



Feb./Mar. 2008

Volume 17 No. 2

Swing Time!

Official Newsletter,
South Florida Swing Dance Society

BOARD MEETING: First Tuesday of each month, 7:30pm to 9:00pm, contact any Board Member for location. **EVERYONE WELCOME**

Member Profile – Jan Avena

Jan Avena was born in Long Island, NY. She was raised in a bilingual Italian household although she was not taught the language. She moved to Florida when she was 12 and got involved with dance as a teenager. She took Ballet, Modern Dance, Jazz and was involved in dance productions. In the 70's, she was a big part of the Disco scene i.e. hustle, partnering with two dance partners, she competed socially for money at many well known local clubs.

Sometime in her dance path she came across a man named Jim Forrest who took an interest in her and gave her an opportunity to train with him and make dance videos. Recently she found out that he became very well known in the dance community.

Later Jan studied with Arthur Murray and Starlight Ballroom as a beginning teacher. She enjoyed performing and went on to perform at local charities and other events.

Although dancing was very important to her, she discovered in college that she had an acting ability and soon found out that she would be cast in comedy roles. Jan craved the attention of the audience and graduated with an AA Degree in the arts. She moved on to pursue Training/Personnel/Management career, and was moving up quickly in the corporate world when she decided to give it up to raise a family.

Jan stayed at home for 12 years, giving up her career and dancing, to raise her five beautiful children. After a devastating divorce in 2003, and prior to that losing her Mom and Dad and the rest of her immediate family, she made up her mind to get back to her career and pursue her love of dance.



"It was really hard. I couldn't remember one step. I was always on the brink of tears many days", Jan said. She started as a beginner, training on the basics and hit the country arena full force pushing, despite any obstacle that came in her way, and there were many.

After achieving her goal in 2004, first place wins in the dances of polka, cha-cha, two-step, west coast swing, nightclub two, waltz and east coast swing with her Pro Shawn Swaithes, she decided to pursue ballroom and is now training and competing with Lee Fox, a renowned ballroom judge and dancer.

Jan just competed with Lee in Miami Beach last October and danced with him in the December Holiday Showcase at Goldcoast putting her new routines in

Quickstep and Bolero on the floor. Her goals for 2008 are to train hard in American Rhythm and American Smooth and learn some international and enter more competitions in the open silver division. She hopes someday to have a partner that will compete with her.

Jan is an Account Executive for Employment Resources in Miami Lakes, a staffing company committed to excellence in the workplace. Having won many prestigious awards, her female boss, the president, has exceeded excellence. The company promotes diversity in the workforce and Jan is searching for potential clients in the dance community that are looking to staff their offices.

In conclusion, Jan said, "I believe that anything can be achieved in life no matter how old you are and no matter what obstacle comes your way. Dance your way through it! I did! You can do it too! Happy Dancing. I'll see you on the competition floor!"



South Florida Swing Dance Society

P.O. Box 81-4147

Hollywood, FL 33081-4147

Email: swingdance@mindspring.com

Web Site: www.sfsds.com

Club Dances

February 16th

Intermediate Dance Workshop:

Joey Cecio and Chrissy Elwonger 7:30 PM
(How to roll between dances in the same song)

DJ: Vicki Kay 8:30 PM to 12:30 AM

March 15th

Chris Hemmer, WCS: 7:30 PM

"Welcome back to WCS"

DJ: Vicki Kay 8:30 PM to 12:30 AM

Dance location:

German American Club

6401 Washington Street, Hollywood, FL

Directions: From Florida's Turnpike: exit at Hollywood Boulevard. Go east to 62nd Avenue, turn right. Continue on 62nd Avenue to Washington Street. Turn right on Washington Street, continue to the end. The club is at the end of the street. (Distance from the Turnpike is approximately three quarters of a mile.)

CLUB OFFICERS

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Nomination	Assigned
By-Laws and Ethics	As Required
Web Site	David Luchin
E-Mail	David Luchin
Photos this issue	Rodney Tison
	Judi Holland

The President's Corner...

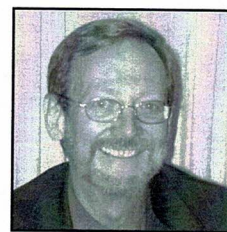
SFSDS dances are rolling along...

