



**Ballroom Dance Society**

# Silver Slipper

**November 2008**

## **PRESIDENT'S CORNER**

*by Andy Mundy*

The people of the United States have elected a talented orator, Barack Obama, to be their next President. His acceptance speech was quite nationalistic in character, appealing to everyone in the country irrespective of sex, race, colour, religion, ability, wealth or political beliefs to pull together. If you listened to him you may have noted one of the underlying themes in his address, "Yes we can", preached, almost prayer-like as in a litany, spontaneously repeated in chorus by the crowd in Chicago and rousing their emotions.

He also promised he and his governmental team will do their best for the people. But this was qualified by a direct appeal to them for help, making the point that he could not do the job alone, the inference being that while he would play his part, the people had to play their part too and take their share of responsibility for the future well being of the nation.

Similarly, the NBDS has elected a President and officers to ensure the everyday running of the Society, and volunteers have formed committees to carry out specific functions. We promise we will do our best for you but we cannot do the job alone.

We need your help. You have to play your part too and take some responsibility for the smooth running and future well being of the Society. It is not enough for you merely to turn up to dances once or twice a month and expect the NBDS always to be there with everything organized and set up for you.

How can you help? Both Bowen and Nanoose committees need more help with planning events, providing decorations for dances, setting up tables and chairs before dances and, just as importantly, taking down afterwards. Volunteers are also needed for the Newcastle and IFB committees.

The same few members are doing far more than their share of the work on your behalf. Whilst we are extremely grateful to them, it is physically impossible for those few to continue and unfair for us to expect them to. I appeal to more of you to come forward and share a little bit of the burden. The more volunteers we have, the easier the work. You may be pleasantly surprised at how little effort there is and how much fun it is to do things as a group! On the other hand, without the volunteers there will be no dances!

Please give your name to Vicki or Sara and, in the coming year, make a commitment to help yourself by helping your Society. Remember – "YES WE CAN".

## **Phyllis Celebrates 80<sup>th</sup> In Style**

*by Jane Walters*

There was food, dance and good fun for all as Phyllis shared her 80th with us .....



Those who attended the September 5th Bowen dance were treated to a fabulous spread provided entirely by Phyllis Fiegel. Phyllis really wanted to be able to celebrate her 80th by sharing in the company of friends and music and the absolute joy of dancing, and she did just that! She also specifically thanked Nelson from the bottom of her heart for his support and teaching, and for helping her be out there dancing up a storm at 80. I believe she actually put out a challenge to all of us to be dancing at 80, and I myself am not sure how my hip replacements will deal with that.....!! Way to go Phyllis! And thank-you for sharing your special day with us.

### **Question for the Board?**

If you have a burr under your saddle or a bee in your bonnet about anything related to how NBDS dances, meetings or society are run, write to us! Don't get your knickers in a twist – get a load off your mind with a letter to the editor. We will publish your question or comment and the Board's reply next issue.

## **Board Update**

The NBDS Board met on October 5 to kick off plans for the next calendar year. Here are the highlights.

**Calendar for 2009:** the board agreed to venue committee suggestions to reduce the number of theme dances and try new topics; these include Movies Night (April 3) and Wild West Night (September 4). Check the calendar on the web page for all the dates in 2009.

**Newcastle:** NBDS will invite instructors and out-of-town organizers to host some tea dances at Newcastle in 2009.

**Board Membership:** Barbara Barnett withdrew as secretary. As provided by the Constitution and Bylaws, and with the consent of the new nominees, the executive appointed John Maher as secretary and Mike Linfitt as director.

**Non-board members** will continue to be welcome to attend board meetings, with notice via the President as a courtesy to the person hosting the meeting

**Workshop-only admission** will continue to be \$5, and this will now be promoted through the door admission procedures.

**Practices** are open to all instructors to assist their students including teaching; music is selected by request of the practicing dancers (no change).

**Gratuities** will be budgeted by the committees when they plan catered events; for events other than the IFB, gratuities will be up to 15% depending on quality of service (up from 10%).

**Waste reduction** ideas are encouraged; venue committees will look for ways to reduce waste.

**Dance classes held by NBDS**, a concept proposed by a member at the AGM, was discussed but no consensus reached on any action.

