

LOS ANGELES SWING DANCE CLUB, INC. (LASDC)

Bi-Monthly Newsletter for JANUARY/FEBRUARY 2020 Volume 50 – Number 1 Our Club was Founded in 1970

L.A.S.D.C. is a non-profit club for those interested in West Coast Swing dancing for pleasure & recreation. Website: <u>www.laswingdanceclub.com</u> Visit & 'Like' us at: <u>www.facebook.com/LASwingDanceClub</u>





A Message From our L.A.S.D.C. President

I hope everyone had a very Merry Christmas and a Happy New Year with lots of family time, good food, and, of course, DANCING!

As your new L.A.S.D.C. President, along with other Board Members, we want to make this year a great one for our L.A.S.D.C. Our goals are to increase membership, have live music at each dance, provide or offer food on special occasions, and bring you a variety of great dance music. I alone can't accomplish any of these things without the help of all Board Members. If you have suggestions on how to make our Club better or grow our membership, please talk with any Board Member. We want our club to be a friendly place where our members come to dance and socialize with old and new friends.

We continue to be the ONLY DANCE CLUB that offers live music and our GOAL is to continue dancing for a very LONG TIME.

Linda Davis

L.A.S.D.C. DANCE SCHEDULE

Sunday, January 5, 2020 Band Triple Play Sunday, January 19, 2020 William Porter Band Sunday, February 2, 2020 Band Triple Play Sunday, February 16, 2020 William Porter Band Sunday, March 1, 2020 Band Triple Play Sunday, March 15, 2020 William Porter Band Sunday, March 29, 2020 Band Triple Play Entry to our dances at the BUENA PARK ELKS CLUB 7212 Melrose St. Just North of the 91 Fwy at Knott Ave. Ctrl+Click Here for YOUR Directions to the Elks Club L.A.S.D.C. and current Members of other Swing Dance Clubs \$10 Non-Members \$12

We provide <u>you</u> with a Great location for West Coast Swing Dancing, with a Band or DJ Music playing a variety of styles, good friends, old & new!

EDITORIAL PAGE

L.A.S.D.C. BOARD MEMBERS 2020

President Vice President	Linda Davis Vacant	(562) 619-6603	ldswingdancer@aol.com
		(744) 996 6749	formation of the operation
Secretary	Fran Tassin	(714) 826-6712	<u>frantassin@msn.com</u>
Treasurer	Karen Smith	(714) 403-2125	<u>khockey3225@hotmail.com</u>
Entertainment Director	Bill Parker	(562) 927-7575	<u>bp7575@ca.rr.com</u>
Ways & Means	Martine Whitford	(562) 426-4338	2martine4me@gmail.com
Newsletter Editor	Daniel Snyder	(213) 800-1450	<u>dan9sny@aol.com</u>
Membership Chairperson	Gerry Bordelon	(714) 606-6480	<u>gerryb21@yahoo.com</u>
Ambassadors-at-Large: LeRo	<u>y Pendray:</u> (562) 433-89	77 <u>Joanne Harro</u>	<u>ld:</u> (949) 675-1255

Webmaster: Larry Kroeze

Dance Teacher: Linda Davis

L.A.S.D.C. ADVERTISING RATES

Please support our L.A.S.D.C. bi-monthly Newsletter. We have about 275 members and readers who share an enthusiasm for West Coast Swing Dancing. Our members are interested in purchasing dance items, services, supplies & real estate; and visiting businesses, restaurants etc.

Cost for ads: Full Page - \$20.00, One Half Page - \$15.00

One Quarter Page - \$10.00, Posting a Business Card - \$5.00

To advertise in our Newsletter, please email +/- ready to publish artwork to our Newsletter editor, Daniel Snyder at: <u>dan9sny@aol.com</u> <u>Thank You</u> for your support!

L.A.S.D.C. WEBSITE AND FACEBOOK

For more information about our club, other places to Dance, and additional Dance news, please visit the **LASDC Website**, <u>www.laswingdanceclub.com</u> It is maintained by Larry Kroeze, our Dancing Webmaster, and includes photos, special events, places to dance, our current Newsletter, and More!

