



**Ballroom Dance Society**

# Silver Slipper

**March 2009**

## President's Corner

*By Andy Mundy*

Dancing is an art form; rhythm is purely mathematical. It is the manner in which the music is played and the way the dancer interprets the music which creates the artistry and, thus, the dance.

Many dancers have not been taught just how much time is available for each step or movement or how to utilize this time to its full potential. Consequently, the end product can appear dull, uninteresting and lacking in musicality. To improve this, the dancer should vary foot and body speeds in order to create impact but still within the strict tempo of the dance.

Listening to the 1,2,3 count in Waltz it is easy to place one's foot exactly on each beat without considering how much time is taken to achieve that position. This creates a staccato movement, with the body stopping on each step. To maintain the flow of the Waltz, the body should move constantly. One way to help achieve this is not to close one foot to the other too quickly between beats 2 and 3.

Let me explain. As an example, assume a Waltz with a tempo of 30 bars per minute. Each bar consists of 3 beats so, at this tempo, each beat will last  $\frac{2}{3}$  of a second. In the Closed Change, it is often the case that the dancer will place the foot to the side exactly on beat 2 and close the feet quickly, exactly on beat 3.

In fact, there is a whole  $\frac{2}{3}$  of a second in which to close the feet before a weight change occurs, during which the body should be moving to the side. The weight change on step 3 only takes an instant, which leaves yet another  $\frac{2}{3}$  of a second before the next step is taken. This time should be utilized in continuing the body movement before lowering the heel for the next step in time to the music. You can also use some of this additional time in closing the feet between steps 2 and 3.

In practice, it is not really feasible to count in thirds of a second, so a good way to apply this is to delay putting the foot down on each beat rather than rush to get there exactly on the beat. I am not suggesting you dance out of time, rather you should slow the leg and foot movements down a little in order to give your body a chance to move in time to the music. It will improve your Waltz and, consequently, your other dances too. AM

## Dancing at Nanaimo Cultural Wind-up

*By Elaine Thompson*

Several NBDS members attended a celebration of Nanaimo's year as a Cultural Capital of Canada at Beban Park. Here are a few highlights.



Elaine boogies with Bill while Minnie and Beth show how it's done!



Nelson and Pinky enjoy a moment watching; ditto, Minnie and Jim



Bill follows as Jim shows how to "get down" (left) while the band Wunderbread kept everyone hopping (above).

The food was multi-cultural and tasty! The band Wunderbread was disco, funk and very, very loud. Stephen and I had a great time. We threw all our ballroom training out the window for one night and let'er rip. Beth did the same. At one point we had a circle dance with the group of us. Oh you never know about these timid types! Bill and Jean and Jim and Minnie rocked with the best of us. ET



**To everyone Irish, and the rest who wish you were, hope you had a Happy St Patrick's Day!**

## SnowBall Classic 2009 Results

*By Nelson Wong*

The Snowball Classic presented by the DanceSport BC is always one of the most anticipated events in Canada and North America. This year Snowball, February 13 to 15, was situated in the modern Sheraton Vancouver Wall Centre.

This year I was invited again as the Official Photographer, so lucky me, I got myself a rather central ring side seat.

The downside of this is my sights of the dancers were mostly through the viewfinder of my Canon.

Friday was the IDSF International Latin Open which was not quite up to the previous year's standard with "only" three world class couples. The Latin Open was won by the super expressive German couple, followed by a classy Poland pair. But the real eye-catcher for me was Miha Vodicar and Nadiya Bychjkova, a tall, slim and elegant couple from Slovenia who placed third. Two BC youth couples got into the final; Zillion and Sara, the top rated BC Latin couple, did not compete in any Latin event.



Miha Vodicar and Nadiya Bychjkova of Slovenia (N Wong photos)

The Slovenia couple was just candy to the eyes, so much so that Pinky and I went over to them at the after event reception and personally invited them to come to the IFB 2009. They expressed interest and we are still waiting for their confirmation; I am keep my fingers crossed. Oh, did I mention that Nadiya was also a former Play Girl?

New this year is the IDSF Rising Star Standard, meaning the top 12 rated in the World need not apply so to give a better chance to the little guys. New this year is also some six or seven couple strong team from China including the number one Chinese couple Chao Yang & Yiling Tan, the Blackpool finalists. The Rising Star Standard was won by Pietro and Faye from Hong Kong.

Placing second is a very young and super flexible couple represented China, and Zillion and Sara came third in this 17 couples contest.

Saturday represented the main portion of the Snowball featuring the IDSF International Open Standard as well as the Showcase of Champions. Chao and Yiling did not dance to their usual top form, placed only 4th and were the only non-European couple in the final. Miha and Nadiya placed 5<sup>th</sup> and were the only 10-dance couple who made it to the final in both Standard and Latin. Simone & Annette of Germany won 4 out of 5 dances took the top prize in the Standard event but personally I would have placed Marco & Joanne of England first. The English couple (their photo I used for the IFB Flyer) has improved quite a bit since last year. Third went to Poland and 6<sup>th</sup> to the Netherlands. The top Canadian couple were Zillion and Sara who came 9<sup>th</sup> out of 25 couples.



