

President's Letter

Working with Appliqués

Dance Venue Report

2019 Dance Goals

New Studio Opening

Sleigh Belle dancers perform at the USA Dance Minnesota Holiday Gala.

Photo by Ed Soltis

Minnesota Dancer

Mn Official Publication of USA Dance-Minnesota Chapter #2011

USA Dance: Who Are We?

We are a nonprofit organization that promotes ballroom dancing. The USA Dance Minnesota Chapter #2011 was formed in 1991. Membership in USA Dance is open to dancers of all levels. USA Dance Minnesota Chapter #2011 sponsors monthly dances and other special dance events. Members receive discounts on admission to monthly dances, as well as other benefits.

The Minnesota Dancer is published monthly by the USA Dance Minnesota Chapter #2011, to provide information and news about ballroom dancing.

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Contributions: Articles submitted may be edited for length, clarity and content. Photos should be highresolution jpg, png, or pdf files. Photos should be sent separately not embedded in any Word document. Email submissions to Bonnie Burton at bonnieburton@comcast.net

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USA CHAPTER MONTHLY DANCES

January

Saturday January 19 Dancers Studio 415 Pascal Street North St. Paul 7-8 lesson-Mambo 8-11 pm Variety Dance Instructor: TBD

March

Saturday March 16 Dance With Us America Southdale Center, #930 Edina 7-8 lesson-Samba 8-11 pm Variety Dance Instructor: TBD

February

Saturday February 16 Dancers Studio 415 Pascal St., N. St. Paul 7-8 lesson-Quickstep 8-11 pm Variety Dance Instructor: Kate or Gordon Bratt

If you join USA Dance at a monthly dance, you attend that dance for free!

\$5 Students under 25 with ID \$10 USA Dance Members \$15 Non-Members

2019 Dance Goals: The Dance Community Makes Plans

Compiled by Bonnie Burton

The dance community is busy making plans for new goals for 2019. We asked them about dance resolutions or dance goals for the coming year. Here are some of the responses we received.

Push to become a better lead and improve my understanding of a follower's steps and what they need so I can contribute to a better dancing experience. I also want to improve my abilities and skill to dance at a consistently higher level. At the moment the plan is to make it to the studio to practice more consistently and have a more methodical approach. Short term would be to be able to not have to worry about the choreography at all so we (Caitlin and I) can focus on technique (CBM, CBMP, stacking, delayed hip action, emoting, etc.). ~ David Chin

My goal is to learn my Silver routines and develop my technique well enough to compete with them by year-end. ~ Katherine Mary Engel

During 2019, we plan to dance at six or so dance events and competitions, some of them local such as TCO, and some out of state. Setting up our competition dates in advance helps to define our lesson and practice schedules. We'll each continue to have a weekly private lesson, as well as joint lessons. We struggle with technique and want to improve. Personally, I really want to learn to do the Quickstep pendulum hops, kicks, and runs that are so showy, and perform them in a routine by the end of the year. ~ Bonnie Burton & Ed Soltis

Mine is simple, I just want to dance with a Sleigh Belle dancer at a halftime show at Minnesota RollerGirls. I would stick with a swing, cha-cha or polka. ~ John Woodcock

Have all studios and all students feel welcome and proud of TCO. Help all studios grow and have certified professional instructors. Host events like Blues-a-Palooza that increase social dance numbers. Improve my knowledge and become a better teacher, helping everyone reach their goals. Be a super Grandpa to my grandkids and love my family! ~ Local Pro Scott Anderson

Become proficient enough to dance social quickstep. To be able to express more freedom and individuality in styles like West Coast Swing. ~ **Julie Johnston**

Even though we qualified for the USA Dance National Championship, we have decided to forego the event this year because, 1) We're transitioning from bronze to silver level; 2) We need to add a few silver elements to our routines; and 3) More importantly, we decided to spend more time working on technique with additional resources and professional coaching. In addition to planning for 2-3 Am/Am competitions this year, we are honored to have been asked to perform a spotlight dance routine for the Minnesota West Coast Swing Dance Club in May, 2019. We are looking forward to dancing along with other amateur ballroom couples from Minnesota and meeting other competitors from around the country. We are continually impressed with the support and encouragement from everyone at every competition we've attended thus far. ~ **Rebecca Steinkruger & Greg Story**

Recruit and train a USA Dance-Minnesota formation group to perform a choreographed number at our 2019 Holiday Gala and at the Shopping Mall demos around the Twin Cities. ~ **USA Dance-Minnesota #2011**



Ed Soltis dancing with his instructor Natalie Botes at American Classic Ballroom's winter showcase Photo submitted by Bonnie Burton

President's Letter

By Joyce Thompson

It's time for a new year, and for me, a new role. I'm so pleased to be appointed to the position of President of USA Dance-Minnesota Chapter #2011 for 2019. Outgoing President Leland Whitney has been a dependable leader and we thank him for his several years of service as our Chapter President. We also want to express our appreciation to Treasurer Jane Phipps, for her 10 years of volunteer service managing the Chapter finances and keeping our books in order. Jane is leaving us to pursue other interests and we wish her the best.

