

ST. LOUIS BALLROOM DANCERS *connection*

Jan/Feb 2017 • stlouisballroomdancers.com

Upcoming Events

- Dec. 31: New Year's Dance, information included on flyer
Jan. 3: Silver American and International classes begin
Jan. 5: Beginner, Intermediate and Pre-Silver classes begin
Jan. 6: Gold American and International Classes begin
Jan. 11: STLBD Board Meeting, 6 p.m., Kirkwood Community Center
Jan. 21: STLBD Monthly Dance, 8 p.m., Kirkwood Community Center
Feb. 8: STLBD Board Meeting, 6 p.m., Kirkwood Community Center
Feb. 25: STLBD Monthly Dance, 8 p.m., Kirkwood Community Center

All classes are held at the Creve Coeur Government Center. The monthly dance and workshops are held at the Kirkwood Community Center.

St. Louis Ballroom Dancers Next Dance:

Saturday, December 10

2017 Dance Schedule

Saturday, January 21
Saturday, February 25 (East Gym)
Saturday, March 18
Saturday, April 29 (East Gym)
Saturday, May 20
Saturday, June 17
Saturday, July 15
Saturday, August 19
Saturday, September 23
Saturday, October 21
Saturday, Nov. 18 (East Gym)
Saturday, December 9

All Dances are held at the Kirkwood Community Center, 111 S. Geyer Road from 8 p.m. to 11 p.m. Cost is \$10 per person.

President's Message

Dear Friends,

It is that time of year when we embrace the blessings of family, friends and fellowship. The holidays bring an exciting time of year to us all despite the commercialism and its ensuing stresses. It is a time of peace, love and joy so take a moment to feel the pleasure of the magical aspects of this season. It is a time for not only giving and receiving but a time for forgiveness and charity. Be with those you love with an open heart.



The last day of this year STLBD will host a New Year's Eve dance which will provide you a chance to see your fellow dancers while you bring in the new year together. So don your favorite festive garb and join your dancing friends for beautiful music, food and libation.

Have a glorious New Year and

Keep Dancing

Barbara Chapman

pres@stlouisballroomdancers.com / 314-984-8084

Four Exercise Benefits of Ballroom Dancing

The exercise benefits of ballroom dancing have been well-documented. It only boils down to common sense when you consider that with all the turning, stepping and maneuvering in ballroom dancing, you stand to burn a lot of calories in a session with your partner. Here are several exercise benefits you'll gain from ballroom dancing with a partner:

Flexibility- is a key exercise benefit of ballroom dancing. While women are generally more flexible than men just by nature, both

sexes can benefit from ballroom dancing's provision of more flexibility. Flexibility is something you come to gain more of as you do the actual dance steps. The reason for this is that many of these dance steps automatically call for moves that necessitate a lot of stretching and bending.

Strength- You get to develop more strength as you increase the time you spend ballroom dancing with your partner. The manner in which ballroom dancing contributes to strength buildup is by forcing a dancer's muscles to resist against their own body weight. For example, ballroom dancing involves the use of quick turns, spinning and strutting. All these force-intensive actions require strength from your leg muscles, so your leg muscles are built up more and more just by doing the regular dance moves.

Endurance- A good way to define endurance is the capability of your muscles to work harder for longer and longer stretches of time without succumbing to fatigue. The intensity that you're required to put into ballroom dancing makes this form of exercise a particularly potent means of building up your endurance. Each time you dance with a partner and work on your quick steps, lifts or twists and turns, you are conditioning yourself to be able to do these with less and less fatigue.

Mental Health- Since ballroom dancing is a communal activity, it has positive effects on your mental health. Studies back up what is common knowledge: Being around other people builds up your social ties, and socializing contributes to a positive outlook as well as a higher sense of self-confidence. Joining a ballroom dance class is one such way to accomplish this.