Also, Please Visit & "Like" us on Facebook: <u>www.facebook.com/LASwingDanceClub</u> for the latest news. To sign up for a Facebook account, enter your name, birthday, gender, and email address into the form on <u>www.facebook.com</u>. Then pick a password. After you complete the sign-up form, they will send you an email. Just click on the confirmation link to complete the sign-up process. Now all you need to do is <u>search</u> for the *LosAngelesSwingDanceClub* and click on the "LIKE" button. You will then be notified automatically when we post something new to Facebook. <u>You can also post YOUR pictures or news</u> directly to our Facebook Page! It is easy to do, and your photos could be appreciated by all!!

Please enjoy our ONLINE "Photo Wall" of many past and present LASDC Dancers! This is an ongoing project; feel free to upload your own Dance Club photos or Videos for our Members to enjoy! If you need help doing this, you may ask for help from a Computer savvy friend, or put them on a CD/DVD/Flash Drive, and give it to a Board Member. We will gladly upload them for you. Thanks! SEE OUR Online Dancers Photos at: (Ctrl+Click) LASDC Photo Wall

IMPORTANT NOTICE: AS OF JANUARY 5, 2020, ENTRY TO OUR DANCES IS NOW \$10. FOR L.A.S.D.C. AND CURRENT MEMBERS OF OTHER SWING CLUBS, AND \$12 FOR NON-MEMBERS.







UPCOMING DANCE EVENTS

Monterey, CA Monterey Swingfest January 16-19 Monterey Hyatt Rgency Resort & Spa John Wheaton (805) 937-1574 Sacramento, CA Capital Swing Presidents' Day Convention February 13-16 DoubleTree by Hilton Hotel Tami Krok cc.capitalswing@gmail.com Portland, OR Rose City Swing February 20-23 Embassy Suites at Washington Square Trudy Thatcher (503) 869-1818 San Francisco, CA All Star SwingJam March 13-15 Crowne Plaza Concord/Walnut Creek Lauren Wood (802) 338-1978 Lancaster, CA High Desert Dance Classic March 20-22 Antelope Valley College Lisa Sandoval (661) 916-1318 Seattle, WA Easter Swing April 9-12 Hyatt Regency Bellevue Allen Ullbricht (425) 772-7215 All Text in blue are links to San Diego, CA San Diego Dance Festival April 9-12 Crown Plaza Carmen Mattei (480) 621-0214 more information. Hold your Ctrl key and Click on a Link Los Angeles, CA City of Angels April 16-19 Hilton LAX Helen Tang (408) 489-5939

Going on vacation anywhere in the world, and want to Dance? Visit: www.worldsdc.com/events

PLACES TO DANCE

Sundays - SDSDC, 3 p.m.-7 p.m. El Cajon - Elks Lodge - 1400 East Washington Av. (619) 444-1812 or www.elks.org Sundays - "Swingin' Sundays in Palm Springs" with Buddy Schwimmer 1st & 3rd Sun. @ Step by Step 316 N. Palm Cyn Dr. Mondays - Sassy Monday WC Swing, Thousand Oaks Elks Lodge, 158 N. Conejo School Road (805) 405-2946 www.jaybyam.com Mondays - Atomic Ballroom, WC Swing Dancing, 8:30 p.m.-12:00 a.m. Irvine (949) 250-3332 www.atomicballroom.com Tuesdays - DSDC, 7 p.m.- 9 p.m. 401 S. Pavilion Way, Palm Springs (760) 323-8272 www.palmspringsdancers.com Wednesdays - Palm Springs Pavilion Ballroom, 7 p.m.- 9:30 p.m. 401 S. Pavilion Way www.desertswingdanceclub.com Thursdays - Atomic Ballroom, WC Swing Dancing, 8:30 p.m.-12:00 a.m. Irvine (949) 250-3332 www.atomicballroom.com Thursdays - Westchester Elks, WC Swing Dancing, 8:30 p.m.-11:00 p.m. 8025 W. Manchester Ave. Playa Del Rey, (310) 821-3005 Fridays - The Press Box, 8:30 p.m.-11 p.m. Westminster 6471 Westminster Blvd, www.micheleadams.com (562) 824-8393 Saturday - The 2nd Sat. of each month - The Starting Gate, Los Alamitos 1 p.m. - 5 p.m. Don Estep donlestep@gmail.com Palm Springs area - Events, Classes, links to dance, Newsletter: www.desertswingdanceclub.com / www.kkcalifornia.com Las Vegas - For dancing events, call Lila Roberts (310) 986-5983 or Ron Meyer (702) 283-1491 San Diego - www.wcssandiego.com or the San Diego Swing Dance Club: www.sandiegoswingdance.com (858) 274-6422 Northern California - www.nextgenswingdance.com or www.dancemaven.com/sf-bay-dance-calendar Arizona and other States around the U.S.A. - www.havetodance.com/danceaz.html