## Instructional Workshops

Ted Barnett is now coordinating workshops for the coming year, and workshops have been scheduled for the first 6 dances of 2009 (check the calendar on our web page at [www.ballroomnanaimo.ca](http://www.ballroomnanaimo.ca)). The next NBDS pre-dance workshop will introduce Jeff and Eva Bethany who have recently moved to Nanaimo from Saskatchewan. Jeff and Eva have taught ballroom dancing for several years and will teach a workshop on rumba at the first Friday dance at Bowen on December 5.

## Calendar Updates

The 2009 dance calendar is now posted on our web site. Don't forget to take a look occasionally to check for updates. The workshop topics and instructors for January to April 2009 are now posted.

**NEW!** We have just learned that there will be 9 (nine) Sunday afternoon dances at Newcastle Island next summer! Yes, that means a dance every Sunday From July 5 to August 30, 2009. Stay tuned for updates on themes, topics and guest hosts for these dances.

## MEMBER NEWS

### Joy of Dance (Practice)

by Vicki Linfitt

For me, one of my greatest joys is flying around the dance floor with my dance partner. In order to successfully achieve this, you need to practice what you have learned...over and over again!

If you are taking dance classes, it is really beneficial to practice what you have learned right away while it is still fresh in your mind. It takes a lot of practice for the moves

to become engrained in your muscle memory. Muscle memory is when your body knows what to do without a lot of thought on your part, that's when pure enjoyment comes in.

The NBDS DanceSport Committee arranges practice space at Nanoose Place for all members to use. The dance floor at Nanoose is quite wonderful and the people are even better. If you have a specific song or dance you want played, no problem. If you are new and you have a question on technique, somebody there will answer it, or refer you to a teacher. We like to help.

We encourage new dancers to use the practice space, especially after lessons, with the goal in mind to attend social dances and enjoy themselves! But what about the more seasoned dancers - can you improve? Of course! As dancing is social, we tend to dance with more than just our spouse or partner - we mix it up a bit, if we're brave. That's when you find out just how good you are at leading or following. It can be quite interesting to go to the practices and test your lead and follow abilities with a different partner. Did he/she do what you thought that they should? When we dance with the same partner all of the time, we tend to compensate for the others shortcuts, or posture, or timing, etc, because we know exactly what to expect. Dancing with a different partner can really help you analyze your dancing and make improvements.

In fact, there is a great social atmosphere at the practices. "Going to the practice at Nanoose is almost like going to a dance" says regular dancer Brian Morgenstern, "except that the floor is less crowded, no-one minds when you stop and go over steps, there are no tables or decorations to put up or put away, and it is only \$5 per couple. We are always ready to help the other couples too, if they ask us to check what they are doing for example, and help them work out a new step or technique" says Brian.

So, we've established that practicing dancing can improve our technique, which will lead to more fun on the dance floor, and it's a wonderful time to socialize....but what else? Well, it's good for you! What a great way to burn those after dinner calories and keep your blood sugar levels down. Did you know that just 10 -15 minutes of moderate aerobic activity after a meal will enable your insulin to work more efficiently to reduce your blood sugar levels, thereby reducing your risk for diabetes and heart disease?!

So what are you waiting for? Get off the couch, strap on your dancing shoes and come practice! Practice times are Tuesday 7 - 9 pm and Thursday 8 - 10 pm. Cost is only \$5.00 a couple. And first time users are FREE!

### More Practice Space for You!

Practices are scheduled for Tuesday and Thursday evenings at Nanoose, and before each regular dance. **NEW!** Drop-in fees have now been set at \$2.50 per person for the weekday practices and pre-dance practices are free. Check the practice calendar on the web site: [www.ballroomnanaimo.ca](http://www.ballroomnanaimo.ca).

## Remembering Keith Honeyman

NBDS members who attend Dance Pacifica each year will remember Keith Honeyman, one of the leaders in the Victoria dance community. Keith recently passed way, and we sent a card to express our sympathies to his wife, Sue Wenman. Here is her reply.

*Dear friends,*

*I was and am completely overwhelmed by the outpouring of warm and caring messages of sympathy from the members of VBDS, the Nanaimo Dance Club, Dancesport BC, all the dance teachers throughout the region and anyone else vaguely related to the dance world.*

*Keith was an extraordinary guy and I am truly touched to see that this was recognized by so many.*

*To all of you, thank you for being there for me and with me.*

*Sue Wenman*

## Video Library

Videos can be a very helpful aid when practising at home. Videos are available (two at a time) at no charge to current NBDS members for a three-week period. See the door people to obtain a list of video titles, or contact Bruce at 250-754-1735 for detail

## ATTENTION SINGLES

We now have a moderated email list to assist singles to coordinate with each other. This may reduce the number of times we have 3 extra ladies at one dance and 3 extra gentlemen the next! If you wish get on this email exchange please email [islanddancers@shaw.ca](mailto:islanddancers@shaw.ca). Instructions: open an email from islanddancers, click on Reply All, and type something like "I'm going to the dance next Friday – see you there".



