



MICHIGAN SWING DANCE ASSOCIATION NEWSLETTER



Treat Your Feet Sweet

by Jeannie Tucker

Many MSDA members will be going to Cincy in a few weeks for a non-stop bop weekend. A four hour long MSDA dance is a challenge to the feet and legs, so think about the stress of dancing for three or four days in a row, several hours each day. The following is an article by a nationally known dance instructor who has some good advice.

"If the average person takes 5,000 to 10,000 steps a day, imagine what the average syncopating, fun loving, convention going, non-stop swing dancing enthusiast takes! Each one of those steps puts 1 1/2 to 2 times your weight onto your feet. If you wear high heels then the weight is directed onto the ball of the foot. If you wear flats you get more of the impact on your heels. The foot, with its 26 bones, 33 joints, and a multitude of muscles and ligaments, is truly an amazing feat of engineering. But even the mighty foot has a limit as to how much it can take.

I spend a lot of my time teaching my students to understand the body as a whole and to respect it and treat it well. In this they learn how to keep the machine in shape to do this thing we call dance. The feet are so important in what we do, and yet they are so very neglected by most of us. We dress them up with fancy shoes and paint the toenails, but that's all on the exterior. Inside they are usually crying out for attention. We dance all weekend at

a convention and appear shocked when our feet hurt us so much.

First of all, if you currently have a foot problem of any kind, I encourage you to see a Doctor. Don't wait until you have to sit and watch the dancing instead of participating. We all understand that if you did the same motion with any part of the body over and over again, you would eventually wear that particular joint out. Well the same applies to the feet. If you wore the same pair of shoes, requiring the feet to always stay in a particular position, you would wear them out and create all kinds of foot problems from calluses to stress fractures. With that in mind, I absolutely suggest that you change shoes, and heel heights, often throughout a long period of dancing. For ladies, going from closed to open toed shoes also allows the toes a change of position. Foot doctors can spot a professional dancers feet a mile away. The daily abuse is easy to see. I have, in an effort to avoid that kind of recognition, changed shoes almost every hour throughout my teaching days in order to keep me on my feet for extended periods of time comfortably.

The next thing I would bring to your attention is the subject of conditioning. Yes, the feet need to be in shape to dance. There are a number of foot exercises that I have found to be especially good for dancing. For flexibility, and to warm up prior to dancing, stand with your feet about shoulder width apart and
.....continued on page 4.

THE LINE-UP

We are happy to announce our list of teachers for future MSDA dances.
November 21... Tandy Zapinski
December 19... Joyce Stoughton
January 16... Tim Constant

BONUS

TOE TO TOE DANCE
SHOES WILL BE AT THE
NOVEMBER PARTY

Be kind to your feet!!! Get them an extra pair of shoes for good foot health.

NEXT PARTY

NOVEMBER 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. 810-754-3434*

DANCE LESSON

Our teacher at the October dance was Tonia Deliz of Dance Avenue. She taught an East Coast swing lesson that was wonderful. The set of patterns were easy to learn, had smooth transitions between them and were very leadable. Many members who attended the class used them very successfully later on in the party. ❖

Our teacher on November 21 will be Tandy Zapinski of the Royal Oak Arthur Murray Studio. Tandy will be teaching beginning Lindy Hop, with an East Coast flavor, for those of us who don't want to miss the fun of this energetic swing dance. Check out her bio on page four.

NEW MEMBERS

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

- Rod Goodyear
- Marie Fox
- Darnell Kennedy
- Glen Bak
- Jacouelyn Zameck-Levine
- Lee Wen
- Jim Carter



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 small 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.