Another advantage to receiving this Newsletter online, is that YOU can Ctrl+click on BLUE links to see things online!

Additional Band and Dance Links

William Porter - Porterhouse BJS band - www.longbeachbayou.com/event/william-soul-porter And 2+ years ago... www.youtube.com/watch?v=8eTwknArPGM Check out the Dancers! Good Rockin' Daddy - www.facebook.com/pg/GRD2014/videos/?ref=page_internal Ray and the Idols recording some of their favorites at: www.youtube.com/watch?v=A3biNMu0TIE The Larry Fresh Trio: www.youtube.com/watch?v=X1lrywziQVk All about West Coast Swing online in L.A.: www.westcoastswingonline.com/west-coast-swing-los-angeles All about West Coast Swing, with videos: www.dancetime.com/dance-styles/west-coast-swing/ Desert Swing Dance Club: Links to their Calendar, Dances, Newsletter, etc. www.desertswingdanceclub.com Dancing around the U.S.A. www.swingdance.com/clubs/usaclubs.html Swing Dance Hall of Fame: www.csdhof.com Their next Awards Gala will be September 12, 2020 at the Golden Sails US Open Swing Dance Competition information: www.usopenswing.com Video Jukebox: www.1959bhsmustangs.com/VideoJukebox.htm# 150 1950's & 60's Songs with Lyrics!: carolynspreciousmemories.com/50s/sitemap.html And from our LASDC Webmaster: www.laswingdanceclub.com (Thank you Larry!)

SUNDAY DANCE SCENE; JANUARY/FEBRUARY 2020

Our Dances will continue at the Buena Park Elks Club (7212 Melrose St. Buena Park) on our regular 1st, 3rd, and 5th Sundays of each month, from January 5th through at least June 21st! Our Thanks go to Board Members Linda and Karen for working with the Elks Club Leadership on this. On another note, since it is also Membership Renewal Season, the Board has decided to return to having Live Bands at each dance at least through February. Also, any Club Member may donate towards, and/or sponsor a band to perform, as happened at our December 1st Dance. You may sponsor, or Donate toward either Good Rockin' Daddy, (or their 3 member version: Triple Play), the William Porter Band, or Ray and the Idols. If you know another band that plays good West Coast Swing Dance music, and wish to have them considered, please give information to our Music Coordinator Bill Parker (562) 927-7575 for review. And Please applaud the Bands when they play Music for YOU!

L.A.S.D.C. This 'n That with Sunshine! Thank you for the updates Fran!

<u>New Members:</u> We welcome you to our Dance world, and encourage you to Dance with anyone, all you need to do say *YES*, or just ASK! Your dancing skills will improve automatically with lots of practice! Bill Parker is having another Dance at the <u>Starting Gate</u> January 25th, 12 - 4 p.m. \$5. entry for Good Rockin' Daddy!

Annette Bynon had a recent leg problem, and we wish a full recovery soon.

Colleen Johnson is reported to be in poor health, and encouraged to be strong and get well.

Dona Schessler made her first visit to our new location was fun and enjoyed seeing her friends.