The SFSDS dance at the German American Club has averaged 155 for the past 13 months. This was helped by the 211 in December and 200 people who attended in January. The numbers have increased for several reasons...good music...good floating dance floor (it's not slippery anymore)...spreading the word to other clubs about the venue, etc. The board is striving to keep these numbers up. We have some new wrinkles coming that haven't been finalized by press time so watch for advertisements.

Kyle Redd and Sarah Vann Drake taught some good moves at the December dance. As an added touch, after the lessons, they let the students line up to dance with them for a few songs.

Cindy-Lee Overton taught a well-received Intermediate lesson at the January dance.

We will be bringing in other quality Instructors in as well. For the February 16th dance, Joey Cecio and Chrissy Elwonger will be teaching "How to roll between dances in the same song" Dj duties will be handled by Vicki Fearon.



For the March 15th dance none other than Christopher Hemmer will be teaching his "Welcome back to WCS" lesson. Dj will be Vicki Fearon.

We have 176 members signed up so far this year. We ended last year with 220 so there are still some renewals that have not signed up yet.

We have been drawing dancers from different places. In December, Events and Adventures singles club brought 31 people. The west coast is always well represented by Dee Bricher and her group, Jim and Donna Graham as well. Cindy-Lee Overton brought some of her students across the alley with her. Some people have made the drive up from the FL Keys. And last dance we had a group make the drive down from Melbourne. Now, where are the people from the Bahamas?

Rodney



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SFSDS Members \$5 off



Birthdays

February

Millie Pruski
Maggie Mocega
Julio Mocega
Joseph Jeffries
Robert Kenny
Stephanie Webster
Renee Richel
Elaine Mackechnie
Mark Adam Smith
Reba Cole
Maria Fedor
Calvin Crum
Joey Cecio
Wayne Manning
Cindy-Lee Overton
Tom Cuite
Mary Lou Consolo
Melanie Law

March

Roni Sarnas
Jose Gonzalez
Don Dillard
Kim Kelly
Steven Teisch
Linda Rosen
Alan Goldfarb
Florine Goldfarb
Mary Ann Mosley
Nancy Drysdale
Marion Ona
Grazia Candiano
Beth Perotta
Donna Frandon
Kevin Foster
Judi Holland
Patrice Cavaliere
Barry Katz
Frank Szabo
Paula Taylor

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Welcome New and Returning Members, 2008