I was surprised and deeply honored to receive the USA Dance District 2 Volunteer of the Year award at the December Holiday Gala dance! The award celebrates volunteerism. I've been a member of USA Dance for the past 25+ years and have served on the board for a total of 14 years (not consecutive). During the past four years I scheduled the monthly dances and Project Dance events, and generally helped out where needed. Thank you for this wonderful award. I am deeply appreciative of its significance.

All of our volunteers are valued and appreciated. I encourage you to share your love of dance by volunteering your time and talents with our chapter. There are many ways you can participate. Please contact me or any of our board members if you'd like more information.

Project dance is changing things up a bit this year by providing lessons in the same dance style for two consecutive months. The first month will focus on beginner, or foundation patterns. The second month will build on the first month's lessons and be at the intermediate level. I encourage you to invite your friends, family, neighbors, co-workers, and other acquaintances to learn to dance with you! Great exercise and health benefits are a bonus!



Joyce Thompson is a long time volunteer of Minnesota Chapter #2011, and is current President of the chapter.

One of my favorite events is our annual Tea Dance. Save the date and mark your calendar now for April 28th. It's hard to think of it now, but spring will be here before you know it!

Happy Dancing!



Gary Stroick, Bonnie Burton, Joyce Thompson and Leland Whitney.

Photos by Ed Soltis



USA Dance –MN Chapter #2011 Board Meeting Minutes-30 October 2018 Submitted by Carol Post

Attendees: Lee Whitney (President), Joyce Thompson (Vice President) Carol Post (Secretary), Jane Phipps (Treasurer), Stephanie Clausen, Gary Stroick, Leslie Whitney, Bonnie Burton and Marla Heisterkamp.

The meeting was called to order at 6:00PM

- 1. Agenda: Approved 7/0/0Confidentiality
- 2. Board Minutes 2 October 2018: Approved7/0/0
- 3. Treasurer Report: Approved 8/0/0
- 4. Special Projects Report:
 - a. Tea Dance planned for Sunday April 28th 2019. Lafayette Country Club has been contacted to finalize date.
 - b. Flash Mob Contest. Chapter submitted video. Winner to be announced.
- 5. Social Dance Coordinator Report:
 - c. Chapter Monthly Dances: November 17-Dancers Studio-Night Club 2 Step, (Theme: Food Drive-Leslie will coordinate), December 15-Cinema Ballroom-V Waltz. (Theme: Holiday Gala), January 19- Dance Life Ballroom-Mambo (Theme: Chapter Anniversary-Birthday Cake), February 16, in process. March 16 Dancers Studio: WC Swing by Troy Lerum.
 - i. November 17 dance will be preceded by Annual Meeting and chapter elections. Food will be provided. Attendees to Annual Meeting will get into dance free of charge.
 - d. 2nd Friday Dance- November 9. (Co-hosted with Tapestry).Discussion about working to boost dance attendance numbers and market the dance. Stephanie will get information on what needs attention on website to assist in promoting the dance.
- 6. Project Dance: Conducted for 3 weeks in October. Trial run of teaching same dance for 2 consecutive months was successful. November-Night Club 2 Step by Troy Lerum. Dancers Studio (3 Sundays). December-No Project Dance. January-February-n'Motion Dance Studio: EC Swing (Joyce will need coverage for Feb).
- 7. Dancing Classrooms: December 8 Colors of the Rainbow Team Match to be held at Double Tree Hilton in Bloomington
- 8. Communications Report: Website being upgraded. Minnesota Dancer team doing a great job on the magazine. Will continue to utilize Constant Contact, Minnesota Dancer, chapter website and other vehicles to promote dances and 2d Friday dance at Tapestry. Bonnie and Stephanie will coordinate on advertising dance events.
- 9. Collegiate Ballroom Dance Report: No report.
- 10. Membership Report: 2017 Oct 31: 264 2018 Oct 30: 274

Meeting adjourned at 7:30 pm. Next meeting Brookdale Library meeting room I. New start time 6:30-7:45pm.





Working with Appliqués

© Deborah J. Nelson/Satin Stitches Ltd.

Using appliqués for decorating ballroom dance costumes has always been a major design option. And currently, appliqués are also being used on all other types of dance costumes and evening apparel. Appliqués are very much on trend, and should be for years, as all trimming trends last until the next trimming trend comes along!

It's been a couple of decades since we last saw so many appliqués featured on dance costumes. Back in the 1980's and 1990's, at Satin Stitches, we created many costumes with appliqués for our High School dance teams, all around the country. Many suppliers carried a huge variety of designs. We even had the option to custom order appliqués - which really increased our design options. Then the trend subsided and it became very difficult to find even a minimum of appliqués styles.

"Consider...are your appliqués enhancing your dance costume design? (Or will they look 'stuck on', and not part of a cohesive design?)"