Judy Cooper, member from Michigan, enjoyed visit to our venue, Elks Lodge in Buena Park.

Marge Szabo has joined friends in the Ballroom in the Sky. Her friend Shirl Carlton reported that Marge passed away in September at the age of 92. Our sincere sympathy to Her family and friends.

Molly Prager at home but still in great pain from a fall. We hope she continues to improve, and we'll see her soon. Jackie Crowly is at home after stay in hospital; she sends her love to everyone. Get well quick, Jackie, we miss you. Good to see Jerry Rettke attending a few dances recently, after getting through a medical challenge. Our fondest wishes to Joe Camasta for continued strength and lots of Love from his Family and Friends Fay Roberts had a recent Hospital visit, and we send our well-wishes to her for improved health. Our Thoughts & Well-wishes go to Joe Picconi, he's recovering from a stroke, and wants to be back soon!

<u>Good Health</u> is elusive and can be maintained well by <u>keeping your brain and your body moving</u>! <u>Eat Healthy</u> and Balanced meals, 3-5 *small* meals per day, DRINK WATER, and minimize your time in front of the TV and/or Computer. Walk a few blocks or a few Miles <u>daily</u>. Take classes at your local Rec. Center (Example: <u>www.longbeach.gov</u>) for Gardening, Cooking, Art, Exercise, or Dancing! Attend every Dance you comfortably can. Do word games, play cards, go out with friends and have meaningful conversations! Volunteer at a service organization, and Dance more often!

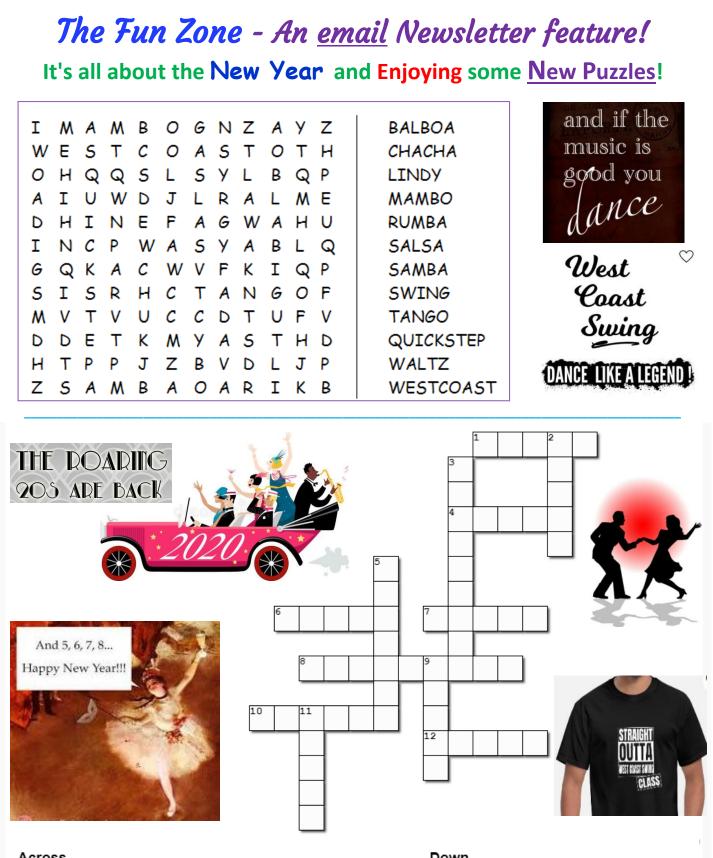
DANCING MAKES YOU SMARTER

It's been scientifically proven that the only physical activity to offer protection against *dementia* is frequent dancing.

- Reading 35% reduced risk of dementia
 - Bicycling and swimming 0%
 - Doing crossword puzzles at least four days a week - 47%
 - Playing golf 0%
 - Dancing frequently 76%.

Study made suggestion: do it often. Seniors who took dance lessons 4 days a week had a measurably lower risk of dementia than those who did it only once a week.