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|---------------------|-------|
| KATHY NOVITSKY | 11/2 |
| JEFFREY VITALE | 11/4 |
| KEN PTAK | 11/5 |
| DIANA COLLETTE | 11/6 |
| ROSEANN DES ROSIERS | 11/6 |
| JOYCE SMITH | 11/6 |
| GEORGE BADER | 11/7 |
| SHIRLEY HATHAWAY | 11/8 |
| BEN PHILLIPS | 11/9 |
| TED NEGBAUER | 11/13 |
| BECKY McGEE | 11/17 |
| PETER DISALVO | 11/18 |
| CYNTHIA BARCLAE | 11/21 |
| REBECCA ENGLISH | 11/22 |
| PAULA SACCHETTI | 11/23 |
| ALICE STEIN | 11/23 |
| LOLLY TORRES | 11/24 |
| REBECCA DAVID | 11/26 |
| JOE PELLEGRINO | 11/26 |
| KAREN LIM | 11/29 |



FUTURE PARTIES



- December 19
- January 16
- February 20
- March 19
- April 16

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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
 10626 W. Warren
 Dearborn, MI
 313-581-5702
 Hours:
 Tues - Fri, 10 to 6
 Saturday, 10-2:30
 Sunday, Closed



LINDY HOP AND SALSA WORKSHOP

November 13-14, 1999
 Lake Orion, MI
 Tim Constant and Tony Canu
 FMI: ninmiller@hotmail.com or
 (248) 299-1510 or (313) 584-3522

CINCINNATI BOP ASSOCIATION MOVE ACROSS THE RIVER

November 10-14, 1999
 Ft. Mitchell, KY
 4,048 sq. ft. wooden dance floor.
 Free workshops. Hospitality Suites (free food). 36 hours of dancing.
 Entertaining Dance Exhibitions.
 Friday night is club t-shirt night.
 Each club goes onto the floor

when the DJ calls the club name. The members always wear club shirts. (NOTE: There will be MSDA club shirts available for purchase in Cincinnati. See Sharon Nelson or Bob Campbell.) Saturday is dress up night. Later...wear your favorite slippers on the floor. **TICKETS ARE STILL AVAILABLE IIF YOU DON'T WANT TO MISS THE FUN.** Contact Ernie Virden tvirden@neo.rr.net or give Sharon a call.

US OPEN SWING DANCE CHAMPIONSHIPS

November 26-28, 1999
 Century City, CA
 12 workshops, 20 instructors, over 24 hours of general dancing.
 \$52,000 in prizes.
 FMI: (800) 537-8937 or
<http://www.havetodance.com/usopen.html>

MSDA CHRISTMAS PARTY

December 19, 1999
 Amber House, Warren.
 Dance exhibitions, **Dance Art Collectibles by Linda Jaworski**, Christmas presents, and much more. Save a white elephant gift to add to the collection. We'll draw names. 😊

NEW YEARS EVE PARTY

December 31, 1999-Jan 2000
 Amber House
SAVE THE DATE ! IT'LL BE GREAT!

SWINGIN' AT SEA

March 5-12, 2000
 Caribbean Dance Cruise
Yes, tickets are still available and several MSDA members are going! Hosts: Beata Howe, Robert Cordoba and Deborah Szekely.
 West Coast Swing Dance package. Sixteen instructors.
 FMI: Beata: (818) 500-YEAH
 Reservations: (800) 503-9600

DISCOUNTS FOR MEMBERS

THE DANCE CLUB classes begin each month at the Amber House in Warren. FMI: Call Bill Scheff at (810).734.3434. Private lessons available. **See attached class schedule for special offers.**

STARDUST DANCE STUDIO offers our members a discount of \$1.00 off the admission fee for their the Stardust Showcase & the Friday night parties . Everyone is welcome. Party is from 9 PM to 12 AM. FMI: (248) 356-5678. **See attached class schedule.** 10% discount to members.

DANCE AVENUE DANCE STUDIO offers MSDA members a discount of \$1.00 off their Thursday night parties. FMI: call Dance Avenue at (313) 565-3329. **See attached class schedule.**

ROYAL OAK ARTHUR MURRAY Discount of \$1.00 for MSDA members off the \$5.00 charge for Friday night parties. Party..9:15 PM-10:45 PM. FMI: (248) 548-4770.

TROY DANCE STUDIO They offer \$1.00 discount on every event they hold. They have so much going on, you almost need to stop in to keep informed! They have scheduled Theme Parties on Tuesdays. Theme parties have hors d'oeuvres and drinks included. Open House for new students includes free group lessons the last week of each month. FMI: Elaine Marrero, TDS. (248) 689-3393.

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? E-mail Brenda at dancealert@aol.com and visit her new website at:

<http://members.aol.com/dancealert/index.html>.