There are many different types of appliqués – rhinestoned, beaded, sequined, and embroidered (with and without added beads and/or sequins). Fortunately once again, appliqués are much easier to source. And with our global economy, if they aren't available domestically, wait a few weeks and you can import them.

There are many things to consider when you are deciding what appliqués to use on your costumes. Appliqués DO NOT STRETCH...so you need to take this into account when placing and sewing the appliqués into place. When deciding what appliqués to use, you will also need to be able to visualize how a particular applique can be used – is it blocky or fluid? Can you put many appliqués together to achieve the look you are going for?

Embroidered appliqués can be machine sewn but most others need to be hand sewn. Embroidered appliqués can be cut apart without worry of fraying. Beaded, sequined and rhinestoned appliqués MAY be cut apart, but you will need to use glue to keep them from fraying.

If you are going to decorate one costume – you can experiment with placing your appliqués on your costume. Appliqués do not come in a variety of sizes for each design. If you are going to use appliqués on matching group costumes, because of this, you will need to figure out how to create your design to look proportional and 'all the same' even though you may be working with a wide variety of dancers' sizes.

Appliqués are not manufactured in the United States. They are manufactured overseas and you must take this into consideration, especially when you are using many appliqués on a group. You may have a source that is in the US, but they purchase from elsewhere. Make sure you order all the appliqués that you will need for your costumes at once, because if your supplier runs out, it could be a long wait to have more shipped in. And depending on quality control, they may or may not match what you have.

Other things to consider:

- Are your appliqués enhancing your dance costume design? (Or will they look 'stuck on', and not part of a cohesive design?)
- Will the placement of your appliqués hinder the stretch and movement needed for your dance performance? (Make sure there is enough area NOT covered by



Deborah Nelson is the Founder and Head Designer of Satin Stitches Ltd, a custom performance costume manufacturer in Minneapolis. Deborah is a leader in the fashion/costume industry with 40+ years of professional design, fitting, alterations, and patternmaking experience. She holds a Bachelor of Fine Arts (Major: Fashion Design) degree and is a former instructor at The Minneapolis College of Art and Design (MCAD). For more information about Satin Stitches, visit their website at: www.satinstitches.com

the appliqués that WILL allow for stretch and movement.)

- Determine if you will need pairs (mirror image) of appliqués, or if you need all the same asymmetrical shape. (Can you purchase either of these options?)
- Can you sew the appliqués on, allowing for the stretch of the fabric under the appliqués? (Place them either when the costume is on the dancer or on a dress form – and stretched, not flat and un-stretched.)
- Some appliqués can be very fragile. If your beaded or sequined applique is fragile, hand sew ('tack') them in place in a sturdy area of the applique, NOT the edge that might rip out, if there is any stress on it.
- Develop a plan where you sew the appliqués on well enough so that they won't come unstitched

during your dance performance. (We use sturdy thread that is doubled and secured with very secure knots.

 Consider if you are going to need to launder your costumes

 and know ahead of time if the appliqués will need to be removed, or if they will withstand

atin Stitches

Social & Competition Ballroom Dance Costumes Restyling & alterations as well. *NEW WebStore Customizable the type of laundering you will wish to use.

• Realize that beaded and/or sequined appliqués could snag other fabrics – be able to deal with that. Wisely consider if dance movements will cause undue snagging. Enjoy the option of using all different types of appliqués while appliqués are still 'en vogue', but as with anything, don't overdesign or overuse this decoration. You want to maintain a classy look to your dance costume, not a cluttered look.





Dance Venue Report : Starks Saloon

By: Paul Stachour



On Halloween, Wednesday, October 31, 2018, I danced at Starks Saloon, located at 3125 Dodd Rd. in Eagan, MN. It is a Café-Bar with a 40 x 60 feet dance-floor of padded wood and seating area for 100 people. Parking is 75 cars and there is no public transportation. The general atmosphere is typical bar / saloon and the temperature was reasonable, though temperature can be tricky early evening. Food is mid-class café selection and beverages are usual bar selection. The handicap accessibility is difficult, and the toilet facilities are nondescript.

The dancing time was 8 pm – 11 pm and the music was a DJ, by Ken Douglas. The dance entry fee was \$5. There was, as often there is at 6:45 pm, a 1-hour, Country 2-step lesson by Mahowalds, which cost \$10. There were about 100 dancers there, and I would characterize them as reasonaby skilled, with a lead/follow ratio around roughly 1-1 with a few extra followers. This holiday themed dance attendance was significantly more than the usual 60-70 dancers. There has been partner dancing at Starks for more than 30 years. In its heyday, both levels were packed several nights a week. I also noted that the venue also had pool tables as alternate entertainment. My general impression of the site and that evening was: A great dance floor with a nice mix of country 2-step, west-coast, night-club 2-step, waltz, cha-cha & other dances in that frequency. Based on the floor, the dancers, and the cost, I rate this venue as a "Best Buy" among the dance venues here in the Twin Cities.

