



MICHIGAN SWING DANCE ASSOCIATION NEWSLETTER



August Seminar on the Care and Feeding of your Lower Extremities

Next month, the MSDA will be hosting a very special seminar on August 17th. It will be conducted by Dr. Joe LaCaze, author of the article in last month's newsletter about dance related pain and possible solutions. Dr. LaCaze will be flying in from Atlanta to conduct the seminar and to see people privately by appointment. He will also be available at the monthly dance on the 18th.

The seminar will be conducted in two parts, with a brief intermission in between. Part one: During the first hour and a half, Dr. LaCaze will teach us the mechanics of how the feet, ankles and knees work together to create kinetic change, in other words, motion. He will discuss the extra stresses that dancing puts on the feet and other body parts, and the problems associated with this.

Part two: The second hour and a half will be devoted to learning a series of things we can do to reduce pain and injuries. Dr. LaCaze will also include a section on preventative maintenance for our bodies. We will learn some valuable stretches and how to do balance work with a partner. You won't need to come with a partner to participate.

This seminar is not restricted to dancers. It will be useful to anyone who uses his/her body to move through life.

The charge for the seminar is \$20 and registration in advance will be appreciated. Private sessions with the doctor will be \$20 for each 15 minutes. Dr. LaCaze can usually do a lower extremities assessment and treatment in a half hour. It will be necessary to schedule private appointments in advance. You may do this by contacting me at sharon@sfnelson.com or by phone at 248-624-3792. If you want to see the doctor privately, I suggest that you make the appointment early. Sev-

eral people have already contacted me about it and there will only be time for a limited number of appointments.

One further note: considering the fact that studios are charging anywhere from \$80 to \$125 for a 50 minute hour, week after week, this investment in the health of your feet, ankles, and knees is a huge bargain.

Beginning West Coast Swing? I already know how to dance!

A dance teacher I know, who has been dancing for 22 years, still occasionally attends beginner lessons. He says that a dancer's command of the foundation determines how well he/she does the fancy stuff. We become so pattern oriented that we lose track of the absolute truth that **YOU ARE ONLY AS GOOD AS YOUR BASIC.** He takes beginner lessons because:

An experienced dancer already has the basic step in muscle memory and can focus on **polishing** timing and other nuances of the foundation step. This was not possible when you were struggling to remember six different things at one time as a beginner.

A veteran can relearn concepts and parts of steps that were forgotten.

Leaders can practice how to control the follower without overpowering or hurting her. (Here's a challenge, seasoned leaders. As you switch partners in a beginning lesson, how many of them can follow you without having to be muscled around? The answer should be: most of them.) Plus, do you know when to give up instead of forcing an arm to go where it was never meant to go? (Torn rotator

cuff injuries are way too common, even in our club.)

IMPORTANT: If you are a leader and take the lesson as a follower, and vice versa, you have the opportunity to **remember what it was like to be a beginner.** This makes us more compassionate, patient and generous as dancers.

Also, If you are a leader and take the lesson as a follower, and vice versa, you learn a tremendous amount about how to be a better leader/follower, just by changing roles. I love to see men dancing with men and women dancing with women because it means that they have put in the extra effort to learn the opposite part, and the logical conclusion is that they will be better dancers for it. So....see you at the beginner WCS lesson in July!! ☺

NEXT MSDA PARTY

JULY 21

at the AMBER HOUSE

Lesson 3 PM

Dance Party 4PM- 8PM

*Our parties are at the Cabaret
Ballroom located inside The
Amber House, 7012 E Nine Mile
Road, Warren, MI. 586-754-3434*

DANCE LESSON

Jason Marker will be the guest teacher at the July dance. Jason will be teaching a beginning West Coast Swing lesson, but it is open to everyone, including seasoned veterans. (Please see the article above.) *Bio on page 4...*

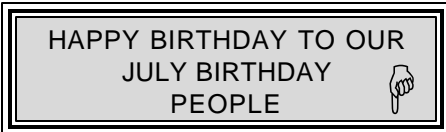


Many thanks to our guest teacher of four months, Kevin Collins. He introduced a new dance to the club, Ballroom Cha Cha, and has given us yet another way to enjoy our favorite activity. See you at Yesterdays, Kevin!!

NEW MEMBERS

The MSDA warmly welcomes the following Dancers to the club. Thanks so much for your support!

