

National Smooth Dancers
Dance Whispers
April 2020



April 12, 2020

Hello Fellow Smooth Dancers,

Last year I wrote: "Spring has sprung! The flowers and plants that have been waiting, are now blooming. New young animals are joining the world. It is a time of renewal and rebirth. Much the same as it is for NSD!" The paradox is; though all of that is still true today, much is very different for NSD and the world. Because of Covid-19 it is also a time of social distancing, isolation, heartache and loneliness.

These are some of the reason your Dance Whispers editors agreed to put out this April issue as we normally do; to narrow the social distance gap, to remind us that we belong to a larger dancing family and that while we might be alone we do not need to be lonely.

To quote Queen Elizabeth II (Queen of England, not Queen of San Diego Smooth Dancers, see pp1-2), "**Better days will return.**"

In this issue you get to re-live the experience of San Diego's coronation (pp1-2), the last coronation before "safer at home" was ordered. We are also introduced to the Queen-elect of Fresno Chapter (p5). Planning for better days to return, check out the flyers in this issue for the Fresno coronation on June 6th, Palomar coronation on July 11 and the rescheduled Roaring 2020's Dance Weekend on July 24-26. Hopefully these events will not need to be cancelled or rescheduled.

Until then, you will find a list of ballroom dance movies to entertain you (p3). On page 4 read about the travel ordeal, with a happy ending. And throughout the issue get caught up with all the happenings among our dancing family.

Until I see you on the dance floor again; stay safe, be sane and reach out and support each other.

Never Stop Dancing,

Tom Wells

National Smooth Dancers
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San Diego Chapter

Edited by Frank Lacson and Mark Chapman



I never thought I'd be Queen again. It was a wonderful experience the first time through, but I didn't want to keep the job from other willing members of the club who were interested. But then I found out my sister was going to be Queen for the Los Angeles Chapter in 2020 and the prospect of traveling and reigning with my sister was irresistible. So here I am —

Elizabeth II (it has a nice ring to it, and I have a sudden urge to adopt a corgi.)

I knew from my last reign of the strong bond that exists between the Queens of the different chapters, but I was overwhelmed by the kindness and helpfulness of the out-of-town Queens who came into San Diego early to help us organize the event. Equally wonderful was the willingness of both our local Crown Circle and other chapter members who filled in the many tasks and duties that went into staging this special event.

The festivities began with hospitality at the small ballroom at Champions, hosted by Alicia Quintero Alexander and Lou Reyes, with help from "Queen Mum" Carla Hartunian of the Fresno Chapter and Kay Boyer and Debi Cadena from the Bakersfield Chapter.

It was wonderful to catch up with the visiting Queens, their escorts, and other visitors from out of town. Many of them I had met at my sister Shari Herzfeld's coronation in January; others I have known from my own first reign. When I was crowned in 2017, Emma Steed was Queen of the Golden Gate chapter; this time her daughter, Rita Steed, is Golden Gate Queen.

Once we had finished the hospitality suite, Victor Lee from the Los Angeles Chapter rehearsed us all in the procession. Victor had choreographed my procession at my 2017 coronation, and I asked him to return to choreograph this one to the tune "One" from "A Chorus Line." Its sequence was a little more complicated than the usual entrance, but Victor is a great teacher and soon the Queens and their escorts had the routine down cold.

While all of this was going on, many helpers were putting

the last minute touches to make the room lovely. And it was lovely. Queen Mum Carla, Kay Boyer, Debi Cadena, Judy Miranda, Cathy O'Harra, Lou Reyes, Ji Kenworthy, and Rose Madrid did an amazing job decorating the tables. Vicki Durham brought her granddaughter Deanna DeMott and Deanna's friend Alana to help with both the decorating and other necessary tasks. Rose Madrid did such a lovely job with the arch that Mary Murphy, the owner of the dance studio, asked if we could leave it up for a few days so that they could get photos of it for the studio website.

The ceremony itself was lovely. Cindy Perry did a wonderful job as announcer and the Queens and their escorts, well rehearsed by Victor Lee, did their part with grace and style. I so enjoyed watching the procession that it kept me from being too nervous when it was my turn to cross the room on the arm of my friend, Bill Twain Giddens. Lou Reyes served as crown bearer and my friend Susan Moffatt served as flower bearer.