Check out our Information Station for her list of **Dance Floors** in the area.

CHANGE OF PACE CLOTHIERS
 Located at 2045 Orchard Lake Road, Sylvan Lake, MI 248-332-1811. 10% discount offered to all MSDA members. They have men's & women's clothing, shoes & accessories! Wonderful quality, everything from funky to elegant. They also do expert alterations! Check out their wonderful sales rack. No discount there, but none is needed. Great buys on dance clothing!!!

LYNCH'S
 Three Locations:
 Warren: (810) 751-1780
 Dearborn: (313) 565-3425
 Wyandotte: (313) 281-8108.
 15% discount to MSDA members. They carry various trims for costumes, teachers' shoes, tights, etc.

HUBER & BREEZE
 30% discount on all Rentals, Sales, Repairs of New & Used Disc Jockey Equipment. Musical instruments & vocal lessons also available.
 33540 Groesbeck Hwy.
 Fraser, MI (810) 294-3950

COULD I HAVE THIS DANCE?
 Megan Woodbury, MSDA member, is the lady to contact if you are a male dancer between 45 and 70 and you are interested in becoming a gentleman host on the cruise ships. Megan works for Laurretta Blake and has been a 'tester' for the Michigan, Windsor and Ohio areas for eight years. You can reach her at (313) 886-9394.

Special Request
 Please call or e-mail me if you are going to Cincy and want to be included in dinner with our group on Saturday night, before the dance. We've done it a few times and everyone loved it. We get to know each other off the dance floor. I want a count so I can make reservations ahead of time. Thanks. S.N.
 (248) 926-5484 or
sfnelson@worldnet.att.net
 P.S. I'd also like to keep a list of everyone who is going on Beata's cruise in March 2000. Please let me know if you are.

NEW MSDA FEATURE
 This is way cool!
 If you'd like to receive your newsletter by e-mail a few days before it arrives by snail mail, please let me know. Send me (sfnelson@worldnet.att.net) your e-mail address with the word 'YES' in the subject line. If I can omit sending you a hardcopy, please make a note of that in the message. You'll need Acrobat Reader to open and print it. It's available for free at www.adobe.com/prodindex/acrobat/readstep.html#reader.

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MSDA DANCE ATTENDEES, PLEASE NOTE:

The white ticket you receive when you enter our parties is to be used for a free soft drink or an alcoholic beverage. If you choose not to drink one, please turn it in at the bar. This is a direct part of the payment process to the Amber House! Remember: we need to help support Bill through food & drink purchases! We want to keep having our parties there.

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CONGRATULATIONS to last month's Dance Card Contest winners: Bob Keener won free admittance to an MSDA dance, Johnny mac won a club towel and an MSDA license plate, Tricia Lloyd won two movie passes to the AMC theatres and Vivianne Shammass won a George Gee CD. Ed Morgan won \$20 in the the 50/50 Raffle and donated it to the MSDA. You're a peach, Eddie!!!

BE A JACKPOT WINNER! REMEMBER THE 50/50 RAFFLE.

At each party, you can buy an arm's length worth of tickets for \$5.00. The raffle drawing is at 6 PM. Just see Bob Campbell for tickets.



*** HOT TIP ***
BE SURE TO FILL OUT A DANCE CARD OR TEN AT EACH PARTY. WE USE THOSE TO CHOOSE WINNERS FOR THE DOOR PRIZES.

**GUEST INSTRUCTOR
Tandy Zapinski**

Tandy Zapinski started dancing at age five. She started with ballet then moved to jazz, hip-hop and then funk. In high school, she danced with the Marching Band "Dancing Dolls" for four years, winning and performing across the US. After graduating from Oakland University, she became a member of the O.U. Repertoire Company. She felt like something was missing in her dancing. She really hated the fact that they only performed twice a year. Then, a year later, she switched to OU "Images" Dance Team. Tandy spent a wonderful two years dancing and competing against the top dance teams in the U.S., including Michigan State, Ohio State and U of M., winning at events held at Cobo Hall and the University of Milwaukee Wisconsin College UDA Invitational.