"Based on the floor, the dancers, and the cost, I rate this venue as a "Best Buy" among the dance venues here in the Twin Cities."

Further information about the venue can be obtained via their website at https://starksdancing.com/, or by contacting Ken Douglas at 651-247-3430 or kendouglas@q.com. Starks is currently listed for sale, though there are no definite plans for any change in operation at this time.



Photos by Sheryl Sanderson White

USA Dance-Minnesota #2011 Annual Membership Meeting Minutes

Saturday, November 17, 2018 6:30 PM– 7:00 PM Dancers Studio, 415 Pascal Ave. N., St. Paul, MN 55104

Board members attending: Leland Whitney, President; Joyce Thompson, Vice-President; Jane Phipps, Treasurer; Bonnie Burton; Stephanie Clausen; Gary Stroick (arrived 7:00 pm). Not attending: Marla Heisterkamp, Carol Post, Leslie Whitney. Others attending: Chapter members and members of the public.

President Leland Whitney called the meeting to order at 6:34 pm. He reported on the following agenda items:

1. **2018 Financial Status**: modest gain through October of \$2,619. The chapter is not losing money.

2. 2018 Chapter Highlights:

- a. Membership size has stabilized with modest growth this calendar year. The total chapter membership as of the date of the meeting is 274.
- b. Monthly Dances: eleven (11) Third-Saturday dances have been held. A new monthly dance initiative, the Second-Friday dance, co-hosted with Tapestry Folkdance Center, was started this year and eleven (11) Second-Friday dances have also been held.
- c. Sunday Afternoon Project Dance Lessons: There have been 34 project dance lessons held to date.
- d. Tea Dance: Held in April.
- e. Several dance demos hosted: MOA, Flash Mob, and others, all coordinated by Dan & Yvonne Viehman.
- f. Dance Camp: held in February with Melissa Dexter and Giacomo Steccaglia.
- g. Supporting college clubs: the chapter provided portable dance floor for UM Rochester Scrimmage Dance Event; Donations & Scholarships to events; meetings and advice.
- h. Supporting k-12 via helping Dancing Classrooms.

President Whitney stated, "We are so grateful to the many volunteers who have made these initiatives possible over the past year – for everything from the monthly dances to the chapter website. Thank you for sharing your time, talents, and passion for dancing with our chapter members and the Twin Cities dance community."

3. Minnesota #2011 Chapter Strategic Plan for 2018 – 2019:

- a. Maintain Fiscal Stability
- b. Push for continued modest Membership growth.
- c. Increase monthly dance attendance at the Third-Saturday and Second-Friday dances.
- d. Continue Sunday afternoon Project Dance lessons.
- e. Hold a Dance Camp/Workshop with world class USA Dance Professional Coaches.

USA Dance Minnesota #2011 Annual Meeting Minutes – November 17, 2018

Continued on next page

Annual Meeting Minutes – Page 2

- f. President Whitney stated, "The chapter needs and values good volunteers! Specifically, we're currently seeking additional chapter board members. If you're interested, please let me know."
- g. Continue to develop synergy with local studios, dance instructors and local charitable organizations.
- h. Seek potential satellite chapter locations.

4. 2018 USA Dance Minnesota Chapter #2011 Board Election.

- Local Election Chair Greg Warner described the process for the #2011 Chapter Board of Directors election. He acknowledged and thanked the election committee members for their work on the 2018 elections. Election Committee members included: Yeun Chou, Tom Crable, Patty Fitzgerald, Donna Francisco, and Chair Greg Warner.
- b. Chair Greg Warner then summarized and listed the candidates eligible to serve on the board:
 - Russell Alliev
 - Bonnie Burton
 - Stephanie Clausen
 - Carol Post
 - Gary Stroick
 - Joyce Thompson
 - Leslie Whitney
 - Leland Whitney
- c. Motion was made by Election Chair Greg Warner/second by Salina Amey to appoint all candidates to the USA Dance-Minnesota #2011 Chapter Board, to serve terms to be determined of one or two years, during the period January 1, 2019 December 31, 2020. The motion was approved unanimously by voice vote.

6. The meeting was then adjourned at 6:51 pm.

Respectfully submitted,

Bonnie Burton Bonnie Burton, Communications Coordinator

USA Dance Minnesota #2011 Annual Meeting Minutes – November 17, 2018

New Year, New Dance Goals!

By Bonnie Burton



This past year, my dance partner and I set a goal to participate each month in a dance event such as a competition, showcase, or a critiqued dance event. Twelve events during 2018! This was really upping our game - an ambitious goal for us, given we'd averaged just two or three events per year for many years. But we'd been on a dance plateau for a long time and we were getting bored. We decided to try doubling down to see if it would make a difference in our dancing, instead of walking away from it. Please notice we did not set our goal to WIN the competitions! We considered ourselves winners just for showing up and doing our best.