Once the procession and waltz were done, I could relax and enjoy the rest of the evening beginning with the Honor Dance, a tango performed by SDSO members Susan Wells and Jim Beaver. Later in the evening, Andre Baltierra and Danae Gill provided the professional entertainment: a cha cha, waltz, and Viennese waltz.

Rose Madrid as DJ and Al kept the evening going. In addition to our traditional waltz and foxtrot mixers, we had two line dances during the evening. Latiffah McGinness taught and led a Cumbia line dance and Victor Lee taught and led a hustle line dance. It was a night to remember, followed by a fabulous brunch on Sunday morning at the 94th Aero Squadron restaurant. In spite of our late night, the time change, and early breakfast, we had a cozy gathering for one last time before our out-of-town guests departed.

Thank you to all who attended for making Coronation 2020 so very special. I'm looking forward to representing San Diego as chapter Queen in the months ahead.

— Queen Elizabeth for 2020





Bakersfield Chapter

A Message from Bakersfield Smooth Dancers Chapter President, Kay Boyer

In recent weeks our dance community has needed to take extreme steps for the health and well-being of our families and friends. We have canceled or postponed all our dance events through the end of April. My heart goes out to those diagnosed with the coronavirus and their families. My gratitude goes to our heroes, doctors, nurses, first responders and truck drivers and many others.

Although we rescheduled Bakersfield dance weekend “The Roaring 2020’s” to the weekend of July 24 -26, we plan to have a “roaring good time”. Marriott has transferred rooms that have been booked with no penalties, and everyone should have been notified.

We have a lot of exciting plans to make this weekend a great success and one you will not forget. We will say goodbye to Queen Charlene Miller and our Queen-Elect Rose Peterson will be crowned Bakersfield’s newest reigning Queen. There will be lots of dancing with a great selection of music, dance competitions, and performances by our pros. Palomar Chapter will delight us with an entertaining performance Friday evening.

Dust off your dance shoes and let’s make up for lost dancing time. I am looking forward to spending time with my dance family at Bakersfield Smooth Dancer’s Convention “The Roaring 2020’s” on July 24-26.

Before social distancing...

If you are far from your dancing friends but near Netflix...



(Left) Beloved Bakersfield teacher Dan Goss and reigning Queen Charlene Miller perform at Curtin Call in Fresno.

(Right) Presidential Power Couple Kay and Mark Boyer (presidents of Bakersfield Smooth Dancers and Dance Steppers) and Queen-Elect Rose Peterson at a fundraiser to support the Bakersfield Mission.

Strictly Ballroom (1992) Scott Hastings is a champion caliber ballroom dancer, but much to the chagrin of the Australian ballroom dance community, Scott believes in dancing “his own steps”. Fran is a beginning dancer and a bit

Edited by Liora Malicdem



of an ugly duckling who has the audacity to ask to be Scott’s partner after his unorthodox style causes his regular partner to dance out of his life. Together, these two misfits try to win the Australian Pan Pacific Championships and show the Ballroom Confederation that they are wrong when they say, “there are no new steps!” Written by Rowena Young

Baby Ballroom (2017-2018, 2 seasons) Step into the cutthroat world of kids’ ballroom dancing, where ambitious instructors, proud parents and pint-sized performers waltz to win. Netflix description

And for those of us with a special love of Lindy Hop –

Alive and Kicking (2016) Take an inside look at swing dancing’s continued prosperity and the lively and joyous personalities that make the art form so unique. Netflix description

Alas, this one isn’t streaming anywhere, but if you can snag a copy of the DVD, the Japanese film *Shall We Dance* is a keeper to watch again and again.

Shall We Dance? (1996) Successful middle-aged accountant Shohei Sugiyama (Koji Yakusho) has a loving wife (Hideko Hara) and a beautiful daughter, but for some reason feels unfulfilled with his life. One night, while riding his commuter train home, Sugiyama spies a beautiful woman, Mai Kishikawa (Tamiyo Kusakari), dancing in a window. Entranced by her beauty, Sugiyama tracks the woman to her dance studio and signs up for ballroom dance lessons in hopes of reinvigorating his mundane existence.

For your entertainment pleasure, check out this Quarantine Music Video on You Tube - [“Dance Song \(for the End of the World\)”](#) by Lizzy & The Triggermen.



