



Silver Slipper

Nanaimo Ballroom Dance Society
Newsletter — July 2007

The President's Corner

"Thank you to all our members for being such good ambassadors for Ballroom Dance and our Nanaimo Ballroom Dance Society. Nanoose Place has become a second warm and inviting facility that we hope to host our events from for years to come. I would also like to extend a special thank you to those hard working and creative people that make up the Nanoose Committee. You are all much appreciated."
Best regards, Stephen

Letter from President at Nanoose Place
June 6, 2007

Dear Stephen;

On behalf of the Board of the Nanoose Bay Activities & Recreation Society and our staff I would like to express our pleasure in having your group as ongoing users of Nanoose Place. We appreciate the care the group takes when coming and going in the building as well as clean up from your monthly dances. I know Elaine would be paying close attention to this. We are a small operation and rely very much on the community of users to take care of the facility.

We look forward to a long future of working with you

Yours truly, Kelly Collins

President

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	

Photo by Nelson Wong.



Completions of 2007 ... so far

Talented Couple Dancing Again

April 14, 2007 – In their first ballroom dance competition in almost 5 years, Nanaimo's Billy Ngo and Christine Gossland were finalists at the recent Vancouver Star Ball that was held in conjunction with the Canadian Closed Dancesport Championships.

Ngo and Gossland survived 2 elimination rounds and finished 5th in the adult silver standard event, earning 2 ratings points for their efforts.

"We were really happy to make the finals since we only started practicing three weeks ago," said Ngo.

The duo competed together as Juniors (12 to 15 year olds) until 2002. They stopped when other interests and an increasing height difference intervened.

Since then, Ngo has explored hip hop and other forms of dance and gained a greater appreciation for ballroom dancing. Missing the excitement of competition, he recently called Gossland to see if she would like to try again. She readily agreed.

"Now it's getting really competitive again, which I like," noted Gossland.

Another Nanaimo couple, Fred Rockwell and Barbara Yee, received a bronze medal in senior bronze Latin, placing 3rd in the 5 couple event.

Long-time Nanaimo dancer Kevin Fahy and his Richmond partner, Ciara Pytlik, competed against Canada's best in the Canadian Closed Standard Championship and narrowly missed the cut for the semi-finals.

Currently ranked 5th in the BC standard championship ratings, Fahy and Pytlik will compete for the BC Closed Standard Championship title in Nanaimo at the Island Fantasy Ball on May 5th at Beban Park. (See sidebar for other local couples expected to compete at IFB.)

The Island Fantasy Ball features the BC closed championships, a full slate of amateur dancesport competition, student/teacher solo routines, a buffet dinner and a professional show.

By Fred Rockwell

Nanaimo Entries at IFB - May 5, 2007, Beban Park

Kevin Fahy & Ciara Pytlik
Adult Championship Standard

Billy Ngo & Christine Gossland
Adult Silver Standard
Adult Gold Standard

Fred Rockwell & Barbara Yee
Adult & Senior Newcomer Standard
Adult & Senior Pre-Bronze Latin
Adult & Senior Bronze Latin

Norm Whelpdale & Sue Ottley
Adult & Senior Pre-Bronze Standard



Teacher-Student Solo Routines

Nelson Wong - Chelsea Arnott (*Samba*)

Nelson Wong - Phyllis Feigel (*Jive*)

Nelson Wong - Vicki Linfitt (*Waltz*)

Gwen Spinks - Isabelle Ma (*Argentine Tango*)

Grandma's Still Got It!!

May 11, 2007 – Phyllis Feigel, a 78 year old Nanaimo grandmother, charmed the audience as she danced a spirited jive routine with her teacher, Nelson Wong, at this year's Island Fantasy Ball.

Dressed in a peach and black swing skirt, matching shoes and scarf, Feigel delivered a performance deemed first rate by the judges.

“I'm 78 and I can still boogie,” she beamed. “My doctor says, ‘Keep on dancing!’”

The Island Fantasy Ball is an annual ballroom dance competition organized by the Nanaimo Ballroom Dance Society. This year's ball, held May 5th at Beban Park, set records for attendance and competitor registration. The largest increase was among dancers 15 years old and under.

“As our club celebrates its 25th anniversary, I am so pleased to see a resurgence of interest in ballroom dancing especially among young people,” commented NBDS president Stephen Gower.

Two couples with Nanaimo connections entered the adult BC Closed Championship events. Kevin Fahy and his Delta partner Ciara Pytlik, who only recently achieved a championship rating, placed 4th in the standard event.

The reigning BC champions, Zillion Wong of Nanaimo and Sarah Liang of Surrey, stopped competing shortly after last year's IFB. Less than a month ago, they resumed training and came back to win both the Latin and Standard BC Closed Championship titles.