We chose dance showcases and competitions because they are much more effective than good intentions in getting us to the studio to practice. We like competition and the prospect of dancing in public is for us a major motivator to improve. Our decision to dance twelve events was a Level 3 Goal, or a 1-year goal, but more about that later.

Whether you call them dance resolutions or dance goals, we also learned that as much fun as it is to learn to dance, setting goals is what keeps it interesting. Goal setting in any field is extremely important for progression and growth. Dance is no different.

SMART METHOD. One goal setting method that's been around awhile is the SMART method.

SPECIFIC: Make the goal specific. 'I want to dance in 12 competitions in 2018' is a lot more exact then 'I want to become a better dancer'. By dancing in 12 competitions, you DO become a better dancer. It's crazy how that works.

MEASURABLE: Setting smaller goals helps you measure your progress and stay on track. For example, 'I will practice three days per week.' Make it happen!

Photos submitted by Bonnie Burton

ATTAINABLE: Your dance goal should be realistic within your time frame: 'I want to be a world champion by the end of the year' is probably pushing it.

Reward: As you reach each benchmark, reward yourself! Let your body associate victory with positive feedback, even if it's just allowing yourself some pride. We were also rewarded by positive comments of others and with improved judges' marks, even though that was not a specific goal of ours.

TIMELY: Set a date to achieve your dance goal. This might seem scary.



January Event: The Snowball Competition

Continued on next page

Remind yourself that it's meant to motivate you, not make you lose sleep. In our case, we chose dates a year in advance from a multitude of events and competitions available.

The idea is to keep your goals within your control and to reward yourself when you accomplish certain benchmarks. Big plans are accomplished with small steps.

SETTING DIFFERENT GOAL LEVELS. Short-term, medium-term, and long-term goals.

It's tempting to have only one REALLY BIG goal. One of the most valuable skills you can learn in dance is how to develop different time-lines or levels of goals. These different levels work in a few ways:

- They allow you to see short-term growth
- They prevent you from becoming frustrated or bored by long-term, seemingly unreachable goals
- They give you a road-map to structure your dancing

Without short-term goals, dancers tend to hit 'plateaus' where they feel unable to improve. This happened to Ed and me. We had the desire to improve, but lacked a plan to give us focus. Goal-setting gives you a way to mark your progress and to create a road map for your future dancing and dance development.

Short-term to long-term goals could look like this:

- Level 1: Your 1-month goals
- Level 2: Your 6-month goals
- Level 3: Your 1-year goals
- Level 4: Your BIG Goals
- Level 5: Your dream.

Level 1: 1-month goals are small goals that can be accomplished quickly.

These are goals that with some work, you can accomplish in a month or two. They vary from person-to-person because of time or resource restrictions, your current stage in dancing, and any physical limits you may have. These goals



November Event: The North American Imperial Star Ball

can contribute to your larger goals, or be stand-alone items that will make you happy.

- Committing to a dance practice schedule
- Learning a specific pattern or movement
- Learning to find the beat in more songs
- Signing up for a specific classes
- Mastering a free-spin
- Actively asking people at local dance nights to dance more often
- Committing to an external exercise program to help your dance

Level 2: 6-Month goals are still small goals that require slightly more work.

These require more maintenance than the one-month 'instant gratification'

variety, but aren't so out of sight that you can't plan for them. These should generally be in line with a larger goal that you have, but may also still be a one-time special event goal. Examples include:

- Mastering a more complex movement that takes body training to achieve, in my case, a fall-away reverse slip pivot
- Attending a specific event(s)
- Dancing with and/or getting feedback from specific professional coaches
- Reaching a level that is not far off, such as moving from bronze to intermediate in a specific dance

Level 3: 1-year goals take more work and help assess long-term improvements.

At the 1+ year goal line, things start to take more work and require more patience to achieve. This is where goalsetting is more a strategy for reaching your ultimate goal. These tend to be more abstract rather than specific:

- Becoming a better lead/follow
- Participating in monthly dance competitions/events over the course of a year
- Training to dance in advanced and open categories
- Learning to create choreography
- Putting together a performance
- Launching a successful dance night

As you can see, these are more abstract. If the 1-year goal is to become a better follow, then a 6-month goal may be to improve your frame by doing cross training posture exercises, and a 1-month goal may be to not hold on too tightly. The further out the goal, the less specific they become.

Level 4: REALLY BIG GOALS involve finding Your 'Dance Calling'.

Your 'Dance Calling' can be almost anything:

- Becoming a great social dancer
- Performing
- Competing at the advanced (Pre-Champ and Champion) levels
- Travelling the world to dance
- Becoming a teacher
- Organizing events
- Going pro

Whatever the goal, this is something that takes time and a lot of effort to develop. And, of all the levels, this one needs a road map to get there. It really helps if your smaller goals feed into your end goal. Using the teacher example as the Level 4 goal, maybe the Level 3 goal is to become a teaching assistant in a class, or take a teaching program and become certified.

