

Ballroom By-Line

The Club that promotes and teaches International Style Ballroom Dancing

February 2015

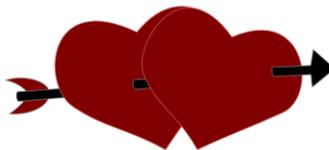


A Message from the president....

Recently, on television shows like "Dancing with the Stars", we've heard how much dancing has changed the contestants' lives; some of the contestants felt like they were in their best physical shape, working on muscle groups they forgot they had, or they had such fun being a part of the show and learning the dances. These shows promote ballroom dancing as a fun activity, and this is fantastic for the ballroom dance community. People are embracing dancing as a healthy activity and health practitioners are commenting that dancing improves overall health, heart health, flexibility, physical endurance, memory function, and the mind/ body connection. One of the best parts of dancing is that it is a shared activity, and is social. Dancing builds relationships and the members of our club are fortunate to share the common interest of dancing. Each member of our club is important, and plays a part in keeping our club running, growing, and healthy. The London Ballroom Dance Club is a club with heart; every person must do their part to keep it healthy and vibrant. Keep dancing!

Jason Clubb

Contact your class representative or another board member to find out how you can help with dances, practices, the board, or other LBDC events.



For the love of dance.....

Activities...

Despite the frigid temperatures outside, the January and February dances at the Polish Hall were attended by 70+ and 50 dancers respectively. Gus Braun introduced the hustle (disco fox) with a workshop to begin the January dance, and he generously provided the lovely centre pieces for the February "Dance of Love". Thank you Gus!



We also extend our appreciation to the hosts of the dances, Jason and Eva Clubb in January, and Anne-Marie Rozsa and Scott MacDonald in February, as well as to the volunteers who greeted and donated refreshments. Special thanks to Jeff Moyes for the delicious chocolates he provided for both dances!



Many thanks to our photographer, Qiang!



*Upcoming activities...***Dances:**

(8pm to midnight) at the Polish Canadian Club, 554 Hill Street.

Saturday, March 21, 2015 (March Dance of Colours)

Saturday, April 18, 2015

Saturday, May 23, 2015 [Year End Dinner/Dance](#)



? What is the Dance of Colours?

The Dance of Colours is based on Holi, which “is a spring festival also known as the festival of colours. It is an ancient Hindu festival which has become popular with non-Hindus in many parts of South Asia, as well as people of other communities outside Asia. The festival signifies the victory of good over evil, the arrival of spring, end of winter, and for many a festive day to meet others, play and laugh, forget and forgive, and repair ruptured relationships.

It is primarily observed in India, Nepal, and other regions of the world with significant populations of Hindus or people of Indian origin. The festival has, in recent times, spread to parts of Europe and North America as a spring celebration of love, frolic, and colours.

Holi celebrations start with a bonfire on the night before Holi where people gather, sing and dance. The next morning is a free-for-all carnival of colours, where participants play, chase and colour each other with dry powder and colored water, with some carrying water guns and coloured water-filled balloons for their water fight. Anyone and everyone is fair game, friend or stranger, rich or poor, man or woman, children and elders. The frolic and fight with colours occurs in the open streets, open parks, outside temples and buildings. Groups carry drums and musical instruments, go from place to place, sing and dance. People visit family, friends and foes to throw colours on each other; laugh and chit-chat, and then share Holi delicacies, food and drinks. Some drinks are intoxicating. For example, Bhang, an intoxicating ingredient made from cannabis leaves, is mixed into drinks and sweets and consumed by many. In the evening, after sobering up, people dress up, visit friends and family”. **So be colourful on March 21!**

Submitted by Anu Pathria

Workshops:

(7:00pm to 8:30pm) at Woodland Heights Public School, 474 Springbank Drive.

West coast swing: Monday, March 23, 2015

Night Club 2-step: Monday, April 20, 2015

By Larry Hough - \$15 members-\$20 non-members

Contact Sheri Saunders to register @ 519-474-4073

Practices:

March: Mondays 2, 9, 23, 30, Fridays 6, 13, 27

April: Mondays 13, 20, 27, Fridays 10, 24

May: Mondays 4, 11, 25, Fridays 1, 8, 29

Mondays: 7:00pm to 9:00pm at Woodland Heights Public School, 474 Springbank Drive.

Fridays: 7:30pm to 9:30pm at Carling Heights Community Centre, 650 Elizabeth Street.

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SAVE THE DATE!

LBDC Annual General Meeting

Thursday, June 11, 2015

7:00 PM

Woodland Heights Public School

Agenda will include:

- report from the Board of Directors
- financial statement
- review of the constitution
- election of Vice-President & Registrar*

*If you are interested in one of these positions, or you would like to nominate a willing member, please contact a board member.

Please note!

As part our annual requirement to review the **LBDC Constitution**, a constitution review committee has been established and is reviewing the constitution. The constitution has been sent to you with a previous email. Part of this review involves soliciting the membership for opinions and proposed improvements to this constitution.

Only written submissions will be reviewed. Please email your thoughts or ideas directly to Glenn Warren at gwarren@alquest.ca or submit them in person to Eva Clubb, Allan Beattie, Glenn Warren, or your class representative.

If you require another copy of the constitution, please contact a board member or class representative.

Submissions will be accepted until Sunday, March 8, 2015.

Test your memory of famous stage and screen dance partnerships!



Name the couples that danced together in the following:

- | | |
|----------------------------|---------------------------|
| 1. Smoke Gets in Your Eyes | 4. My Fair Lady (musical) |
| 2. Long Ago (and Far Away) | 5. Grease |
| 3. Dirty Dancing | 6. Saturday Night Fever |

Answers are on the last page.

Do you need a gift for a dancer?

We have a few LBDC shirts in various styles and sizes, ranging from \$12 to \$29.



Contact Jason
Clubb
for more

The LBDC Board of Directors:

President:	Jason Clubb	519-642-4893
Vice President:	Jim Sandford	519-652-5796
Secretary:	Monique Martin	226-378-7348
Treasurer:	Anne-Marie Rozsa	519-878-3111
Registrar:	Sheri Saunders	519-474-4073
Class Representative (Level 1):	Anu Pathria	519-652-2631
Class Representative (Level 2):	Peter Klaver	519-600-0707
Class Representative (Level 3):	Glenn Warren	519-268-0110
Board Member:	Kathe Davidson	519-666-1931
Board Member:	Scott MacDonald	519-878-3111



Live, love, dance....

Answers to the quiz: 1. Fred Astaire & Ginger Rogers; 2. Gene Kelly & Rita Hayworth; 3. Patrick Swayze & Jennifer Grey; 4. Julie Andrews & Rex Harrison; 5. John Travolta & Olivia Newton-John; 6. John Travolta & Karen Lynn Gorney