Hanging out after the Queens’ Brunch in San Diego: Greg Alexander, Carla Hartunian, Alicia Alexander, Kay Boyer.

Golden Gate Chapter

So here we are, nothing to write of dancing, coronations and all the other fun stuff we usually get to write about. Stuck at home with only videos to watch and dance to.

So far I only managed to clean one closet only to realize I have so many dance clothes and way too many formals and costumes. Cant wait to use all of them again.

Thankfully our president, Amy Ansaldi, kept us busy with the puzzles and other challenges in her last newsletter. If you are bored you can probably read it online.

Carl Chesbrough and Elizabeth Li embarked on a trip to Australia, just when this awful virus reared his ugly head. Here is their report:

New Zealand – Australia Cruise

They started their cruise in Auckland, New Zealand on March 10th, 2020, in the mist of the COVID-19 virus spreading all over the world. New Zealand government had relaxed rules: so long as passengers were not from a few countries like China, Japan, and Italy, and without fever, they were allowed to sail. Elizabeth and Carl arrived Auckland in the early morning, saw the downtown area, then rode on a bus to see a bigger part of the city. Auckland is a large, beautiful, and hilly city.

Elizabeth and Carl enjoyed ports of calls and excursions in New Zealand. The ship stopped at Tauranga, Picton, Akara, and Dunedin. The ship also took them to remarkably beautiful Sounds (Milford, Doubtful, and Dusky Sounds—actually they are fjords) of New Zealand.



Edited by Gabrielle von Stephans



By the time the ship reached Dunedin, the captain informed the passengers of the news from two governments 1) New Zealand government would not allow any cruise ships to stop at its ports and required all people traveling from other countries to self-isolate for 14 days; 2) Australian government would not allow cruise ships to stop at any ports in Australia, but would allow this ship to sail directly to its destination – Sydney then disembark. Carl contacted the travel agent immediately to cancel the land portion of the Australia trip. He then rebooked the flight from Auckland to San Francisco from the 28th to the 21st, along with a flight from Sydney to Auckland. The ship would not stop at Eden, Australia, so the two of them enjoyed daily exercise, travel lectures, and fine dining. The cruise ended when the ship arrived at Sydney harbor in the evening but the adventure was yet to come. When Elizabeth and Carl arrived at Sydney airport to fly back to Auckland then to San Francisco, they were told as of early morning (0:00 hour) on the same day, the New Zealand government did not allow any foreigners to enter its country. Carl scrambled to book flights from Sydney to San Francisco, as hundreds stranded passengers were rebooking their flights all over the world. The airport packed with anxious passengers. Luckily Carl was able to purchase two tickets within one hour of trying. They did not get on the flight that day, due to the exorbitant high price, but they were able to fly the next day. At a hotel within walking distance, they spent the night in self isolation.

Lesson learned: 1. Travel with a lap-top computer or iPad, so that one can book or change flight itinerary quickly, without relying on a travel agent. In the urgent situation like COVID-19, all US passengers are scrambling to fly home, online booking by oneself is the quickest way to secure airline tickets. Elizabeth and Carl heard a couple spent more than 6 hours on the phone to book their tickets flying back to US. 2. Travel light (i.e., with only carry carry-on baggage) to provide the greatest flexibility of changing itinerary. 3. Read fine the print of travel insurance documents. One of the credit cards Carl used to book travel boasts reimbursement up to \$10,000 if the trip was canceled/interrupted. The fine print says it excludes the disinclination to travel due to an epidemic or pandemic. Carl is still waiting to find out about refunds on the cancelled portions of the trip.

Stay safe everyone and save me a dance.

Gabrielle

Fresno Chapter

Edited by Linda Bennett



What strange times! Fresno Smooth Dancers hope you are all well, staying safe and healthy and staying home!

Our members are actively sheltering in; some of us are working from home and only going out when required (Queen Ruth Galvante, David Morgan, David Hailpern, Linda Bennett); some of us are retired so, other than restricted movement, don't find these weeks much different than usual; Lynn Sanders has done some major spring cleaning and is enjoying puzzles and games with her mother, Edythe; and Nancy Cargill has started making blankets again for donation to Valley Children's Hospital. **WE ALL MISS DANCING!!!**



We have learned how to stay in touch with each other via Zoom, and our Board will hold its April meeting using this app! Honestly, how would we handle our isolation without today's technology?!!