-adapted from fitday.com

Jan./Feb. Celebrations Birthdays

- 1/2 Renee Mettle
- 1/2 Eva Seidler
- 1/2 Shary Wilkinson
- 1/6 Sue Link
- 1/7 Lucia Hentze
- 1/7 Ann Taylor
- 1/10 Sawat Phruttitum
- 1/14 Eugene Beal
- 1/16 Martha Bangert
- 1/19 Wei Kong Ma
- 1/19 Sharon Poe
- 1/23 Rick Brooks
- 1/23 J Carlene Cox
- 1/23 Norman L Pratt
- 1/28 Paula Brook
- 2/07 Jean Walters
- 2/07 Jodi Granok
- 2/09 Mary Brong
- 2/11 Dale Coparanis
- 2/12 Carol Jo Williams
- 2/19 Kathy Jin
- 2/20 Richard Browning
- 2/21 Daniel Thiel
- 2/21 Pat Boudria
- 2/22 Jean Abernathy
- 2/22 Barbara Fine
- 2/29 Victoria Wang

Anniversaries

- 1/2 Ed Spevak & Mary Brong
- 1/2 Gary M. & Carol Williams
- 1/25 Dale & Diane Coparanis
- 1/31 Kathy & Lei Jin
- 1/31 Darrell Smith & Beth Simon
- 2/3 Donald W & Marilyn Humphrey

St. Louis Ballroom Dancers Board & Committee Members

President	Barbara Chapman 314-984-8084/pres@stlouisballroomdancers.com
VP Classes.....	Dee Townsend 314-965-8852/classes@stlouisballroomdancers.com
VP Dances.....	David Weber 314-961-3597/dances@stlouisballroomdancers.com
Treasurer.....	Sue Scott money@stlouisballroomdancers.com
Recording Secretary	Dale Goad secretary@stlballroomdancers.com
Newsletter/Communications.....	Jean Abernathy 314-750-8906/communications@stlouisballroomdancers.com
Membership.....	Norman Pratt orion46@netzero.net
Web Master.....	Ed LeBeau webmaster@stlouisballroomdancers.com
Member-at-large.....	Dan Williams
Corresponding Committee.....	Hera Gerber corresponding@stlouisballroomdancers.com

St. Louis Ballroom Dancers is a non-profit dance organization which promotes amateur ballroom in the St. Louis and surrounding communities. Board meetings are held every second Wednesday of the month and all members are welcome to attend.



Become a fan of St. Louis Ballroom Dancers on Facebook

Local Dancing Venues

The Ballroom Dance Academy of Saint Louis
The Mahler Ballroom, 4915 Washington Ave
Saint Louis, MO 63108314-367-1001
www.ballroomdancestl.org

Casa Loma Ballroom
3354 Iowa Ave. St. Louis, MO 63118
314-664-8000 / www.casalomaballroom.com

The Concord Farmers Club
10140 Concord School Road
Saint Louis, MO 63128
314-843-7760 / www.concordhall.net

Dance Pizazz Studio
124 Jungermann Rd, St Peters, MO 63376.
636-441-6854/dance-pizazz.com

Gold Streamers Dance Club
Kirkwood Community Center, 111 S. Geyer Rd.
314-487-9002

Just Dancing Studio
236 Old Meramec Station Rd
Manchester, MO 63021
636-227-7202 / www.just-dancing.com

Just Dancing West
4135 N. St. Peters Parkway, St. Peters MO 63304
636-922-0222/www.justdancingwest.com
Email: studio@justdancingwest.com

Majestic Dance Studio
10460 German Blvd, Frontenac, MO 63131
314-736-6414/majesticdancestudio.com

M.U.S.I.C. (Midwest United States Imperial Club)
Wild Country, 17 Gateway Drive
Collinsville, IL
618-463-2405 / www.musicswingdance.com

Soulingo - Mixfix and Body Talk
236 Old Meramec Station Rd, Manchester, MO
63021/www.soulingo.net

St. Louis Ballroom Dancers
Kirkwood Community Center, 111 S. Geyer Rd.
www.stlouisballroomdancers.com

St. Peters City Centre
1 St. Peters City Centre Blvd. 63376
636-477-6600/www.stpetersmo.net

Show Me Dance
2297 Rose Lane, Pacific, MO 63069
636-744-5363/www.showmedance.net

Stan Mayer & Linda Landwehr
Knights of Columbus 2199 Post Rd. Dardenne
Prairie, MO 63368
636-926-2680 / www.stardancer.net

Stardance, Inc.
Chesterfield Athletic Club/16625 Swingley
Ridge
Chesterfield, MO 63017
314.276.4453/www.gostardance.com

Swansea Moose Lodge
2435 N. Illinois St. Swansea, IL 62226
314-837-9147

U Can Dance Studio
3570 Adie Road St. Ann, MO 63074
314-209-9228 / www.ucandancestudio.com

Other Dance Related Information

The Dance Club
Couples only, dinner and dance to a live band.
Four events per year. Dress code: Tuxedos for men, formal wear for women.
For cost and other information call Jim Sheets at 314-367-2000.

