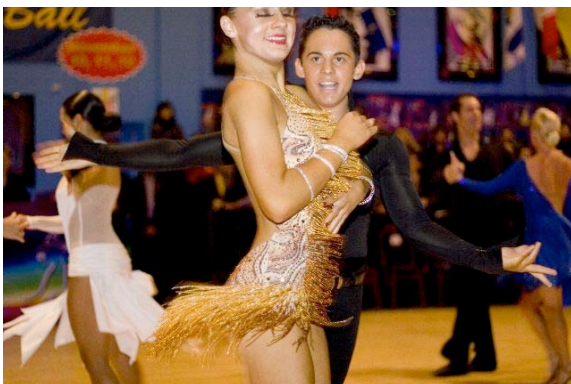
A little history ...

Merengue

Merengue today has come to be perceived as a child of the Dominican Republic. But contrary to popular belief, Merengue's early history locates it to multiple sites across the Caribbean. In Puerto Rico, Cuban marching bands introduced the *upa* around 1842 which later became known as the merengue. Both Colombia and Venezuela developed their own versions, from the late 1800s through to a peak in the 1930s. The Haitian mereng sprang into existence as a local contredanse derivative in the 1850s, and is arguably one of the oldest forms of the Merengue. If history was shaped by words alone, then French Haiti would have strong claim to being the birthplace of Merengue. But as Paul Austerlitz (author) puts it, "In the final analysis, no hard evidence links Merengue's early history to any particular nation". What we can say with certainty is: that the Merengue is a truly pan-Caribbean genre, that it is comparable to the Cuban *son* in age, and that as such it predates Salsa by more than a century. The Merengue is characterized by basic chasses and a marching beat. It is fun and very easy to learn.

www.salsa-merengue.co.uk/revealit/histmer/prologue.html

by Gwen Spinks, Wanna Dance



Monthly Events ...

Second Friday Dance at the Legion

Royal Canadian Legion – 1630 E. Wellington Rd., Nan.

Next Dance: Second Friday in **Most** months

8:00 - 11:pm **Cost:** \$5

Standard, Latin and Old Time dances – try it, you'll like it!

Hosts: Dave & Norma Stevenson evads@shaw.ca 751-8669

Oceanside Sunday Tea Dance

Nanoose Place, 2925 Northwest Bay Road, Nanoose

Next Dance: Second Sunday in **Most** months

2:00 - 4:00pm **Cost:** \$7.50

Great mix of Standard and Latin

Hosts: Ken & Margaret Yung kmteyung@shaw.ca

NBDS New Year's Eve Party

Saturday, December 31, 2005 at Nanoose Place

9:00 pm - 1:00 am

Great Ballroom and social dance music. Party favours, no host bar, complimentary champagne at midnight. Bring some cold finger foods and join us! Cost is \$15 per person. Tickets available from Sara (phone 468-2095) or Jim (390-2489).

First Friday Dance at Bowen Park

Next Dance: January 5th, 2007

7:30 pm **Workshop**

8:30 - 11:30pm **Dancing**

Cost: \$8 for members, \$12 for non-members with workshop; \$6 and \$10 after workshop or on non-workshop days.

Workshop: check our website

For more info, contact Keith at 751-1899

Third Saturday Dance at Nanoose Centre

Next Dance: January 20th, 2007

6:00 pm Practise time

7:30 pm **Workshop** check our website

Cost: \$8 for members, \$12 for non-members with workshop; \$6 and \$10 after workshop or on non-workshop days.

All Dance at Norm's Place

Next Dance: Saturday, December 23rd

7:00 pm **Workshop** Waltz with Gwen Spinks

8:00 dancing, snacks & punch

Cost: \$7 in advance, \$10 at the door

Music: from Tango to 2-Step & everything in between

For more info, contact Gwen 247-9756 wannadance@shaw.ca

**25th Anniversary Dinner Dance
was wonderful!!!**





Our Video Library

The dance club has been slowly building a video library over the years for the benefit of the membership. Here is a list of available videos including a few new donated by Stephen and Lesley Tombs. Videos are available (two at a time) to current NBDS members for a three-week period. Contact Bruce at 754-1735 for details. All videos are VHS unless otherwise noted.

Latin

Beginning level **Jive** – by Corky and Shirley Ballas
 Intermediate level **Jive** – by Corky and Shirley Ballas
 Advanced level **Jive** – by Corky and Shirley Ballas
 International Latin **Jive** techniques – by Corky & Shirley Ballas
 Intermediate level **Rumba** – by Corky and Shirley Ballas
 Advanced level **Rumba** – by Corky and Shirley Ballas
 International Latin **Rumba** technique by Corky & Shirley Ballas
 DVD Dancing Basics with Passion Bronze to Gold **Rumba** – Slavik/Karina/Ballas **NEW**
 International Style Techniques and Principles **Cha Cha** Volume 1 – by John and Nadia Eftedal
 International Style Intermediate **Cha Cha** by Corky & Shirley
 DVD Dancing Basics with Passion Bronze to Gold **Cha Cha** – Slavik/Karina/Ballas **NEW**
 International Latin **Samba** techniques – by Corky and Shirley
 International Style Open Bronze **Samba** Variations DVD by Johnson and Kozak
 DVD Dancing Basics with Passion Bronze to Gold **Samba** – Slavik/Karina/Ballas **NEW**
 International Style Doctor **Latin Introductory** Tape – by Corky & Shirley Ballas
 DVD **Turns and Spins** by Shirley Ballas
 DVD **Latin technique & muscular exercises** by Shirley Ballas
 DVD **Mad Hot Ballroom** movie 2005 Paramount Classics

Standard

International Standard Beginning & Intermediate (Bronze)
Waltz – by Veyrasset and Smith
 Basic modern **Waltz**, Look, Listen and Learn – by Andrew and Loraine Sinkinson
 Technique on video **Waltz Membership** – by Elizabeth Romain
 DVD Intl. Style Standard Open Silver **Waltz** Variations & Techniques – Veyrasset/Smith
 International style Beginning thru Advanced **Viennese Waltz** – by Veyrasset and Smith
 International Bronze **Foxtrot** – by Veyrasset and Smith
 International Style Beginning and Intermediate (Bronze)
Quickstep – by Veyrasset and Smith
 DVD International Style Open Silver **Quickstep** variations & technique – by Veyrasset & Smith
 Intl. Style Standard technique **Tango** – by Veyrasset and Smith
 International Style Beginner / Intermediate Bronze **Tango** – by Veyrasset and Smith
Ballroom dancing for beginners – by Andy and Wendy Wong (Tango, Foxtrot, Samba, Jive)
 International Style Advance 1 **Ballroom Technique** – by Veyrasset and Smith
Standard and Smooth Exercises for the Ladies Volume 1 – by Heather Smith
 Simply Beautiful **Ballroom dance** – Marcus and Karen Hilton
Time to Dance, a dance video of the superlative – by Donnie Burns and Gaior Fairweather
Other
 Arthur Murray **Mambo**
 Country **Line Dancing**
 Beginning **West Coast Swing** – Ron Montez
 Intermediate style **West Coast Swing** – Ron Montez



Photos of Grand Ball by Nelson