

Ballroom By-Line

The Club that promotes and teaches International Style Ballroom Dancing

October 2014

Welcome Back!

Welcome to all our returning and new members.

New for this season: new format, new instructors, and new schedule.

We have 3 levels of dancing, each level with its own instructor(s).

We have also a new Website, with:

- All relevant information on the main page (classes, practices, dances, and workshops);
- Access to Facebook and Google+ for pictures and flyers;
- Google Calendar for detailed events (dates, times and locations).

Workshops:

Viennese Waltz: Mondays October 20 and November 3rd, 2014, by Roger and Moira Hollingsworth.

Argentine Tango: Mondays January 5 and 12, 2015, by Ross Todorovic.

Salsa: Mondays February 9 and 16, 2015, by Ross Todorovic.

West Coast Swing: Monday March 23, 2015

Night-club 2 step: April 2015

Time: 7:00 to 8:30 pm.

Cost: \$15 a couple per class.

For more information, please contact Sheri at 519-474-4073.

The club is seeking one Level 1 Class Representative, one member at large, and members to review the Constitution.

If you are interested in helping out, please contact any of the executive.

Thank you in advance for volunteering.

Contact information as well as details on practices and lessons, is available on the Website:

<http://www.londonballroomdanceclub.ca>

Your London Ballroom Executive Directors

The Executive of the LBDC would like to welcome everyone back to a new dance year. The directors hope that everyone will feel free to ask questions, make suggestions, or brainstorm your ideas with any of them.



I have been a member of the club for 3 years and have enjoyed making new friends and of course all of the dancing! I am the **Registrar** for the second year to help out the club. Although it is a busy position, it isn't as daunting as I expected. I have been interested in dancing for as long as I can remember and enjoy all of the different styles that are taught through the club. I must admit that my favourite styles are Latin. **Sheri Saunders**

I am the **President** of the club and have been dancing for 5 years. I have served on the board as a class representative for two years and have also been a DJ for the club dances. My other interests are motorcycling and travel. I'd like to extend a welcome to all new and returning members for a fun and exciting dance year! **Jason Clubb**



I am the **Treasurer** of the club. I have been a member of the LBDC for 8 years and was class rep. last year. I have been retired from Labatt Breweries for almost 3 years. I am interested in nutrition and wellness, and now I volunteer as wellness coach at the YMCA Centre Branch. I was introduced to ballroom dancing at 17 and fell in love with it. **Anne-Marie Rozsa**

I've been a member with the club for about 20 years. I'm the **Vice-President** of The LBDC for the second year. My hobbies are hockey (too old for that now) golf and of course ballroom dancing. I've also been The DJ for the club for the past 13 years or so and truly enjoy spinning the music. **Jim Sandford**



I enjoy my new position in the club, especially the "techie" part, maintaining the website is so fun. Of course, I love dancing, and with Qiang, my husband, we practice as much as we can. I like traveling, to visit our families, and exploring beautiful places. I like hiking and reading too. **Monique Martin, Secretary**, and 10 years member.

Other executive members are **Glenn Warren, Level 3 Class Rep.**, **Peter Klaver, Level 2 Class Rep.**, and **Kathe Davidson, Member at large** and our new editor for future Byline.

2014 & 2015 Dance Schedule:

Saturday, October 18, 2014

Saturday, November 15, 2014

Saturday, December 13, 2014

Christmas Dinner/Dance at the Great Hall, Somerville House, U.W.O.

Saturday, January 17, 2015

Saturday, February 21, 2015

Saturday, March 21, 2015

Saturday, April 18, 2015

Saturday, May 23, 2015

Year End Dinner/Dance

Regular Monthly Dances

All regular Monthly Dances are at the Polish Canadian Club 554 Hill Street and run from 8:00 p.m. to midnight. \$25/couple for members and \$35 for non-members.



London Ballroom Christmas Dance 2014

Tickets will go on sale soon, and as usual, are offered to students taking classes first. Costs of tickets will be \$140 for members and \$160 for non-members (available to non-members mid November). The dance will include a sit down dinner. Entertainment this year will feature an Award Winning Amateur Competitor couple.

To those members new to the club...the Christmas Dance is considered the most important dance of the year, and as such, is subsidized by the club's revenue. Please take advantage of this wonderful dance venue and the opportunity to put on some fancy threads!

"We should consider every day lost on which we have not danced at least once"
Friedrich Nietzsche

Meet the Instructors!

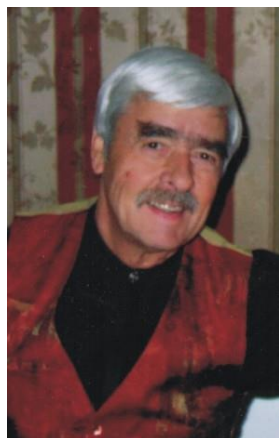


Level 1 - Horst Hofmann, assisted by Janice Hofmann.

They started dancing in the mid 70's during the Disco era. They began taking lessons in Mississauga reaching the bronze level before moving back to London. They were asked to teach for Fanshawe College and eventually taught in the surrounding areas including, Ingersoll, Mt Elgin, Ailsa Craig, Park Hill, Strathroy and Woodstock. They joined the London Ballroom Dance Club in 1990 and finished their medals with the Carsons. They have been members ever since. Both have served on the board, Horst was a class rep in 1992 and Janice was the secretary from 2006 – 2010. Horst became an instructor for the club in 2006 and was the president of the club for the last four years.