We would like to introduce Queen-elect Nancy Cargill.

I was born and raised in Visalia and have lived here all my life, other than two years in Fresno after high school.

I received the DAR Award in 1969 and again in 1973 along with the B of A Business Scholarship. I worked predominantly in criminal courts

as a court reporter for 40 years and retired almost two years ago.

I have four children, Jacob, Rebecca, Roger and Audra. I have 13 grandchildren. Other than my children, there is nothing more precious to me than my grandchildren, my babies.

My love of dancing started with line dancing. As time went on, it was getting harder to find a place to dance so a friend, Ben, suggested I go to a Visalia Smooth Dancers' party. We went, and although it was intimidating, it looked like fun. With Ben's encouragement, I started taking lessons at the Grange with Robert Allgeyer. Eventually I started taking private lessons with Robert and the all-too-often phrase I heard was, "That's not pretty."

Needless to say, the more I dance, the more addicted I get, so I continue to look for that special someone to compete and perform Showcases with and through NSD.

I had the privilege of serving as the Visalia Queen in 2009-2010. When I first went to Coronations, I was afraid to talk to people I didn't know but everyone was so friendly. Everywhere I went it was, "Hi Nancy." They all seemed to know me. By the third Coronation, I started to relax and enjoy time with my new dance family.

I have told people serving as Visalia's Queen has been one of the highlights of my life.

Now I get the honor of serving as Fresno's Queen and am already excited about the new memories I will be making in the upcoming year.

Our Fantasy Ball was so fun! We are very grateful to the Golden Gate and Visalia members who traveled to enjoy the evening with us! Tables were decorated with Leap Year frogs and

lady bugs sitting on fresh greenery; and per Leap Year "reversal" tradition, ladies were given the opportunity to ask gentlemen to dance and we even attempted a reverse Bus Stop, with hilarious results! Mel's Belles entertained with their Proud Mary routine, and Marcelo Molina and two of his students delighted us with an Argentine Tango and a Milonga.



We have cancelled our March and April dances; we are in limbo about May's event and we are still hopeful for our June 6 coronation! Visit our website for current information, www.fresnosmoothdancers.org.

Lynn Sanders' February and March Travel Adventures

Lynn recently combined travels in February to New Orleans to celebrate with other family members her mother's 91st birthday, and a cruise with Shirley McCloskey that sailed out of New Orleans on March 1st. Sightseeing in New Orleans included the WW II museum, a tour of the restored San Francisco plantation, traditional beignets at the Café du Monde, and Mom Edythe's birthday dinner at New Orleans Food and Spirits.

On March 1st Shirley and Lynn boarded the Carnival Glory for their Salsa/Latin Dance Cruise. Their group was made up of 50 or 60 people, with 8 instructors (6 men & 2 women) plus a DJ and 3 women who were the organizer team. On sea days there were dance parties from 4:30 to 6:30, and 6 lesson options each day. The group was a mix of couples and singles, and the age spread was wide with many 30-somethings making up the most lively and noisy participants.

Lynn reports that their excursions were terrific: zip lining followed by an Eco tour in Honduras, touring the Lamanai ruins in Belize and souvenir shopping in Cozumel. They made it back



to New Orleans and were able to spend a couple of days at Lynn's timeshare before heading home, fortunately before shelter-in orders were issued.

Palomar Chapter

Edited by Debbie Atherton and Don Hubbard



President Kelly Kimmitt & his wife Carol Kimmett.

A message from Our President, Kelly Kimmitt:

As with all of our Sister Chapters, Palomar is coping with this virus by maintaining our “ Social Distancing” from each other, from our dance venues, and our lessons, unfortunately. We are changing dates and planning

around the eventual allowance of dancing in the future, but for now, it is lights out, cancelling classes and 2 Socials.

While we could do 17th century dancing and maintain our distances, it would still require gatherings larger than 10, so we are virtually dancing at home, dreaming of dancing, and watching old Fred Astaire movies to pass the time.