- COLLEEN TAVOR
- BRADLEY WILSON
- GEORGE MADRONE
- ELIZABETH THOMSETT
- DWAYNE HARDIN



The MSDA has a birthday party every month for those with birthdays during that month. We announce the members' names, have a birthday dance especially for them and serve cake. We also have a gift for those present at the party in their birthday month. Please be sure to open it before leaving the party...it needs to be laminated.

| | | |
|----------|----------------|------|
| MIREILLE | DEMERS | 7/1 |
| DAVE | HOPPE | 7/4 |
| GERI | SMITH | 7/5 |
| LAUREL | RODDIS-CHARVAT | 7/7 |
| MARKEL | BRIONES | 7/8 |
| LOUIS | ROSS | 7/8 |
| AL | GOLDSBY | 7/9 |
| DIANNA | GRADY | 7/10 |
| PERRY | LEBLANC | 7/11 |
| BRUNO | LJOI | 7/11 |
| JEANNE | PILIS | 7/11 |
| NIKKI | SAID | 7/12 |
| TRICIA | MASLYK | 7/13 |
| CHARLES | VETTER | 7/14 |
| AGGIE | BAWOL | 7/23 |
| JIM | ROGERS | 7/23 |
| DEBBIE | ROGERS | 7/26 |



FUTURE PARTIES



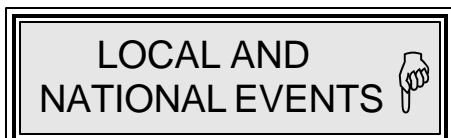
- August 18
- September 22
- October 20
- November 17

.....
Please note: Some of the dates are not on the 3rd Sunday due to holidays or convention dates.

The birthday cake for our parties is provided by Dave Michalski. He gives us a great discount and will give any MSDA member a discount too. Dave's shop is located at:

Gallery of Cakes
 29457 5 Mile Rd.
 Livonia, MI 48154
 734-427-9202

Hours:
 Tues - Fri, 10 to 6
 Saturday, 10-2:30
 Sunday, Closed



JAMMIN' IN JULY
 Formerly 'Beat the Heat'
 July 25-28 Worthington, OH
 Workshops and social dancing to swing and R&B music. Pass: \$55 before June 20. Holiday Inn Worthington: 614.885.3334. FMI: Pam Tufts: 614.274.9979. Millie Moore has a ticket available. "The ticket is \$55 but that includes dinner both Friday and Saturday. It's a good party, I've gone the last two years and an easy drive! 248-647-9201 x1194"

SWING FLING
 Aug 2-4 Washington, DC
 Competitions & workshops \$10,000 in prizes. Gold weekend pass..\$125. 505-286-8646 or <http://www.swingfling.com/swingfling/>
 Sheraton Premiere Hotel
 800-572-7666

MSDA HEALTH AND MOTION SEMINAR

August 17 Location TBA
 Join Dr. LaCaze for a 3 hour seminar on how to care for your feet, ankles and knees as a dancer. Lecture, then hands on workshop in stretching and balance. See page 1. Private appts. available.

MID-AMERICA JUST DANCE CHAMPIONSHIPS

Sept 12-15 Rosemont, IL
 WC, Lindy, Hustle, Nightclub, J&J.
 Radisson O'Hare: 847.297.8464.
 \$100 for the weekend.
www.madchamps.com
midamericandance@aol.com
 Rich Cooper: 847.692.4095

2002 VIRGINIA STATE OPEN SWING DANCE CHAMPIONSHIPS

September 19-22 McLean, VA
 9 DJ's, 40 workshops, J & J's, all types of swing dancing.
 Contact Hutch at 703-698-9811 or crhutch@erols.com
<http://www.potomacswing.com>

FIFTH ANNUAL LINDY HOP CHAMPIONSHIPS

October 24, 25, 26, 27 2002
 Sheraton Stamford Hotel
 Stamford, CT 203.359.1300
 Workshops, parties, competition. 4 day pass, choice of 50 workshops, two big band dances and more, only \$159. Register online at <http://www.artspectrum.org/alhc2002.htm> or call Paulette Brockington: (313) 790-2311 or paulettebrockington@yahoo.com

6TH ANNUAL SWING CHALLENGE AND MASQUERADE BALL

November 1, 2, 3 Minneapolis, MN
 Mystic Lake Casino Hotel
www.mysticlake.com
 Weekend pass: \$85.
 Workshops, costume contests, late night dancing, 3 levels of J & J's, Strictly Swing. 952-941-0906
<http://www.tcrebels.com>



DISCOUNTS FOR MEMBERS



THE DANCE CLUB's progressive

classes begins every six weeks at the Amber House in Warren. Schedule: http://amberhouse-danceclub.com/class_schedule.htm. Private lessons available. Mambo, Hustle, ChaCha - Tango - Waltz - FoxTrot - Swing - West Coast. Huge Dance Floor! Amber House, 7012 E. Nine Mile Road (Just W. of VanDyke) Warren, MI. 586-754-3434

AMBER HOUSE's new 6 week progressive class starts the first week after labor Day, on Monday, Sept. 9. Cindy Gerald is the instructor. Tim Constant will also return to teach Ballroom Cha Cha and Swing.