Do you have a business that might be of interest to Nanaimo area dancers? Shoes for sale? Dance lessons to promote? Dance cruises or tours?

For a nominal fee, we will run a small ad to promote your business. Please contact the editor for details.

## COMING EVENTS

### Dancing With The Stars November 22

Tickets are now sold out. To find out about any tickets that might become available you will need to put your name on the wait list; contact Sara at [stretler@shaw.ca](mailto:stretler@shaw.ca).

## Christmas Dinner Dance

Tickets are now on sale for the annual NBDS Christmas dinner dance on December 19. Catered by Spice Of Life, this is one of the highlights of the ballroom dance calendar in Nanaimo. Great food, great dancing, great company, maybe a chat with Santa and other surprise entertainment.. See Sara or Jim for tickets; \$30 per member, \$35 per non-member.



## New Years Eve 2008 Tickets On Sale



Less dinner and more party than Christmas, the New Years celebration is the biggest annual NBDS event at Nanoose. Ring in the New Year with dancing to your favourite strict tempo and party tunes for dancing. Join the conga line and swoop in and out in the big circle with all your dancing friends. Tickets are only \$17.50 each (\$35 per

couple) which includes a complimentary champagne toast at midnight! NYE 2007 was a blast and 2008 promises to be just as good! See Jim or Sara for tickets.



## NBDS Outdoor Excursions

As reported in previous editions of the Silver Slipper, there is a growing number of members who are active outside as well as inside the dance hall. The outdoor excursions sometimes lead to dancing in unlikely places, but getting out enjoying the fabulous natural environment of Vancouver Island is the primary objective. This is an open, "the more the merrier" type of group that forms by word of mouth around someone's good idea and a good weather forecast. One recent expedition went to Horne Lake where these shots were taken.



No dancing on this trip, but a great dinner was had at the end of an exhausting day of paddling in the sun.



## MONTHLY DANCES

### Second Friday Dance at Royal Canadian Legion

1630 E. Wellington Rd., Nanaimo.

**Next Dance: Friday, November 14**

7:30 – 10:30 pm

**Cost:** \$5

**Hosts:** Dave & Norma Stevenson 751-8669

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

### Oceanside Tea Dance

Nanoose Place, 2925 Northwest Bay Road,

**Next Dance: Sunday, November 16**

2:00 - 4:30pm

**Cost:** \$7.50 includes tea, coffee and goodies

**Host:** Ken Yung [yungdance@live.ca](mailto:yungdance@live.ca)

### NBDS Saturday Dance at Nanoose Place

**Saturday, November 22**

Dancing With The Stars fundraiser

Doors open at 6:00

**Music:** Latin and standard by Fred Rockwell

### Salsa at Basque

Every Thursday, 489 Wallace, Nanaimo

Lesson at 8:30, dance 9:00 to 12:00

Cost: \$5

**Host:** Chris Wood [salsanainimo@hotmail.com](mailto:salsanainimo@hotmail.com)

### Milonga at Norm's Place

6731 Aulds Road, Nanaimo

**Next Dance: Sunday, November 30**

Dinner and dance – tickets required

**Music:** 90% Argentine Tango

**Hosts:** Gwen Spinks; [wannadance@shaw.ca](mailto:wannadance@shaw.ca)

### NBDS First Friday Dance at Bowen Park,

**Friday, December 5, 2008**

7:30 Workshop: Rumba with Jeff and Eva Bethany

8:30 - 11:30pm Dancing

**Cost:** \$10 for members, \$14 for non-members with workshop; \$7 and \$11 after workshop

**Music:** Latin & Standard Ballroom by Ed Hong



*The Silver Slipper is published occasionally by the Nanaimo Ballroom Dance Society. The editor is John Maher ([johnmaher@shaw.ca](mailto:johnmaher@shaw.ca)). Please send any dance related news that you think would be of interest to NBDS members and guests. If you don't send something, we may have to make something up about you, which could be worse than not sending something in your own words. Please share your stories!*

*Thanks.*

*PS, if you don't send me your photos I will use the ones I have...*

*John*