Elizabeth Ackerly, Ralph Albano, Mimi Alonso, Roni Amber, Sharon Armuelles, Jan Avena, Renee Barrable, Fran Bauer, Justin E. Beals, Dr. Adele Besner, Gloria Birnbaum, Lisa Boening, James Breig, Laura Breig, Sharyn Brooks, John W. Butler, Lorraine Butler, Grazia Candiano, Patrice Cavaliere, Joey Cecio, Victor Chuang, Mike Ciavolino, Suellen Clementino, Ernie Clute, Carolyn Cochrane, Saul Cohn, Reba Cole, Mary Lou Consolo, Luce Corredor, Joanne Correl, Marlene Cox, Calvin Crum, Tom Cuite, Bob Day, Robert DeCarlo, Larry Deutsch, Ellen Di Russo, Don Dillard, Joey Dillon, Nancy Drysdale, Bruce Duggins, Carol Eickhorn, Ray Elliott, Chris Elwonger, Vicki Fearon, Maria Fedor, Lee Fitzgerald, Kevin Foster, Donna Frandon, Lee Friend, Cleaett Fritz, Gary Garabedian, Ronnie Gardner, Maria Gersing, Frances Gillespie, Mary Lou Gillis, Alan Goldfarb, Florine Goldfarb, Dottie Gonzalez, Jose Gonzalez, Edward Gottlieb, Donna Graham, James Graham, Tom Guthke, Jon Hainline, Marcia Halpern, Joan Handelsman, Steve Hardee, Nancy Harker, Mary Jane Harper, John Harris, Bruce Haslam, Laurie Hatch, Chris Hemmer, Judi Holland, Brenda Hubbard, Brian Hufford, Joseph Jeffries, Ralph Johnson, L.A. Justice, John Kaeser, Barry Katz, Karen Keenan, Jim Keenan, Kim Kelly, Robert Kenny, Johanna Kitson, Steve Kole, Jane R. Krauska, Andrew Krauska, John Kulikowski, Lina Kulikowski, Harriet Kutell, Michael Kutell, Maryann LaVecchio, Melanie Law, Ron Legler, Anette Levine, David Levine, Carl Liss, Kathy Lohse, Lisa Love, Rick Love, David J. Luchin, Tony Luis, Victoria Lynne, Walter Lyon, Jr., Elaine Mackechnie, Kennet Maltman, Wayne Manning, Kay March-Adorno, Susan Marks, Lloyd McAvoy, John Meyer, Barbara Meyer, Carlos Mocega, Maggie Mocega, Julio Mocega, Teresa Mocega, Pauline Morissette, Mary Ann Mosley, Mel Niser, Sharon Norman, Elaine O'Connell, Marion Ona, Lucy Orihuel, Cindy-Lee Overton, Donna Pacitti, Judith Panchak, Todd Perlmutter, George Peroni, Bruce Perrotta, Beth Perrotta, Clifford Perry, Debbie Prieto, George B. Prieto, Millie Pruski, Renee Richel, Donald Rodriguez, Eka Romega, Linda Rosen, Hal K. Ross, Nick Safina, Roni Sarnas, David Scott, Cindy Sherman, Chuck Shores, Mark A. Smith, Ruth Sommerfeld, Jerry Stein, Zareda Strobel, Jan Svenson, Gina Swoope, Frank Szabo, Larry H. Tanaka, Ted Tanglis, Paula Taylor, Steven Teisch, Wayne Thompson, Andrea Thorne, Rodney Tison, Caroline Turner, Christine Underkoffler, George Velazquez, Katherine Vigneau, Gina Vitoulkas, Larry Wayne, Jody Wayne, Stephanie Webster, Richard Wernick, Pete Willets, Brandi Wisner, Ray Yang, Jerry Zadar, Regina Ziff, Milt Zimmerman

SFSDS is a Member of:



S.O.S. Fall Migration 2007

Second in a Series

by John Butler

In the early years after the formation of S.O.S. following Hurricane David in 1979 (see the first article to see how we got to this point), it wasn't as it is today. Some of the old-timers talk about the early years as being some of the better years because S.O.S. wasn't as well known then and the size was more conducive to meeting up with small groups of friends and enjoying the beach, the golf and the dancing though not necessarily in that order. The number of clubs was just a couple that were adequate at the time in handling the crowd and were able to keep the party music spinning. Before I get too far ahead I'll go back a little, actually a lot further back, to before Hurricane David and S.O.S.

Back in the 1940's a style of dancing started along the beaches of the Carolinas that was little known outside of the area. It started out as the Carolina Shag. It later became known as The Shag or simply Shag. The Shag in those early days was a derivative of several popular dances that were prevalent along the eastern seaboard. Dances such as the Lindy Hop, The Big Apple and The Jitterbug all contributed to the birth of The Shag. The early Shag was kind of a non-directional dance which would not settle into a track style dance until many years later. Many of the dancers in the beginning were street dancers that held no lines in their free style of dancing. Dancing in a track in those days was usually someone who had seen many martunnies dancing in the light of the Midnight Special to Baltimore. That'll scare the Shag out of you!

Returning to more recent times, Shag was supported by a slower pace of music than was played for the more popular Jitterbug timing. It is not known if the age of the Shaggers had anything to do with the tempo of the music, however at some point in time the slower tempo appeals to more and more dancers as their dance shoes get a little older. The Shag started out as the guy's dance. At the inception of the new dance the man was only limited by the flexibility of his feet. With the focus of movement from the knees to the feet, imaginations seem to have run wild trying to pack as much movement as possible into eight counts of music. Often choppy and seemingly without reason, feet move in and out of positions that can make the average foot ache just by watching. It comes as no surprise that many injuries occur to male Shag dancers

when their joints are not seasoned and prepped for action.