We look forward to seeing all of our Dance Family once

again, with a renewed appreciation of the gifts we have all been given to participate in this art form together. New dates and events will be announced once we know more about the length and effects of this contagion. Stay Tuned. Be Safe.

Palomar’s February Social was celebrated without anyone walking The Gang Plank! Yes! The theme was “Pirate Fantasy”. Thanks go out to Penny Elliott, Mario Lira, Alicia Sanchez & Carl Jeffrey for serving up some great Pirate Grub!! The Pirate Booty was a huge hit along with the gold chocolate treasure coins at all tables!

San Diego Coronation of Queen Elizabeth Tarnove aka Queen Elizabeth II. Palomar Chapter enjoys supporting our neighboring chapter! We had another great showing and a wonderful time was had by all. We thoroughly enjoyed the entire event from their smartly choreographed Queens entrance, to the lovely arch & table decorations, perfect buffet, the amazing entertainment, lively music and fun line dancing taught by Latifah McGinness & Victor Lee.

Needless to say, our April Palomar Business Meeting was cancelled! BUT! Have no fear – we are adjusting to the new reality and held a brief “Teleconference Meeting” to include 30+ members! Thank you’s out to Peter Hanson for coordinating the call and Kelly Kimmitt for doing a fine job leading the meeting.

Together we will overcome the challenges ahead. Take care of yourselves and each other.

--Your Editors, Debbie Atherton & Don Hubbard

SPECIAL NOTE: We have submitted our Coronation Flyer – July 11, 2020 – in hope that things may be back to some sort of normal by then! (Thanks go out to Geri Deutsch for another perfect flyer!)



*From our February Social themed “Pirates Fantasy”
(Left) Mario Lira, our own Blackbeard - AARRGGHH!
(Right) “Ahoy Matey! Fred & Geri Deutsch strike a pose with the crew!*



Attendees from Palomar enjoying SDSD Coronation

San Fernando Valley Chapter

I hope you are all feeling well during this time. I had told myself and a few others that I was not going to mention anything about these challenging pandemic health times, but today, I changed my mind after having a dream that I was dancing last night. A week ago, everything was fine, and we were all living our lives, looking forward to the next chapter dance, a coronation, and the Bakersfield Roaring 20's dance weekend. This dream made me want to find meaning, and after many readings, here is my interruption of an idea about dance in a dream. Part of me still feels like this is a dream, and in a couple of weeks, we'll all wake up, and it'll be fine.

DANCING AND DREAMING!

“Dancing in dreams symbolizes life rhythms, energy, passion, sexuality, desire, and deep feeling. Dancing is usually a good sign in dreams. It might indicate your feelings of happiness and joy and overall satisfaction with your life. Dancing also might signify feeling victorious and confident.”

This insight is one of the segments that stood out for me from a book about dreams.

What are your interpretations and meaning?

CELEBRATION OF LIFE IN HONOR OF ANDREA GUTMAN

A Celebration of Life service in memory of our Andrea Gutman on February 8th was attended by 100+ guests celebrated the joy she brought into our lives. The celebration included music, poems, mementos, and stories from her family and friends.

Our February Live ... Love ... Dance as we celebrated Valentine's Day with great attendance. Our March Swing Dance theme was lively and fun with great food, and the Cowboy Cha Cha took favorite dance of the night.



Holly & Frank



Loretta, this food looks delic!



WHISPERS OF PARIS Dance Party & Show

Some might consider it just a “Hallmark Holiday.” Still, Valentine's Day remains an opportunity to show appreciation for and celebrate our friends, family, and loved ones and enjoy what we all love to DANCE.

The Hollywood Academy of Dance – our chapters home dance studio on February

Edited by Rachel Seward



15th enjoyed a passionately performed and choreographed Valentine's Day show that transported you to the romantic streets of Paris.

Through the eyes of a young traveler, we experienced the city and watched love unfold around them. We saw the superb performances of LA's top dance professionals and amateur dancers, had lots of fun, food, and champagne, all while dancing to romantic ballroom tunes by famous dance DJ Tom Mendola and a live band. I know everyone had a great time – I did.



STATE QUEEN, Joan Robinson

“I had the greatest time at the San Diego Coronation. While I had hired a dance host for us, there were so many other opportunities to dance, which made the experience so exceptional. Thank you, San Diego, for hosting such a great event and one that, thankfully, slipped through before we were advised to stay home.