STARDUST DANCE STUDIO

Discount of \$1.00 for MSDA members for their Friday night parties.! Friday Night Dance Parties 8:00 PM - 11:00 PM. FMI: 248-356-5678. See attached class schedule. <http://stardustballroom.com>

ROYAL OAK ARTHUR MURRAY

Friday night parties every second Friday. Call for dates. 9:15 -10:45 PM. \$5. Discount of \$1.00 for MSDA members. 811 North Main Street, Royal Oak. FMI: 248-548-4770

TROY DANCE STUDIO

They offer MSDA members \$1.00 discount on every event. They hold scheduled Theme Parties on Tuesdays. 4963 Rochester Rd. Troy, MI 48098. Elaine Marrero, TDS. 248-689-3393.

TROY DANCE STUDIO WEST

6750 Orchard Lk. Rd., W.B. 248-538-4343. ElaineMarrero@comcast.net <http://troydancestudio.com>

DANCESPORT ACADEMY OF MICHIGAN

23666 Park, Dearborn, MI 48124 313-724-3262. The studio has Friday night open dances, \$8. Sat night dances are \$10. \$1.00 off to MSDA members. <http://www.dancesportacademy.com>



DANCE ALERT

Want to receive the latest e-mail news on dance related events in Michigan? Want to know where the hottest dance floors are? To subscribe free to all the latest dance news, visit her website at:

<http://dancemichigan.com>.

Instructors, DJ's, Bands and Event Coordinators may advertise for free. You can print out a huge list of area dance floors or check out the Information Station at the monthly dance for her list.

RHYTHM N' SHOES DANCE STUDIO

\$1.00 discount to MSDA members on Thursday night dances. 8:30 to 10:30 PM. Suzie Brecht is the new manager of the studio, as well as a teacher and the DJ. 2172 Franklin Rd, Bloomfield Hills. 284-334-0299.

RhythmNShoes@aol.com.

See attached schedule.

DELIZ DANCESPORT

231 Eureka Road, Wyandotte, MI 48192 734-281-1969. M-F, 1pm-10pm, Sat. by appt. 734-281-1969 or delizdance@aol.com

ARGENTINE TANGO DETROIT

7758 Auburn Road, Utica FMI: 810-254-0560

An instructor from Deliz DanceSport is teaching Salsa & Swing on Mondays!

NEW: Argentine Tango Tuesday evenings located at: SKY CLUB

Open at 7:00, Free Lesson at 8:00

Hosted by Lori Burton. DJ's Jimmy Barrios and Cisco. 7 PM: Bachata,

8 PM: Salsa, 9 PM: Dance.Sky Club

is above Sangrias across from the Royal Oak theater. \$1.00 off all events

to MSDA members.

LnBrtn@compserv.net

<http://www.argentinatangodetroit.com>

NEW STUDIO IN TOWN!!!

DANCE ELITE BALLROOM STUDIO

6315 Haggerty, just north of Maple (15 Mile) in Bloomfield Avenue Shoppes II, West Bloomfield. American and International Ballroom Dancing. Group and private lessons for all ages. Competitive dance coaching. Proprietors: Tina Wood, R.N. and Maros Reves, Professional Dance Instructor. 248-229-4979. **GRAND OPENING PARTY Saturday, July 13, 8 to 12 PM. Free admission.**

PERSONAL TRAINER

Muscle toning, strength & balance training to increase your dance endurance & poise. At your gym. **10% discount per session to MSDA members for first 5 training hours.**

Madelyn Kleitch, ACE certified.

313-882-5422.

COULD I HAVE THIS DANCE?

Meagan Woodbury, MSDA member, is the lady to contact if you are a male dancer between 40 - 70, & you are interested in becoming a gentleman host on cruise ships. Meagan works for Loretta Blake & has been interviewer, trainer & tester for MI; Ca; Oh. areas 10 years. **\$5 discount for MSDA members.** (313) 886 -9394.