Level 5: Your 'Dream' helps you to get inspired.

Level 5 is not a 'goal'; it is an inspiration. These are the ideas that help you push yourself to new heights, even if the reality is not feasible. For example, it would be my 'dream' to dance with the proficiency of a World Champion. These are dreams in that they're 99% unattainable for someone in my position. For example, most world champions have been dancing since they were kids and my partner and I started dancing at age 50! World Champs spend many

"Take a chance. Set some goals. Reach your full dance potential!"

hours training daily whereas I have a life outside of dance that demands too much attention to spend a lot of time on dance – even if I would love to do so.

But Level 5 goals can still motivate you be the person you *could actually* become. For example, Ed and I may be able to achieve championship level – in the senior amateur/amateur category! Or maybe there's a pro who inspires you, that you want to be like, and that you feel it's actually possible for you to achieve that height. What happens if I don't know what my goals are? Without goals, there is a strong likelihood you may get bored with your dance. That initial inspiration and passion will only take you so far.

So start small. Set one small 1-month goal and commit to it. Be sure to reward yourself and then set another!

One thing is for certain: you won't know what your goals are until you explore the possibilities. Want to see if you like performing? Try it out – it won't hurt. Maybe teaching would be fun? See if you can become a volunteer teacher for a free class. If you don't like it, there's nothing lost, and your focus can move elsewhere. It is also perfectly okay to view these experiences as tools towards another goal – such as becoming a great social dancer. Make your dream and your goals as narrow or wide as you like.

Take a chance. Set some goals. Reach your full dance potential!



March Event: Lafayette Classic

2019 COMPETITION CALENDAR

January

February



The Snowball DanceSport Bloomington, MN Hosted by Donna Edelstein

22-24

Mid-Atlantic Championships NQE Bethesda, MD Hosted by Mid-Eastern USA Dance Ch. #6001

April

January

18-20

Manhattan Amateur Classic (MAC)–NQE Jersey City, NJ Hosted by Greater NY USA Dance Ch. #3004

January

25-27

February

Southeastern DanceSport

Organizers: Wayne & Marie Crowder

Championships-NQE

Birmingham, AL

12-13

USA Dance National DanceSport Championships Orem, UT Hosted by USA Dance Nationals Org. Committee

May



New England DanceSport Championships–NQE

Dedham, MA Hosted by MASSabda USA Dance Ch. #3002

May



Go Wild DanceSport Competition

Bloomington, MN Hosted by Donna Edelstein

Royal Palm DanceSport Championships-NQE Fort Lauderdale, FL

Hosted by the Royal Palm USA Dance Ch. 6016

2019 COMPETITION CALENDAR

May

July

17-19 San Antonio DanceSport Classic-NQE

San Antonio, TX Organizers: Wayne & Marie Crowder **18-21** Twin Cities Open Ballroom Championships Minneapolis, MN Hosted by Scott & Amy Anderson

June

28-30 Gumbo DanceSport Championships-NQE

X

New Orleans, LA Hosted by the LA Gumbo USA Dance Ch. #5031 July

26-28 OKC Dreamcatcher DanceSport Championships-NQE Oklahoma City, OK Organized by Wayne & Marie Crowder

Years Resolutions?

Dance more! Learn a new dance! Find a dance partner! Do a showcase! Do a competition!

For goal ideas, see page 11



East Coast Swing Foundations

Sunday, January 6 — 2:00 pm Sunday, January 13 — 2:00 pm Sunday, January 20 — 2:00 pm Sunday, January 27 — 2:00 pm



Classes with Jennelle Donnay

7988 University Ave. NE Fridley, MN 55432 763.571.6180

www.usadance-minnesota.org info@usadance-minnesota.org Follow us @USADanceMN



USA Dance Minnesota offers dance instruction to members for \$5. Non-members pay \$10.

Become a member of USA Dance at membership.usadance.org or fill out a membership form available at class. A different professional instructor teaches a new dance at a different location every month.

Dance Contacts

If you would like to be listed on this page, send your contact information to bonnieburton@comcast.net

STUDIOS

AMERICAN CLASSIC BALLROOM 1495 Steiger Lake Lane, Victoria, MN 952.934.0900 www.acballroom.com

ARTHUR MURRAY DANCE STUDIO 534 Selby Avenue, St. Paul 651.227.3200

AWAKENED DANCE COMMUNITY

(at 'nMotion Dance Center) 7988 University Ave NE Fridley, MN 55432 www.awakeneddance.com

BALLROOM AND LATIN DANCE CLUB 1103 W. Burnsville Pkwy, Burnsville 952.292.0524 www.ballroom-club.com

BLUE MOON BALLROOM 2030 Hwy 14 E, Rochester 507.288.0556 www.BlueMoonBallroom.com

CINEMA BALLROOM 1560 St. Clair Ave, St. Paul 651.699.5910 www.cinemaballroom.com

COSTA RICA BALLROOM DANCE STUDIOS 816 Mainstreet, Hopkins 952.303.3339 www.costaricaballroom.com