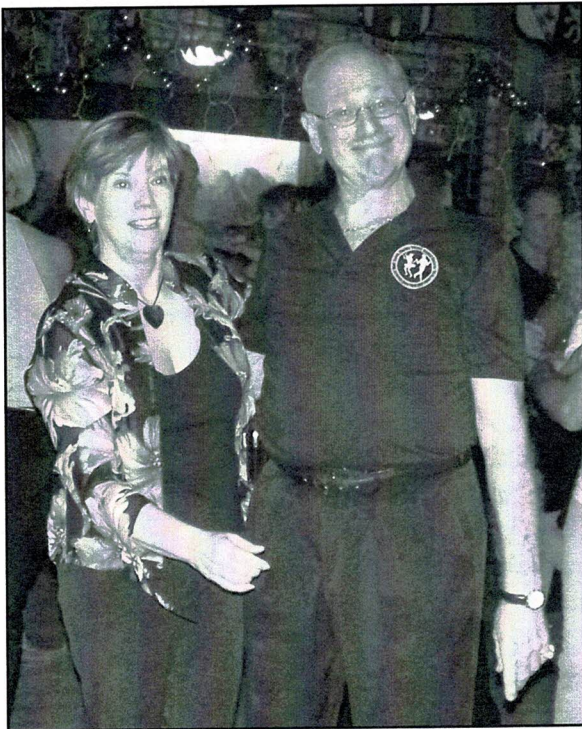
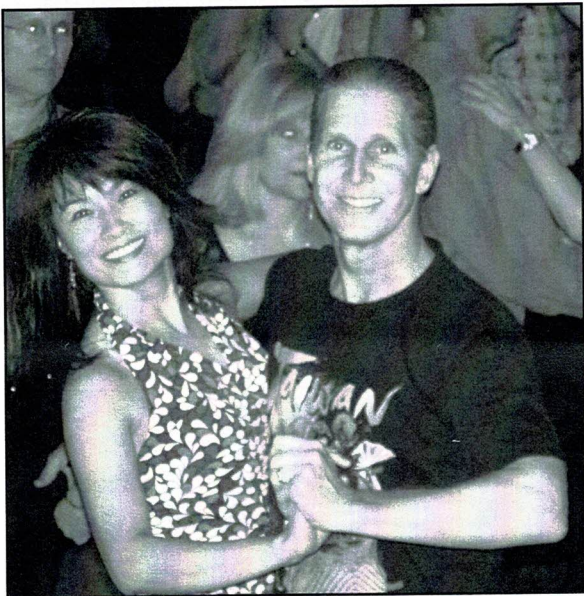
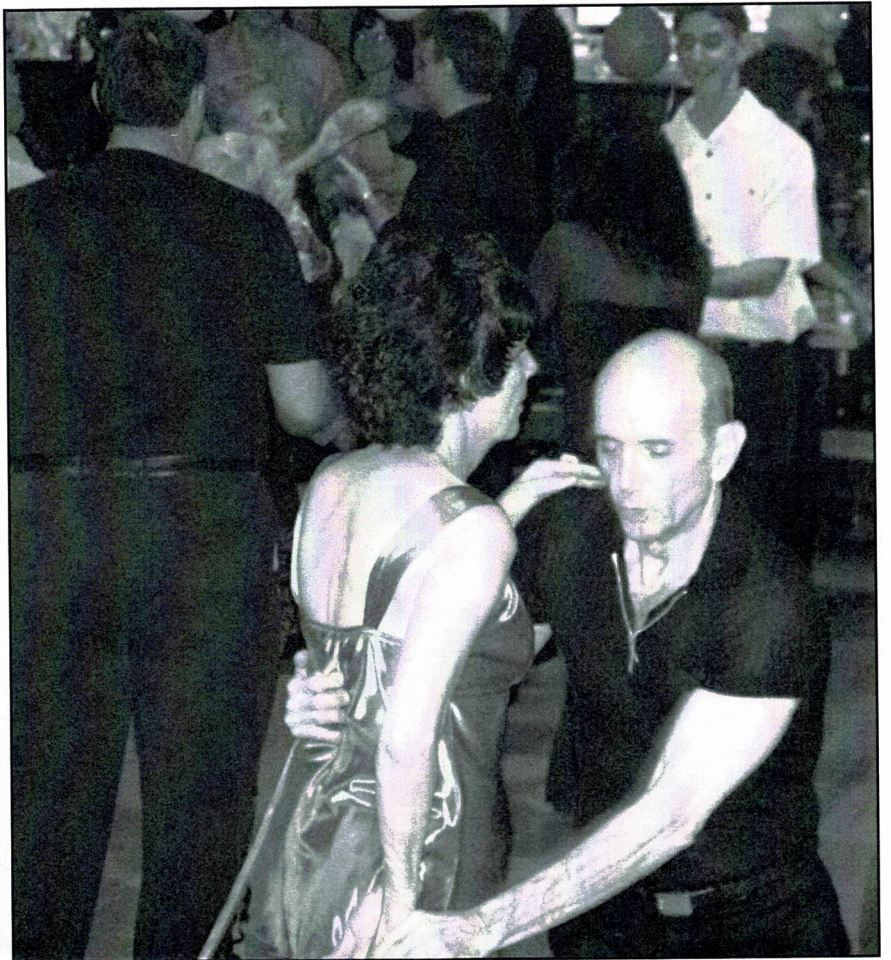
With all the fancy footwork by the male leader the lady acted much as a prop to give her leader support, as in stability, for his footwork, spins and turns. The man's