NEW!!! DINNER FOR 8

Now you can join other available, like minded, single people for evenings of fine dining and dinner theater. It's fun, it's affordable and it's without the social pressure of one on one blind dates. Life is often too busy to meet new, interesting people. <http://dinnerfor8.com>

REMINDER: Show your **MSDA** card at GLSDC and MSSHD dances to **get in at their member prices** Just show your card and save. The GLSDC schedule is at:

<http://danceaway.com/GLSDC/calendar.html>. They have a club dance every

Wednesday in Flint at Buggy's. MSSHD is on the 2nd Sunday of the month : bbudzyn@comcast.net

<http://www.michiganswing.com/>

NEWS ABOUT CINCINNATI

IT'S THAT TIME AGAIN. The tickets have gone on sale for the Fall Convention by the Cincinnati Bop Club. **ONLY \$35 FOR THE ENTIRE WEEKEND!!** The dates are November 6-10. Please check out the attached flyer and order your tickets now because they go fast and there is a limit on the number sold. You need to get a confirmation code from the Bop Association before you can reserve a room. Last year we had over 60 members attend and it was **TOO MUCH FUN.** Call Paul Hennessey if you have questions. 1-513-697-6351

**GUEST INSTRUCTOR
JASON MARKER**

Jason Marker is a current instructor at Rhythm -N- Shoes Ballroom Dance Studio. Over the past two years, he has been competing and placing in some of the largest swing conventions in the country. Including: Mid-West Swing Challenge in MN, New Years Eve Dance Extravaganza in Boston, National Dance Championships in New Jersey, Grand National Dance Championships in Atlanta, and America's Classic Dance Championships in Dallas, just to name a few. Jason and his partner won the 2001 Amateur Classic Swing Championship at the Michigan Dance Classic before he turned professional. He continues to study dance through some of the most accomplished dancers and instructors in the country. Jason is teaching West Coast Swing, Hustle, Night Club Two Step, and other rhythm dances at Rhythm -N- Shoes Ballroom Dance Studio in Bloomfield Hills, MI. **He will be instructing a new, progressive, beginning West Coast Swing class in August.** Jason is available for private and/or group classes Monday-Friday. Contact Jason at 1-248-334-0299 or Rhythmshoes@aol.com.

MSDA members will always have a discount at all of Rhythm -N- Shoes regular Thursday night parties, and at all specialty parties. See the attached schedule.



DID YOU KNOW....????

Brenda Rupp recently underwent a successful neck surgery and is recovering nicely at home. She would be happy to talk with friends, if you'd like to call. It won't be too long before she'll be out there tearing up the floor like the old days. Great news, Brenda!!! (248) 585-6851



Madelyn Kleitch is also recovering, thank goodness, from a very serious motorcycle accident in which an 'impaired' driver plowed into her from behind, throwing her across several lanes of traffic and demolishing her bike. Because she instantly reacted as a trained motorcyclist, she's still alive. She has broken bones in one leg and, once the cast is off, will be in rehab for some time. Give her a call at: (313) 882-5422



Great news for Joyce Stoughton-Kim. She and her husband, Hyung, are expecting another addition to their family about Jan. 19th. She still plans to teach for us in December as always. We're looking forward to it, Joyce. Congratulations to you and Hyung!!



Just a reminder: this club was founded with the concept that the main benefits to the members are the discounts that they receive from the studios and event promoters in the area. It is possible to save a lot of money by being an MSDA member.

PLEASE REMEMBER

TO TAKE YOUR MSDA MEMBERSHIP CARD WITH YOU WHEN ASKING FOR DISCOUNTS AT STUDIOS AND EVENTS. THEY ARE HAPPY TO GIVE YOU THE DISCOUNT BUT SHOULD NOT HAVE TO TAKE YOUR WORD FOR IT THAT YOU ARE A MEMBER. BELIEVE IT OR NOT, SOME PEOPLE MASQUERADE AS MSDA MEMBERS.

Fundraiser for the Burcham Hills Retirement Community/Burcham Hills Foundation.

Friday Night Swing

Featuring the Delta Rhythm Kings ~ "Big Band Swing"

July 12 @ 7:00pm Lansing Center Ballroom 333 E. Michigan Ave, Lansing, MI 48933

\$10.00 each in advance or \$12.00 each at the door. Group Discounts: For purchases of 15 or more - \$8 per ticket.

Deadline for Group purchase is 6-28-02. Cash Bar, Hors d'oeuvres

Swing Dance Contest w/cash prizes: 1st place - \$250; 2nd place - \$150; 3rd place - \$75

Charge by phone at: Burcham Hills (517/351-8377, ext. 230)

FMI and Group orders: Burcham Hills (517/351-8377, ext. 230)

SITE OF THE MONTH

<http://pages.zdnet.com/oeoeoeo/chancetodance/id2.html>

Extensive list of dance places, events and times. It includes dances from Port Huron to Ontario, Lansing to Ohio and lots of points between, including some of our own, local venues. Much of it is country dancing, but the list is being added to all the time, by all sorts of dance event promoters.

MICHIGAN SWING DANCE ASSOCIATION
SHARON NELSON
PO BOX 1125
WALLED LAKE, MI 48390
<http://msda.org>
msdapres@msda.org



HEY, YOU GUYS!!!!
THE PARTY IS SUNDAY,
JULY 21, 2002!!