Simone & Annette of Germany won the IDSF Open Standard

The Saturday ended with the very entertaining Showcase of Champions in which sort of made up for the somewhat lack of content of the Friday Latin event. Zillion & Sara were invited to open the showcase and they danced a very creative and fun to watch Latin & Standard show dance. All the finalists of the IDSF Open Latin & Standard performed. I focused in watching the Showcase so much that I forgot to take their photos!

Sunday was mainly Junior, Youth and Senior events. The Senior II category is definitely growing in popularity. The standard of the IDSF Senior was surprisingly high. Our Canadian Senior vice Champions George & Deborah danced well but placed 6th out of the 23 couples. NW

## Joyce Welford Visits Nanaimo

By Andy Mundy



Joyce Welford, an Examiner, Adjudicator and Fellow of the IDTA and ISTD will be visiting from the UK next month. Joyce has danced Ballroom and Latin since the age of 7 years old and qualified as a teacher in 1970. She has competed at both amateur and professional levels. She is a full time teacher with her own

dance school and regularly examines both in the UK and overseas.

In addition to the workshop at the regular Bowen dance on April 3rd, she has very kindly agreed to put on some workshops, particularly with NBDS members in mind. This is a rare opportunity to receive instruction from such a highly qualified and well thought of international dance teacher. Those who attended her NBDS workshop last year will remember it as very well received.

**Date & Venue:** Saturday April 4th at the Bradley Centre, Highway 4A, Coombs (on the corner of Shearme Road).

### Program:

10.00am - 10.55am Slow Foxtrot

11.00am - 11.55am Quickstep

12.00pm - 12.55pm Waltz

12.55pm - 1.45pm lunch break

1.45pm - 2.40pm Jive

2.45pm - 3.40pm Rumba

3.45pm - 4.40pm Cha cha

### Prices:

Pre-registered and pre-paid: \$12 per person per workshop, \$30 for 3 workshops, or \$60 for 6 workshops.

Drop-in pay at the door: \$15 per person per workshop, \$40 for 3 workshops, or \$80 for 6 workshops.

**Registration and payment details**, please contact Andy Mundy, email [andyilm@shaw.ca](mailto:andyilm@shaw.ca), or telephone 250-248-7131, any time.

Joyce will also be available for private lessons on Sunday April 5th at the Bradley Centre at a bargain price of \$70 per hour. If you wish to take advantage of this, please book your slot as soon as possible. Three hours have already been booked!

## Get well soon, Don

At the first Friday dance at Bowen on March 6, Don Parsons fell while dancing and got a nasty crack on the back of his head when he hit the floor. Thanks to all who helped take care of Don at the time. Ambulance attendants arrived quickly to find Don already sitting up and talking. He was taken to NRGH for observation, treated for concussion and went home the next day. Don, we all wish you a speedy recovery and hope to see you back at the dances soon.

## Way To Go, Writers

Special thanks to Andy, Elaine, Nelson and Vicki for sending in great ideas, photos and stories to share with NBDS members. Let's hear from more!

## The Great Nanoose Bar Experiment

By John Maher

Some dancers enjoy a drink or two during an evening of dancing. Some dancers need a drink or two to muster the nerve to get out on the floor to try those steps learned in class. For your enjoyment and relaxation we are now offering limited bar service at NBDS Nanoose dances. Our volunteer bartender will open the bar for only 5 minutes at a time, beginning at 8:30, then 9:00, 9:30 and so on every ½ hour. The rest of the time he or she will go off dancing and socializing.

The experiment is to find out whether Nanoose dancers will buy enough drinks to pay for the bar costs (which are kept to a minimum). If you enjoy a drink with dancing please buy your drink from the bar. If we don't sell enough to pay for the bar cost the bar service will not continue. So far this year we lost a bit of money in January and had a very slight profit in February.

To help us provide a sustainable bar service, please let us know what types of beverage you would prefer, i.e. what you would buy if we had it in stock.



## COMING EVENTS

### “Dancing With The Spars”

NBDS members are invited to a party being held on Saturday, March 28 at Legion 256 by the Van-Isle Sailing Co-op. The name was suggested by a sailor, dancing on a small sailboat deck while firmly holding the mast to keep from falling overboard. The party is primary to celebrate the 5<sup>th</sup> anniversary of the founding of the sailing co-op. However, the DJ, John Maher, has planned an evening with plenty of ballroom and social dancing. There will be appies, a basic jive lesson by Gwen Spinks, and a special demonstration of “spar dancing” by Nanaimo’s queen of pole dancing, Susan Peach. Everyone welcome; only \$10. Please contact John for tickets.

### Movies Night April 3

Imagine yourself as a favourite movie character and dress accordingly for Movies Night. Perhaps Patrick Swayze in Dirty Dancing, or Marilyn Monroe in Some Like It Hot? Is that Bond, James Bond, there with the ladies?