footwork has been and still is, to a degree, the show stealer. The Shag is in definite contrast to its cousins the East Coast Swing and the West Coast Swing dances that mostly showcase the lady in the dance. But the ladies today have gained a more equal part in Shag dancing. Many of the patterns in the dance are mirror patterns where the couple executes the same movements from opposing sides. As such, the lady contributes more to the dance than just keeping in time and watching the man do his thing.

Shag music has in its roots various forms of Blues music with the slower tempos as mentioned previously. Some consider Shag music to be beach music but there can be subtle differences between the two. The ballads of Beach music also covers the slower ranges of rhythm as Shag music with tempos in a range of 115 to 125 beats per minute. Some dancers like it a little slower and some even faster depending on their comfort range. Many of the songs that appeal to West Coast Swing dancing are compatible to Shag dancing and vice versa. Some faster music that works well with West Coast Swing does not work as well in Shag as it causes the foot work of the dance to appear hurried. For that matter, West Coast can look hurried if the music is too fast to the point that the tempo is more suited to an East Coast Swing dance. The footwork that is the heart of the Shag is much more intricate than the footwork of the swing dances. Many swing dancers cheat a little bit by walking through the moves rather than using or creating specific footwork. Walking in Shag is against the law.

The next article in this series will deal with the clubs that cater to the dancers and the important role they play in the success of S.O.S. Until then...Y'all dance on!







Sarah Vann Drake and Kyle Redd danced with the students after the workshops at the December dance. Elizabeth Ackerly, pictured far right, also won the \$40 member attendance door prize at the January dance.

MEMBERSHIP APPLICATION – The South Florida Swing Dance Society, Inc.

2008 Membership dues are \$30.00 from January 1, 2008, and expire December 31, 2008.

See www.sfsds.com for member benefits.

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Email address _____

Please consider one or two committees you would be willing to volunteer for:

☐ Membership ☐ Newsletter ☐ Publicity ☐ Telephone ☐ Host/Hostess ☐ Door/Admissions
☐ Clean-up ☐ Social ☐ Advertising ☐ Web Site ☐ Email ☐ Other _____

The South Florida Swing Dance Society, Inc. (SFSDS) is a nonprofit organization of volunteers operating through committees that do the work of the corporation.

In consideration of the mutual benefits derived from SFSDS, and acknowledging that an injury may occur while dancing, the undersigned does hereby assume all risk and absolves and waives any and all liability claims against SFSDS, the Hollywood German American Club, both organizations' officers, board members and each and every member thereof which may arise out of an act related to an injury.

Signature _____ Amount Paid _____

Make check payable to: The South Florida Swing Dance Society, Inc. P.O. Box 81-4147, Hollywood, FL 33081-4147



We welcome the folks from Melbourne who ventured down the state to attend our January dance.

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Swing Time!



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