Since 1997, Tandy has worked for Arthur Murray of Royal Oak, under the watchful eye of Candy McKenzie. She discovered she has a great love for partner dancing and ballroom competitions and enjoys competing all over North America in many Pro-Am contests and Showcases. This gives her students a chance to shine and they usually finish in the top 2%. Tandy is looking for a professional partner to compete in American Rhythm. Her major goal is to own an Arthur Murray's School of her own before she turns 25.



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weight evenly distributed between them. Rise up onto the balls of both feet and then lower. Each time a little higher. You want to really work the foot. The tightness you feel in your calves is a good thing. Next, shift your weight to one foot and point the toes of the weight-free foot. Relax it and then point it again. Work both feet. Then curl the toes of the weight free-foot under and roll them onto the ground to stretch the top of the foot. Do these exercises ten times each, every day.

For overall strengthening, and to help when you feel pain on the balls of your feet, put a small hand towel on the floor and pick it up by curling the toes towards you and gripping it. Do this five times and relax, then repeat. Another trick is to put a few dozen marbles on the floor with a small bowl beside them and pick them up with your toes and put them in the bowl one by one. " [A Beata Howe trick that I learned was to sit with your feet up and draw the entire alphabet with each foot. SN]

"To deal with cramped arches you can take a golf ball and place it on the floor under your foot and roll it

around the arch of the foot to massage the area. In general, you should try to circle your feet in clockwise and counter clockwise circles from the ankle joint and keep your feet as flexible as possible.

Another important point to bring up is the pedicure. It is not a luxury for only the rich. Keeping the feet groomed is part of conditioning and you will be less likely to stub a toe, hurt or (even worse) tear a toenail, if you keep them trimmed short. You can soak your feet in warm water, then use a pumice stone on any calluses, and trim the toenails. Finish off by rubbing in some soothing lotion. It can be very relaxing.

After a night of dancing, I have been known to sleep with my feet elevated on a pillow to ease the swelling that can accompany a full night of syncopations. And you will never see me turn down a friendly foot rub!"

[I keep homemade sacks filled with rice in my freezer. When I come home, I put my sore feet on them to reduce the swelling. Sacks of frozen peas work well too, but they 'perspire' and get my socks wet. SN]

"How you dance will dramatically affect your feet. If you can learn to control your movements and weight changes smoothly, you will avoid some of the ballistic effects that dance has on the feet, and the skeletal system, in general. Dance, especially lots of it, is hard on the body and feet. But with the assistance of a good teacher, you can learn to utilize the shock absorbers within the body, learning to make more fluid and controlled motions." [When I first learned the Hustle, my instructor told me that I had to strengthen my thighs so that I could push off my rear foot faster and easier. He said that, if I didn't do that, my partners would be forced to drag a refrigerator (me) around the floor and that might discourage them from asking me to Hustle very often. My chiropractor told me to sit on a chair with my knees bent and lift light weights with my feet to make my thighs stronger and prevent knee problems. SN]

The better you learn to drive, the less wear and tear you put on your machine. Now don't be imagining that Professional Dancers remember to do all of these things. I have had to learn to be kind to my body and to my feet and still I find myself demanding too much of them. The key word is moderation. Be sweet to your feet and keep them dancing!"



WEBSITE OF THE MONTH

The MSDA has created a new site at Onelist for members only. I'll be using this 'List Community' to send out the newsletters before the hard copies go out and to update the members on current information. I've already sent out notices to 75 members who have given me e-mail addresses. If you don't get a notice and want to be on the list, just go to <http://www.onelist.com/community/MSDA> and subscribe. There's a calendar there that members can add to and archived information that can be accessed. Check it out.

MICHIGAN SWING DANCE ASSOCIATION
SHARON NELSON
2152 SHANKIN
WOLVERINE LAKE, MI 48390



HEY, YOU GUYS!!!!!!!!!!!!!!
THE PARTY IS **SUNDAY,**
NOVEMBER 21! SEE YOU
THERE.

**NEED CINCY TICKETS? SOME
ARE AVAILABLE.** Ernie Virden
of the Cleveland-Akron Swing
and Hustle club has a line on
some. E-mail:
tvirden@neo.rr.net or
call Sharon Nelson if you don't
have e-mail.



**MANY THANKS TO OUR MEMBERS
FOR YOUR SUPPORT!!!**