### Dance Demo at Woodgrove April 4

If you are not going to the workshops with Joyce, join members of the club at Woodgrove on Saturday April 4 to help raise awareness of ballroom dance in the community and to promote the Island Fantasy Ball. Maybe you would like to demonstrate a waltz or tango, or just be there to answer questions about NBDS and dancing. Please contact Vicki Linfitt for details.

### See the NBDS Web Page for the Latest

Our web page, kept up to date by webmaster Brian Gaines (thanks Brian!), is where to look for updates to our dance calendar, upcoming workshop instructors and topics, weekly practice times and much more. This includes full colour back issues of the Silver Slipper and minutes of board meetings. Check it out:

[www.ballroomnanaimo.ca](http://www.ballroomnanaimo.ca)

## Mmmmm...you smell so good.

By Vicki Linfitt

Don't we all like to hear that? Some of us don't feel we've completed our toiletries or getting dressed up for a special event until we've added a dab, spray or splash of our favourite perfume, cologne or aftershave. We love our signature scent, it makes us feel good, so everybody should love it....right? Well...not necessarily so; in fact some of us react very badly to it; especially if the wearer of the scent is olfactory-challenged! That is to say they have a weak sense of smell, so they pile on tons of their perfume or cologne until it reaches a level that they can smell it strongly. This is particularly true of someone who has been wearing the same scent for years and has become de-sensitised to it! I myself like to smell good and I enjoy other people who smell good. Smells are powerful and important to us. What happens when you smell freshly cooked pizza? You get hungry! How about mouldy oranges? Ewwwww! You get my drift.

The reason that I am writing this is because some people have severe allergies to perfumes, aftershave lotions and colognes. Allergic responses can range from a mild headache, to sneezing and watery eyes or to something more severe such as hives and inflammation of the throat and larynx, an asthma attack or a full blown anaphylactic shock.

I know that none of us would knowingly cause someone else discomfort or adverse reactions in this way. And sometimes it isn't just one single offender, but rather a soup of scents whirling by on the dance floor, because several people spritzed before coming out for a night of dance. Fortunately all of us do not put on perfume...can you imagine? It is perhaps only a handful that are still doing this.

And the thing is, you do smell lovely, as did the lady I waited on the other day when I was at work, whose perfume was something that my nose did NOT like. I had such an allergic reaction, sneezing and headache that I had to take an allergy pill! And she was only at my counter for about 5 minutes.

So, what I am encouraging you all to do is two things. Please keep your lovely smells to a minimum. Of course your basic toiletries are fine, shampoo, deodorant, body lotion etc, but No strong perfume! And if a specific person is wearing a specific smell that is triggering an adverse reaction with you, please tell them, as I am very certain that they would not knowingly do so.

My goal is not to offend but to protect the health of the persons with extreme sensitivities. I trust I will have your understanding in this issue.

Let's keep our dances "scent free".

On behalf of the board, I thank you,

## Newcastle Dances Coming Up Soon

Most of the Sunday Afternoon Dances at the Newcastle Island Pavilion have now been pencilled in. This is the time to think about inviting friends from away to visit Nanaimo and take in a dance at Newcastle. The dance themes and hosts planned to date are as follows.

Date	Theme	Host/Instructor/DJ
5-Jul-09	Swing and Ballroom	Brian Hicks + Alet Devitt
12-Jul-09	Ballroom Favourites	Brian Gaines + Mildred Shaw
19-Jul-09	Argentine Tango	Gwen Spinks
26-Jul-09	NBDS Summer Picnic	TBA
2-Aug-09	Latin and Ballroom: salsa & bachata	Warren Scott
9-Aug-09	Old Time Sequence Dance	Dave & Norma Stevenson
16-Aug-09	TBA	TBA
23-Aug-09	TBA	TBA
30-Aug-09	TBA	TBA

## MONTHLY DANCES

### Milonga at Norm's Place

Next dance: Sunday March 22, 2009 at 5:00

Cost: \$7

Music: 90% Argentine tango by guest DJ John

Host: Gwen Spinks (wannadance@shaw.ca)

### NBDS First Friday Dance at Bowen Park,

**Next Dance: "Movies Night" Friday, April 3, 2009**

7:30 Workshop: Joyce Welford – cha cha

8:30 - 11:30pm Dancing

Music: Latin & standard ballroom by John Maher

### Second Friday Dance at Royal Canadian Legion

1630 E. Wellington Rd., Nanaimo.

Next Dance: Friday, **June 12, 2009**

**Note: No 2<sup>nd</sup> Friday dance in April or May**

Hosts: Dave & Norma Stevenson 751-8669

Email: [evads@shaw.ca](mailto:evads@shaw.ca)

### NBDS "Third Saturday" at Nanoose

**Next Dance: April 18, 2009**

7:30 Workshop: American Smooth by Elizabeth Stetar

8:30 – 11:30 Dance

Music: Latin & Standard ballroom by Andy Mundy

*The Silver Slipper is published occasionally by the Nanaimo Ballroom Dance Society. The editor is John Maher ([johnmaher@shaw.ca](mailto:johnmaher@shaw.ca)).*

See the full colour version of the Silver Slipper on line at [www.ballroomnanaimo.ca](http://www.ballroomnanaimo.ca).