DAHL DANCE CENTER 4204 North Hwy 52, Rochester 507.252.1848 www.dahldance.com

DANCE AND ENTERTAINMENT 6063 Hudson Rd., Suite 110, Woodbury 651.605.5784 tricia@danceandentertainment.com www.danceandentertainment.com

DANCE WITH LOISA DONNAY 3142 1st Ave S, Minneapolis 612.822.8436 www.mndance.com DANCE WITH US AMERICA 10 Southdale Center, Edina 612.564.5483 www.dancewithusamerica.com

DANCELIFE BALLROOM www:dancelifeballroom.com

DANCERS STUDIO 415 Pascal Street N, Saint Paul 651.641.0777 www.dancersstudio.com

THE FLYING PIG DANCE STUDIO 6232 Lyndale Ave. S., Richfield 612.598.1094 www.tfpstudio.com

FOUR SEASONS DANCE STUDIO 1637 Hennepin Ave S, Minneapolis 612.342.0902 www.fourseasonsdance.com

FRED ASTAIRE DANCE STUDIO 1975 Seneca Road, Eagan, MN 651.451.6300 www.FredAstaireMN.com

NORTH STAR DANCE STUDIO Bloomington, MN 612.799.4147 Facebook.com/northstar.dancestudio

RENDEZVOUS DANCE STUDIO Minneapolis 612.872.1562 www.theplacetodance.com

STUDIO JEFF 701 St. Germain St W, Suite 201, St. Cloud 320.266.4137 www.studiojeff.com

T 4 DANCE COMPANY 2307 Cleveland St, Eau Claire WI 612-968-2401 www.t4dance.com

CLUBS CAFÉ BAILAR www.cafebailar.com

LA DANZA DANCE CLUB Stillwater, MN 651.439.3152 Facebook.com/LaDanzaDanceClub Contacts: Mark and Wanda Bierbrauer

LAKESIDE DANCE CLUB 320.763.6432 danceclub@lakesideballroom.org www.lakesideballroom.org

LATIN DANCE CLUB OF UMN Email: latindc@umn.edu sua.umn.edu/groups/directory/ group/3713/

MN WEST COAST SWING DANCE CLUB info@mwcsdc.com www.mwcsdc.com

REBELS SWING DANCE CLUB 952.941.0906 www.tcrebels.com

SOCIAL DANCE CLUB 952.475.0586 billcarlson@usinternet.com

STARDUST DANCE CLUB stardustdanceclub@gmail.com

SUBURBAN-WINTERSET DANCE CLUB Woman's Club of Minneapolis, 410 Oak Grove Street, Minneapolis 952.894.1412 www.suburbanwinterset.com

TANGO SOCIETY OF MINNESOTA www.mntango.org

TAPESTRY FOLKDANCE CENTER 3748 Minnehaha Ave, Minneapolis 612.722.2914 www.tapestryfolkdance.org

UNIVERSITY OF MINNESOTA BALLROOM DANCE CLUB bdc@umn.edu Is.gd/umnbdc

USA DANCE, MINNESOTA CHAPTER 2011 info@usadance-minnesota.org www.usadance-minnesota.org

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8	

Dancer's Night Out

USA DANCE

Monthly–3rd Saturday Variety Dance, January 19, Lesson 7 to 8 pm and dance 8–11 pm. Lesson–. Instructor: TBD.

Tapestry–Social Dance with USA Dance, 2nd Friday, January 11, DJ is Leland Whitney, lesson is Mambo II, instructor is Keri Simonson, lesson from 7–8 pm and dance from 8–11 pm.

Project Dance–January 6, 13, 20 and 27, at 'nMotion Dance Center, 7988 University Ave NE, Fridley. East Coast Swing Foundations. Instructor: Jennelle Donnay. Lesson from 2–3 pm.

WEEKLY DANCES

American Classic Ballroom–Fridays, lesson 6:30–7 pm and Dance 7–9 pm. No Practice Party on January 25. Ballroom & Latin Dance Club– Saturdays, lesson 7–8 pm and dance 8–10 pm.

Cinema Ballroom–Wednesdays, Practice Party, 8–9 pm.

Costa Rica Ballroom–Wednesday, Practice Party, 8:15–9 pm.

Dancers Studio–Thursdays, Variety Dance, 8:30–10 pm.

Dancers Studio–Fridays, Nightclub Dance Party, 8:30–9:15 pm.

OTHER DANCES

Argentine Tango Milonga–Second Saturday of each month, January 12, class at 8:30 pm and dance 9:30 pm–1 am. See mntango.org for more information.

Café Bailar Dance Club–Saturday Variety Party, 2nd and 4th Saturdays, January 12 and 26, at Costa Rica Ballroom, lesson 7:30–8:30 pm and dance 8:30–11 pm.

Cinema Ballroom –Beach Party Dance, January 18, dance lesson (Waltz and Rumba) from 7–8 pm and variety dance from 8–10 pm.