Level 2 - François and Melody Vallerand are a husband and wife dance couple who have been dancing together since 2001.

They began dancing with Horst Hofmann, then trained with Tracey and Phillip Worrell and are currently coached by former Canadian Standard Champions Roger and Moira Hollingsworth. They have received Gold Medal Certification from the Canadian Ballroom Dance Teachers Association for their level of proficiency and currently teach Latin and Ballroom dancing in Tillsonburg. Recently, they appeared as dancers in the movie "RED", as dancers in an episode of the TV show "Covert Affairs", and were part of the cast of the Waterloo "Dancing with the Stars Show" to raise money for HopeSprings Cancer Center in KW.



Level 3 - Gus Braun began a career as dance teacher in 1972 and received his Master's Degree as a Dance Sport Trainer in 1974. In 1976, he was designated as an "A" Class Trainer of the German National Sport Association. He trained dance couples from 6 to 80 years of age for participation in competition. He opened four Ballrooms in Germany for social dancing, competition training, and for teacher training. He was also a certified Dance Therapist for spine and joint injuries. In 1999, he relocated to the United States where he taught International and American style ballroom dances and hosted frequent dance parties. In 2008, he moved to London, Ontario where he continues his teaching career and offers private and group lessons. In 2014, he became a member of the Canadian DanceSport Federation and Adjudicator for all competitive levels including Championships.

2014/2015 Class Schedule

Level 1: Tuesdays 7:00-8:30 pm, Horst Hofmann assisted by Janice Hofmann.

Session 1: Sep.16 - Oct.28

Session 2: Nov.11 - Dec.9, Jan.6 - 13

Session 3: Jan.27 - Mar.10

Session 4: Mar 31 - May 12

Level 2: Wednesdays 6:30-8:00 pm and 8:00-9:30 pm, François & Melody Vallerand.

Session 1: Sep.17 - Oct.29

Session 2: Nov.12 - Dec.10, Jan.7 - 14

Session 3: Jan.28 - Mar.11

Session 4: Apr.1 - May 13

Level 3: Thursdays 7:00-8:30 pm, Gus Braun.

Session 1: Sep.18 - Nov.13

Session 2: Nov.20 - Dec.18, Jan.8 - 15

Session 3: Jan.29 - Mar.12

Session 4: Apr.2 - May 14

Location: Woodland Heights Public School, 474 Springbank Drive.

Practices

October: Mondays 20, 27, Friday 24

November: Mondays 3, 10, 17, 24, Fridays 7, 21, 28

December: Mondays 1, 8, 15, Friday 5

Monday 7:00 - 9:00 pm Woodland Heights Public School

Friday 7:30 - 9:30 pm Carling Heights Community Centre

"Practice means to perform, over and over again in the face of all obstacles, some act of vision, of faith, of desire. Practice in a means of inviting the perfection desired" - Martha Graham

LONDON

theBallroomclub

DANCE

September Dance



"I could have danced all night and still have begged for more" - My Fair Lady

Dance Shoes

Style: Standard pumps, Sandal, Peek-a-Boo toe, Closed Toe, and Practice shoes are the most common styles sold. Unless you are going to compete avoid the strapless pump style used for Standard as the shoe is too stiff for Latin and can come easily off. Sandal shoes are used for Latin and are more flexible, have a softer sole for arching your foot, pointing your toes and gripping the floor. Closed Toe and Pick-a-Boo (which has a smaller opening at the toe than the Sandal style) with a good strap may be your best multi-purpose shoes, The soles are soft enough for arching your foot for Latin, are more supportive than the Sandal and allow for better protection of the toes. A good shoe for comfort, support, toe protection and good for both Latin and Standard is the practice shoe. Often overlooked for fancier shoes the Practice shoe may be the best shoe you will ever buy and your feet will thank you for it. Many women are buying a dressier Practice shoe deciding on comfort and practicality over fashion.

Straps: Look for a strap design that supports your foot by not allowing it to slip, twist or come out of the shoe. Good supportive shoes have a strap or straps that cross in front of your ankle and attach down at the sides of or under the shoe, keeping the foot stable. Another good supportive style has a T-shaped strap. One strap goes across your ankle and another strap attaches from this strap down to the front of the shoe to form a T-shape. Unless you are more accomplished avoid a style that has a single strap that loops around your ankle coming from and attaching to only the back of the shoe. It is not supportive and can be very uncomfortable to dance in.

Heels: The biggest mistake you can make is buying heels too high for your level of ability. If they make you struggle to keep balanced or cause sore feet they will soon be a liability to your dancing and the only ones wearing them will be the dust bunnies in the closet. The higher the heel the more your weight is pitched forward and the more difficult it can be to balance in them. The last thing you need to contend with is being unsteady on your feet when you are in a lesson or moving around a crowded floor. Avoid heels that are too straight as the point of the heel lies behind the pivot point of your ankle giving a shorter stride by rolling you onto the ball of the foot quicker. Using them for Latin may be fine, but for Standard it will be hard to have a long stride and take heel leads properly. This type of heel can also flex backward creating a sliding backward effect and a sense of instability. It also causes faster heel wear and stress on the shoe. Look for a heel that has a gentle curve and the point of the heel is under the centre of your ankle rather than behind it.

Thanks to Cathy Penalagan for this great article.

"I don't want people who want to dance, I want people who have to dance"
George Balanchine