<u>Across</u>

- 1. A German ballroom dance in triple time, & in closed position.
- 4. It don't mean a thing if it ain't got that _
- 6. A dance of passion w/2 quick side steps & a slow forward step.
- 7. A Latin American dance similar in rhythm to the Rumba.
- 8. A fast and flowing dance sprinkled with syncopations.
- 10. Yes, it's also the name of a real island.
- 12. A lively, rhythmical dance of Afro-Brazilian origin.

- Down
 - 2. It takes two to _
 - 3. Oregon, Washington, & California
- 5. A Cuban Dance popular since the 1950's
- 9. A very fast pace dance with very quick turns.
- It's a bird, it's a plane, it's a flying _____!



FULL NAME(S):		Member No.(s):
ADDRESS:	Ε	mail:	
CITY:	STATE:	ZIP:	
PHONE NUMBER: ()	BIRTH MONTH:	BIRTH <u>DAY</u> :	
AMOUNT ENCLOSED: \$C	heck() Cash() Please mail to	the address above, or sub	<u>mit at a Dance.</u>
DUES: January thro	ough December – \$30 (each pers	on) DUE ON JANUARY 1, 2	2020

YOUR MEMBERSHIP BENEFITS: A Free Bi-Monthly Newsletter, Special \$ drawings for members, <u>discounts</u> at various other Club functions, outings, and at Sister Clubs, like the Palm Springs Desert Swing Dance Club.

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See their video at: photos.app.goo.gl/BdgDwE2wxjZRW1U68 reserve a unit for most anytime during the year. (:



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HAPPY BIRTHDAY WISHES to our JANUARY & FEBRUARY L.A.S.D.C. ACTIVE MEMBERS!!

JANUARY

1 Llana Gerardi

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- **4** Vincent Collins
- 5 Herb Marsh
- 11 Joe Camasta
- 12 Audrey Rodriguez
- 13 Larry Price
- 14 Jerry Cobb
- 18 Nancy Taylor
- 20 Dona Schessler Martin Ivener
- 21 Peggy Martinez
- 22 Donna McDiarmid
- 23 Emma Wilson
- 25 Eloise Kroeze
- 26 Cal Espina
- 27 Gerry Bordelon (:
- 31 Peggy Conners

FEBRUARY

- 1 Martine Whitford (:
- 3 Pat Paternoster

- <u></u>

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- 4 Fran Pendray Isaac Waksul
- 5 Bob Schrock
- **11 Michael Pierceall**
- 15 Kevin Cruz
- 17 Judy Covert
- 18 James Harris
- 22 Bill McDiarmid
- 23 George Mongar
- 25 Pat Bane
- 27 Evelyn Brouzas

This year May You DREAM BIGGER, Dance More, LAUGH HARDER & Love Yourself Unconditionally

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WEST COAST SWING DANCING for Los Angeles & Orange County! WEST COAST SWING DANCE LESSONS from 2-3 p.m. are included with the price of admission. The Dance Music is played from 3-6 p.m. Events held every 1st, 3rd, & 5th Sundays of each month from 2:00–6:00 p.m. Members \$10 (with membership \$30/year) and Non-members \$12 The lowest prices in town, and great Swing Dancing Music! Visit our Website: www.laswingdanceclub.com "Like" us at www.facebook.com/Los Angeles Swing Dance Club

HAVE YOU SIGNED UP OR RENEWED YOUR MEMBERSHIP? IF NOT, PLEASE DO IT NOW! BENEFITS: A DISCOUNT PRICE AT THE DOOR, A GREAT OPPORTUNITY TO DANCE WITH FRIENDS TO GREAT MUSIC, SPECIAL DRAWINGS FOR MEMBERS, 50/50 RAFFLE, AND THIS BI-MONTHLY NEWSLETTER!



L.A. SWING DANCE CLUB, INC. P. O. Box 2415 Huntington Beach, CA 92647-2415 www.laswingdanceclub.com

ADDRESS-CORRECTION REQUESTED

RETURN POSTAGE GUARANTEED