MN West Coast Swing Dance Club–2nd and 4th Fridays, January 11 and 25, B-Dale Club, Roseville, 7:30 pm lesson free with admission and 8:30 dance.

Snow Ball Dance Competition, January 11–13, at Hilton, 3800 American Blvd E., Bloomington.

Tapestry–Variety Dances 1st and 3rd Sundays, January 6 and 20, dance 6–9:30 pm.

Twin Cities Rebels–WCS and Variety Dance, January 6 and 20, at the Rebel's former location at 6015 Lyndale Ave S., Minneapolis, dance from 7–10:00 pm.



Lynne's Dance News

Dance events for every day of the week.

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New Dance & Entertainment Studio Opening in Woodbury

by Suzi Blumberg



I don't know anyone who works harder, or is more creative, smarter and more sweet in the ballroom dance industry than Tricia Wood! She has big news because in December, she opened a new ballroom dance studio in Woodbury. I should say, another studio in Woodbury because for the past six years she's been renting space there in the Central Park Building. Besides teaching her own classes, she also offers classes through the Woodbury Park and Recreation

Photos submitted by Tricia Wood and Julie Johnston

Department and has outgrown her space. She has been searching for new space off and on for the past year or two and this new location will be a larger studio with longer hours, more days, and more people at one time.

The new studio will have the same name: Dance & Entertainment Studios. Tricia currently has instructors and is adding more. They will teach over 20 different dance styles including Ballroom, Latin, Swing, Country and Line Dancing. Specialty instructors will teach other styles like Steppin' and other specialty dances. She will offer regular group classes and private lessons, as well as specialty workshops.

Ribbon cutting ceremonies took place on Thursday, December 20, and the Grand Opening dance celebration was Saturday, December 22. Live music was provided by the Pat McLaughlin Band. You'll be reading this in January, so if you missed the grand opening, be sure to check out Tricia's new studio in January. It's located at 6063 Hudson Road, Suite 110, Woodbury, at the corner of 94 and Century Ave. The new Dance &





Suzi Blumberg

Entertainment Studio is located directly behind Green Mill, Caribou Coffee, and Country Inn Hotel and Suites, so there's lots of parking.

Tricia has been instructing in Woodbury for 11 years and it's her main location. For the past three years she has offered classes in Edina, Minnetonka and the University Club of St. Paul. She directs a ladies and a couples ballroom dance team that perform at competitions, showcases, fairs and festivals around town. At all her studios, she offers private lessons, group lessons, private groups and dance parties.

Tricia has also been an authorized dealer and distributor of Very Fine Shoes for 11 years and will have a full shoe store with lots of inventory in stock along with brushes, straps, boots and sneakers. She also sells wholesale Swarovski rhinestones, mens' zipper ties and pre-tied zipper ties with or without Swarovski rhinestones, available in many colors to match the ladies dresses. She carries Dance & Entertainment Studios logowear - studio bags and water bottles, lanyards and jackets. She still takes students on an annual dance trip vacation to Mexico to an all-inclusive resort every February. And she teaches on dance cruises for Kismet Dance Journeys and Dancers at Sea!

Dance & Entertainment Studios is a tenyear Diamond Sponsor of the Woodbury Royalty scholarship program. It's a year long commitment of the Ambassadors

Continued on next page





that includes over 150 parades a year! She heads up their annual fundraiser dance, donates lessons prior to and at the event, emcees and DJ's the music and helps to coordinate the silent auction and bake sale. She's a member of the Minneapolis and Woodbury Chamber of Commerce and in 2012, Dance & Entertainment Studios was voted the Woodbury Business of the Year. In her charity work, Tricia helped raise \$64,000 for abused kids for the Corner House program.

Tricia is also the mother to two adorable children, Lucas, age 9 and Olivia, age 8. They dance with each other and perform frequently at her studio and at the Minnesota State Fair. Olivia enjoys swimming and Lucas is taking karate. One last important family member is Dude, a three-year-old Chihuahua who has recently been making a name for himself as a stage dog performer in Legally Blonde, The Musical this summer at Artistry Theatre in Bloomington. He had a trainer, several costumes, a barking/speaking role! His name in the show was 'Bruiser' and his trainer drove him from Tricia's house to the theater six days a week for two months of rehearsals and 22 live performances. Dude and Tricia had a photo shoot with Tiger Oak publications to be featured in the

February issue of Woodbury Magazine. Its their annual pet issue and the article will be about what it's like having a dog in the theatre and what it's like for Tricia to be a stage dog mom!

Tricia has been dancing since she was a little girl. She took ballet, tap, jazz, Hawaiian and clogging. By six years old her mom, local dancer Elaine Boergerhoff, started teaching country and swing and continued through the 90's and beyond. When Tricia was a teen, she was competing in West Coast Swing, Ballroom and Latin. She has taught dance all over the Twin Cities and opened her first studio in 2008.



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