St. Ann Ballroom Club
All Age groups welcome
Every second and third Monday, 7 - 9:30 p.m.
Ballroom dancing with a live band, St. Ann Community Center. \$6.00, refreshments served
www.stannmo.org/314-427-8418/314-837-2756

Same-sex Ballroom/Latin Classes
Classes every Thursday. Beginner Class 7 p.m.
Intermediate Class 8 p.m. Check web site for further details. www.stlequalitydance.org

Dancing Around Town

Due to our early deadline for the newsletter, many venues have not yet posted their dances for 2017. Please check the various web sites for updated information.

Saturday, December 31

New Year's Eve Party
Just Dancing Studio

Friday, January 6

Just Dancing Studio Party
\$10, 9 p.m. - 11 p.m.

Thursday, January 12

M.U.S.I.C. at Wild Country
Check web site for details

Friday, January 13

Stan Meyer & Linda Landwehr -Ballroom/Swing
\$8, Lesson at 7 p.m., Dance follows

Saturday, January 14

Bodytalk at Just Dancing (West Coast Swing)
\$7 for dance, \$3 for lesson
7:15 lesson, 8:00 dance

Saturday, January 21

St. Louis Ballroom Dancers Monthly Dance
\$10 per person, 8 p.m. - 11 p.m.

Thursday, January 26

M.U.S.I.C. at Wild Country
Check web site for details

Friday, January 27

Practice Dance at Just Dancing Manchester
\$6 per person, 9 p.m. - 11 p.m. BYO snacks.

Stan Meyer & Linda Landwehr -Ballroom/Swing
\$8, Lesson at 7 p.m., Dance follows

Saturday, January 28

Mix Fix (formerly Dance Variations) at Just Dancing
\$10, 7 p.m. lesson, 8 p.m. - 11 p.m. dance

Friday, February 3

Just Dancing Studio Dance Party
\$10 per person, 9 p.m. - 11 p.m.

Thursday, February 9

M.U.S.I.C. (new location at Wild Country)
\$9. Lesson: 7:30 p.m., Dance: 8 - 10 p.m.

Friday, February 10

Stan Meyer & Linda Landwehr -Ballroom/Swing
\$8, Lesson at 7 p.m., Dance follows

Saturday, February 11

Bodytalk at Just Dancing (West Coast Swing)
\$7 for dance, \$3 for lesson
7:15 lesson, 8:00 dance

Thursday, February 23

M.U.S.I.C. (new location at Wild Country)
\$9. Lesson: 7:30 p.m., Dance: 8 - 10 p.m.

Friday, February 24

Practice Dance at Just Dancing Manchester
\$6 per person, 9 p.m. - 11 p.m. BYO snacks.

Stan Meyer & Linda Landwehr -Ballroom/Swing
\$8, Lesson at 7 p.m., Dance follows

Saturday, February 25

St. Louis Ballroom Dancers Monthly Dance
\$10 per person, 8 p.m. - 11 p.m.

Ring in 2017 at the New Year's Eve Dance at Just Dancing



236 Old Meramec Station Road, Manchester, MO. 63021

Saturday, December 31, 8:30 p.m. - 12:30 a.m.

The evening includes a variety of freshly
made hors d'oeuvres,
desserts, wine, soft drinks, champagne, hats, noisemakers,
games, photos, dancing and fun!

Seating is limited so make your reservations now.

Dressy attire is appropriate

Groups of 6 or more need to make reservations together.

Only \$20 per person

For questions contact: Martha at 217-473-9038 or classeestl@hotmail.com

Name of guests: _____

Email or phone number: _____

Check here if you would like to be seated at the singles table _____

Make checks payable to St. Louis Ballroom Dancers and mail, by December 23 to Martha Bangert,
1502 Strawberry Glen Ct., Ballwin, MO, 63021