Other Nanaimo dancers also did well. Billy Ngo and Christine Gossland finished 3rd in adult Silver Standard and 2nd in adult Gold Standard.

Fred Rockwell and Barbara Yee won senior Pre-Bronze Latin and Bronze Latin, and placed 3rd in senior Newcomer Standard.

Norm Whelpdale of Lantzville and his partner, Sue Ottley from Nanaimo, were semi-finalists in both adult and senior Pre-Bronze Standard.

In addition to Feigel, two other Nanaimo dancers performed solo routines during the day session with teacher Nelson Wong.

Vicki Linfitt's expressive waltz and Chelsea Arnott's dazzling samba were selected as the best from among the 14 solo exhibitions. Linfitt and Arnott were invited to provide encore performances during the gala evening session.

Instructor, Gwen Spinks with student Isabelle Ma performed a sizzling Argentine Tango. Gwen had only been back from Argentina 5 days after spending 5 weeks studying with Manuel Ortiz – the Black Panther of Tango.

By Fred Rockwell

Photos by: Andrew Leung, Picture This.



Oceanside Dancers Debut at Island Fantasy Ball

May 11, 2007 – Five Oceanside couples, dancing in their first ballroom competition, brought home a total of 14 medals from the Island Fantasy Ball (IFB), which was held May 5th in Nanaimo.

In the juvenile category (under 12), Dean Rimmer and Erin Yung from Parksville finished 2nd in Newcomer Standard and in Newcomer Latin. Cole Rempel, of Parksville, and Mikaela Chambers, of Qualicum Beach, finished 3rd in these events.

Qualicum Beach juniors (age 12-15), Connor McLeod and Haley Breedlove won Newcomer Standard; placed 2nd in Newcomer Latin and in Pre-Bronze Standard; and finished 3rd in Pre-Bronze Latin.

Timmy Groenewold, of Parksville, and Cailin Purvis, of Qualicum Beach, also juniors, won Newcomer Latin; placed 2nd in Newcomer Standard and Pre-Bronze Latin; and finished 3rd in Pre-Bronze Standard.

Ken and Margaret Yung, owners of Forever Yung Dance Studio in Parksville were clearly pleased with their team's results.

Dancing as independents, Jerry and Donna Jagers from Qualicum Beach captured 2nd place in senior Newcomer Standard and 3rd in adult Newcomer Standard.

The Jagers have been dancing socially for years, but decided to try competition while helping to organize this year's IFB.

"I had no idea competing could be this much fun," note Jerry Jagers as the session drew to a close.

The IFB is an annual ballroom dance competition organized by the Nanaimo Ballroom Dance Society. This year's ball set both attendance and competitor participation records.

NBDS president, Stephen Gower, and his partner and IFB co-chair, Elaine Thompson, no strangers to competition, increased the Oceanside medal count to 16 by placing 3rd in both the adult and senior Pre-Bronze Standard events.

In addition to competitive events, the IFB featured fourteen solo exhibition routines, including one waltz and one rumba by Heather von Hugo dancing with her teacher Ken Yung.

By Fred Rockwell (250) 616-6711

Dance Pacifica Results

Jimmie Patterson & Kimberly Linfitt - 3rd Newcomer Latin, 3rd Pre-Bronze Latin

Jerry & Donna Jagers - 5th Pre-Bronze Standard & 4th Senior Pre-Bronze Standard

Fred Rockwell & Barbara Tee - 2nd Pre-Bronze Latin, 3rd Bronze Latin, 2nd Senior Pre-Bronze Latin & 2nd Senior Bronze Latin

Stephen Gower & Elaine Thompson - 1st Pre-Bronze Standard, 1st Bronze Standard, 1st Senior Pre-Bronze Standard, 1st Senior Bronze Standard & the Highest Aggregate Trophy

Billy Ngo & Christine Goosland - 1st Silver Standard, 1st Gold Standard & 2nd Silver Latin

Kevin Fahy & Ciara Pytilk - 2nd Standard Championship

Zillion Wong & Sarah Liang - 1st Standard Championship & 1st Latin Championship

Nanaimo locals, and of course I consider Zillion local, have captured all but two adults Standard trophies, including Pre-Bronze, Bronze, Silver, Gold and Championship.

Also danced the Pro-Am Solo routines with me were Chelsy Arnott (Rumba & Samba) Carol Busko (Slow Fox) Phyllis Feigel (Jive) & Vikki Linfitt (Waltz). Chelsy & Vicki were invited back to demo in the evening.

