



APRIL 2023

GREAT LAKES SWING DANCE NEWS

Message from our President

2023-2024

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Hello Dancers,

We celebrated St. Patty's Day March 15th at RollHaven. It was a great night with 111 members and guests in attendance. We had delicious desserts too; while DJ Dave Wolf kept the dance floor humming all night.

Now that Spring is here, I hope all our dancers are looking forward to this year's Hawaiian themed, **Swing into Spring** Member Appreciation dance. Tonya, Coni and Colleen have a special evening planned for everyone. DJ Henry Royster will be spinning the tunes. It's free for current members and \$15 at the door for all others. Everyone is welcome! Anyone interested in helping decorate/set-up, please be at St. John's by 10am the morning of the dance. We will also need help afterwards with tear-down and clean-up. See you at St. John's in Davison, the doors will open @ 6:15.

Country Night is coming next month. Get your country gear ready to celebrate May 10th at RollHaven.

April's lesson is West Coast Swing taught by Terry Council. The DJ's line up: Dave, Angela, Dave and Angela.

See you on the dance floor,

Jim



2023 GLSDC DANCE LESSON SCHEDULE

MONTH	LESSON	INSTRUCTOR
January	Hustle	Claudia Bleil
February	Night Club Two Step	Angela Markle
March - 1 st week	Line Dances	Katie Van Patten
March	East Coast Swing	Carolyn Wehner
April	West Coast Swing	Terry Council
May - 1 st week	Line Dances	Andrea Venner
May	Country Two Step	Claudia Bleil
June	Salsa	Angela Markle
July	East Coast Swing	Colette Simerson
August - 1 st week	Line Dances	Andrea Venner
August	West Coast Swing	Terry Council
September	Social	Colette Simerson
October	Rumba	Angela Markle
November	West Coast Swing	Terry Council
November - 5 th week	Line Dances	Andrea Venner
December	East Coast Swing	Pam Malow-Isham

2023 GLSDC EVENTS

Swing into Spring	April 15 th	St. John's - Davison
Western Night	May 10 th	RollHaven
Annual Club Picnic	August 6 th	Polish Veteran's Park
College Night	September 13 th	RollHaven
Halloween Costume Dance	October 25 th	RollHaven
Veteran's Day	November 8 th	RollHaven
Thanksgiving Food Drive	November 1 st , 8 th , 15 th & 22 nd	RollHaven
West Coasting for Warmth	December 6 th	RollHaven
New Year's Eve Dance	December 31 st	St. John's - Fenton

Aloha Swing into Spring Aloha

Member Appreciation Dance

Saturday, April 15th

7-11pm (doors open @ 6:15)

St John's in Davison ~ 505 N. Dayton St.

Pizza, chips, pretzels, pop & water provided

Desserts to pass are optional

DJ Henry Royster Jr.

Free to current members, all others \$15 @ door

Get Ready to Dance

Exercises to Help Prepare Your Body

by Dan Hysong

As someone who took several years of Ballroom dancing lessons and did advanced choreographed routines with an instructor, I can speak from experience about how to get your body ready for dancing.

First and foremost is improving your posture so you are standing erect. This translates into strong stomach muscles (Abdominals) and lower back muscles (Quadratus Lumborum, Erector Spinae). An easy way to do this is simply to lie on your stomach and do "elbow planks." Your elbows are at 90 degrees in line with your shoulders, feet are hip-width, tense your front thighs so they are straight, and elevate your pelvis so your body is horizontal while tensing your underarm/outer chest muscle. Hold for 30 seconds and repeat three times. If too difficult, cross your legs and use your knees instead of toes.

Next, roll over on your back for "Bridges," which translates into a downward slope from your knees to your shoulder blades, while head is relaxed. Feet are hip-width and 2 feet from the buttocks. Hands are across the chest, then curl toes, drive-thru heels, and elevate hips until your thighs are even with your upper torso. Hold for 30 seconds and repeat three times. These two exercises are body weight dependent. The 30-second hold time is good for beginners but decrease hold time if overweight.

The second is improving your balance. First, strengthen your thigh muscles (Quadriceps) and calf muscles (Gastrocnemius) by lowering your pelvis by 1 foot) and holding that position while doing 10 heel raises-while not holding on to anything. Try to raise up on the balls. Do 3 sets with a 30-second rest between sets.

Next, simply stand on one leg for 30 seconds while tensing your abdominals. Avoid locking the knee on the stance leg. To get your body ready for lateral movement, stand on one leg while bending the other leg at 90 degrees with toes a few inches off the floor. Straighten the leg laterally by squeezing the outer buttocks (Gluteus Medius) with a pause on extension. Do 1 set of 10 on each leg.

Lastly, improve your agility. This requires no equipment and is also a dance move. The Karaoke Step over (aka Grapevine) is simply a step to the side, your other foot steps to the back, then another step to the side, and your other foot steps to the front. Repeat 10-20 steps depending how much room you have, then return to starting position. Maintain your weight on the balls of your feet. Move at your own tempo until you have got the rhythm, then increase it over time.