I was too busy dancing myself during the day time for taking photos. But I managed to post a few photos I took later in the evening and Fred used my camera and took a few while I was dancing. To see photos just click on the link or copy and paste it to your web browser.

<http://photoshare.shaw.ca/messages/viewthumb/1095067071-1182404886-25419/preview/>

Congratulations to all.

By Nelson Wong

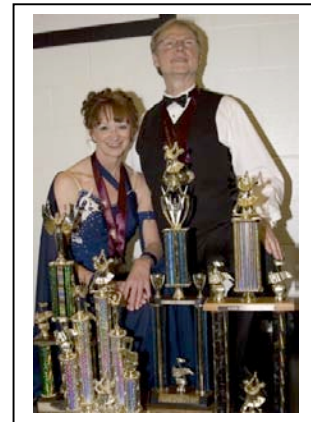
Talk about your President's Broom Push! NBDS President, Stephen Gower, and his partner, Elaine Thompson, swept up gold in every Dance Pacifica event they entered.

There smooth and sophisticated style won them: first in Senior Pre-Bronze, first in Senior Bronze, first in Adult Pre-Bronze and first in Adult

Bronze. And, as if that weren't enough, they also captured the Chuck MacKenzie Highest Aggregate Trophy!

Well done and congratulations.

Fred Rockwell



A little history ...

Foxtrot

A dance introduced in 1913 by a vaudeville performer named Harry Fox. It was the first dance to incorporate Slows and Quicks and is characterized by smooth walking movements. There are two main forms of foxtrot. One is small and designed for small crowded dance floors, the other is designed to glide and progress on a large dance floor. The Foxtrot is a traveling dance; it is unique in that the lead faces the out-side wall when he starts.

Peabody

A dance developed in the United States around 1920 which was created as a fast version of the Foxtrot, characterized by rapid progression and frequent use of Right Outside Position and locking actions.

Quickstep

One of the five International Standard dances. It is characterized by walks and chasses and is danced to very fast foxtrot-like music

by Gwen Spinks, Wanna Dance



Monthly Events ...

Second Friday Dance at the Legion

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

Next Dance: August 10th

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: September

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

Great mix of Standard and Latin

Hosts: Ken & Margaret Yung kmteyung@shaw.ca

First Friday Dance at Bowen Park

Next Dance: August 3rd, 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: July 21st, 2007

6:00 pm Practise time

7:30 pm **Workshop** WCS with Gwen Spinks

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: Friday, July 20th

7:00 pm **Workshop** Salsa with Chris Wood

8:00 dancing, snacks & punch

Cost: \$7 at the door

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

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



Why Men Should Tango by Dr. Phil Winkelmanns

“I Can’t Dance”

Whenever I talk to men about Tango, the first thing they say is “I can’t dance, never could, and probably never will.” They complain they are too clumsy, not young, or too old ... and on and on.

However, they are coordinated enough to play golf and even take lessons to become better at it. Or the same with tennis or any other sport, but for some reason when it comes to dance, then they have a closed mindset.

Unfortunately they miss the many benefits, which can be had through the joy and thrill of dancing, and especially the Tango.

Differences between the sexes

It’s well known that men after a break up will often sit alone in front of a TV set feeling sorry for them selves, while their former partner or girlfriend is out on the dance floor having a ball. I like most men didn’t begin to dance until I was fifty two, after my marriage folded. It was then I decided to take ballroom dancing lessons.

Rewarding

The rewards were immediate; I learned a new skill that gave me many benefits, eg: Socializing, meeting new people, and from a man’s point of view, lots of women.

What is great about learning to Tango is that you get to dance with women of all ages, and they all want to dance with you.

Why then Tango over other dances?

It offers challenges in every aspect of life, mind, body and soul. Like Golf there is always more to learn.

Except with Tango it’s more about relationships,

You learn to connect in a deeper manner with members of the opposite sex, which makes it great for building intimacy and strong friendships.

It’s also physical, like a martial art except with a partner.

For men especially, you quickly learn to get out of your head.

“When I dance tango I certainly can’t think about anything else. It is physically and mentally challenging, – but when I focus on the dance...hints of transcendence visit me.. Tango teaches me to be in the moment, something I never achieved through yoga.”
U.D. New Orleans

Many relationships have problems with boredom, lack of excitement, or having nothing in common to share with each other. Tango offers a solution that can transform relationships as well as your lives. Plus, it offers a lifetime of new learning experiences.

Dr. Winkelmanns says... “If hugging is good medicine then Tango is a cure all!!!”

Our Video Library

The dance club has been slowly building a video library over the years for the benefit of the membership. Videos are available (two at a time) to current NBDS members for a three-week period. Contact Bruce at 754-1735 for details.