GLSDC CALENDAR

April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1 Come Dance w/ Us 7-11pm 7:30pm lesson- Interm. Cha Cha w/ Donald Westphal 8:30 Dance Party
2	3 Colette's Beginner Dance lesson class 6:30-8pm	4 Colette's Beginner Dance lesson class 6:30-8pm	5 GLSDC 6pm lesson-West Coast Swing w/ Terry Dance 7-10pm DJ – Dave	6 Angela's Dance 7pm lesson – Salsa 7:30-9:30pm dance	7 TGIF Dance Party-Eagle Eye 7:15pm lesson 8-12am dance Sandford Shuffle 7pm lesson-Single time swing w/ Carla 8-9:30pm Dance	8
9	10 Colette's Beginner Dance lesson class 6:30-8pm	11 Colette's Beginner Dance lesson class 6:30-8pm	12 GLSDC 6pm lesson-West Coast Swing w/ Terry Dance 7-10pm DJ - Angela Birthday Night	13 Angela's Dance 7pm lesson – Salsa 7:30-9:30pm dance	14 No TGIF Dance Sandford Shuffle 7pm lesson-Single time swing w/ Carla 8-9:30pm Dance	15 GLSDC Swing into Spring "Aloha" Member Appreciation Dance 7-11pm St. John's in Davison
16	17 Colette's Beginner Dance lesson class 6:30-8pm	18 Colette's Beginner Dance lesson class 6:30-8pm	19 GLSDC 6pm lesson-West Coast Swing w/ Terry Dance 7-10pm DJ – Dave Shirt Night	20 Angela's Dance 7pm lesson – Salsa 7:30-9:30pm dance	21 TGIF Dance Party-Hawk Hollow 7:15pm lesson 8-12am dance Sandford Shuffle 7pm lesson-Single time swing w/ Carla 8-9:30pm Dance	22
23	24 Colette's Beginner Dance lesson class 6:30-8pm	25 Colette's Beginner Dance lesson class 6:30-8pm	26 GLSDC 6pm lesson-West Coast Swing w/ Terry Dance 7-10pm DJ - Angela	27 Angela's Dance 7pm lesson – Salsa 7:30-9:30pm dance	28 No TGIF Dance Sandford Shuffle 7pm lesson-Single time swing w/ Carla 8-9:30pm Dance	29

Colette's Beginner Dance Class
cost \$10
Linden VFW Hall, #1 Mill St., Linden
Colette Simerson 810-618-5959

Colette's Beginner Dance Class
Howell Opera House, cost \$10
123 Grand River, Howell
Colette Simerson 810-618-5959

GLSDC Wednesday Dance
RollHaven – Grand Blanc
5315 S Saginaw St.
Flint, MI 48507

Angela's Lesson & Dance
The Sports Zone, Cost \$12
5690 Midland Rd., Freeland
Angela Markle 989-274-4709

Come Dance with Us
Fred Astaire Bloomfield
7-11pm Cost \$15
Robin & Steve Plawinski
810-348-6379

TGIF Dance Party
Light Buffet, Cash Bar, Cost \$20
Hawk Hollow Banquet Center
15101 Chandler Rd, Bath / Eagle
Eye Golf & Banquet Center,
15500 Chandler Rd. Bath
Claudia Bleil 517-749-1300

Sandford Shuffle Dance
The Studio Cost \$10
328 W. Saginaw Rd. Sandford, MI
Lon Wackerle 989-430-0026 or
Debbie Bacus 989-687-7413

Every attempt has been made to ensure the calendar information is accurate - but please check with the event host to confirm dates, fees, lessons, location, etc. before attending event.

TOE TO TOE DANCE WEAR

Dance shoes for Swing, Social & Ballroom

BY APPOINTMENT ONLY



5522 Old Franklin Rd. Grand Blanc, MI

For Appointments, call 810-577-3349

Interested in purchasing a club shirt?

Go to **graselgraphics.com** for
selections.

2023 Out-of-Town Dance Events

Jammin' in July
Columbus, OH
July 13-16th

Sparkle City Celebration
R&B Shag Club of Spartanburg
Spartanburg, SC
July 21-22nd

20th Meet Me in the Middle
Carolina Shag Club
Greenville, SC
August 4-5th

Shag Tracks XXIX
Choo Choo Shag Club
Chattanooga, TN
August 16-19th

30th Anniversary Beach Boogie
Tampa Bay Beach Boppers
St. Petersburg Beach, FL
August 24-26th

Rollin' on the River
West County Swing Dance Club
St. Louis, MO
August 31-September 4th

April Birthdays

Name	Birthday
Terry Council	4-Apr
Austin Murphy	6-Apr
Carol Fournier	9-Apr
Lucy Babcock	12-Apr
Nui Forbis	12-Apr
Becky Norris	14-Apr
Robert Stratman	14-Apr
Lehman Orluck	17-Apr
Barbara Cates	20-Apr
Alex Morales	22-Apr
Sheila Hodge	23-Apr
Pat O'Neill	23-Apr
Deborah Rowe	27-Apr



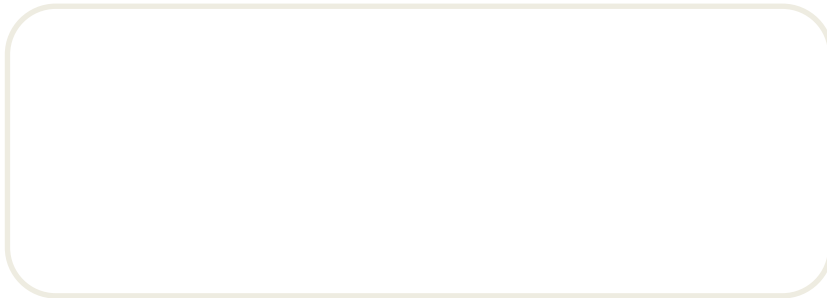
3" Patch available at
the front desk.
Great for your shoe bag
or jacket! Cost: \$5.00



Don't Forget For up-to-date GLSDC news, go to www.glsdc.org or become a member of our [GLSDC Facebook page](#).

Shirts, hoodies, mugs and much more are now available with the *GLSDC* logo at the club CafePress shop.

www.CafePress.com/glsdc



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