May the “Fourth Be With You” is my new motto -- if not for April, maybe by May? I look forward to being able to resume my State Queenly duties and to see you all again as soon as Luke Skywalker says it's ok!”

Can't Stop The Feelin - Rachel

Los Angeles Chapter

I am literally stumped without a joke line. This current situation will improve if we all stay calm, wash our hands, and stay inside. Just to put thing in prospective: I will start with the scrumptious, mouthwatering formal dinner at Westminster Gardens that Chuck and Susan sent us photos of, Mmm; I cannot wait to experience such sustenance.



Queen report:

We gathered in an enchanted forest on March 7 to celebrate the coronation of the new San Diego Queen Elizabeth Tarnove. The queen, who also just happens to be my sister, looked radiant in her deep green silk dupioni gown. The room was beautifully decorated with flowers and candles; truly an enchanted forest (and safe, as the candles

we flameless). The whole weekend was delightful, from the scrumptious hospitality through the coronation, and ending with a casual and friendly brunch. The Queen's waltz was elegant, and the professional performances were top notch. We even learned a couple of new line dances. This was my first time serving on the Queen's court, and I must say, it's a lot easier than your own coronation. I'm already making new friends and getting to know the NSD members I have encountered at various events and at convention. Being queen is certainly a wonderful opportunity to enter deeper in to the wonderful world of NSD.

Since the San Diego coronation, the queenly progress has been interrupted. Of course, many people are experiencing far greater disruption, illness and loss. But it was disappointing to miss the Golden Gate Coronation and Bakersfield boards. I look forward to resuming our dancing and celebrating together.

Be well, wash your hands, and keep dancing,
Queen Shari Herzfeld

Edited by Sandy Wells



Trips and travel

Alice & Craig Miller went on a 16 day cruise to Antarctica and South America in February when the Corona Virus was not yet big news. The ship was able to enter some area of the Antarctic Peninsular where no other ship had been because of global warming. The view of Antarctica from their balcony room was spectacular. Craig took many pictures of the penguins, birds, whales and the glacier. They kept busy with the onboard activities that the virus was not known to them until they returned home. They were glad that they made it to Antarctica and back without any incidents or delay. Now they can say that they have been to all seven continents of the world.



Chuck and Susan Johnson with Debby Ku and Victor Lee had an interesting trip from San Diego to Hong Kong in January and February. The best thing about that trip was that they were on board Crystal Cruise's Symphony, which is a small beautiful ship. The staff on board was exceptional! Because the itinerary was constantly changing, Crystal Cruises was extremely helpful with airline changes. The food was also outstanding and plentiful. Our travelers were not confined to their cabins and had complete run of the ship. Because they did not get to any ports to change entertainment, the staff had to come up with additional entertainment using what was on board, and they were creative. There were computer classes and i-phone classes every morning with lots of helpful guidance. Also had movies every afternoon, and nobody was ill on board.

Your editor has been gardening and really enjoying Amazon Prime Video



Dancing can reverse the signs of aging in the brain

Date: August 25, 2017

Source: Frontiers

Summary:

Physical exercise has an anti-aging effect on the hippocampus region of the brain -- an area that controls memory, learning and balance. A new study, comparing different forms of exercise -- dancing and endurance training -- undertaken by elderly volunteers for eighteen months, shows that both can have an anti-aging effect on the brain, but only dancing corresponded to a noticeable difference in behavior. This difference is attributed to the extra challenge of learning dancing routines.

FULL STORY

As we grow older we suffer a decline in mental and physical fitness, which can be made worse by conditions like Alzheimer's disease. A new study, published in the open-access journal Frontiers in Human Neuroscience, shows that older people who routinely partake in physical exercise can reverse the signs of aging in the brain, and dancing has the most profound effect.

"Exercise has the beneficial effect of slowing down or even counteracting age-related decline in mental and physical capacity," says Dr Kathrin Rehfeld, lead author of the study, based at the German center for Neurodegenerative Diseases, Magdeburg, Germany. "In this study, we show that two different types of physical exercise (dancing and endurance training) both increase the area of the brain that declines with age. In comparison, it was only dancing that led to noticeable behavioral changes in terms of improved balance."

Elderly volunteers, with an average age of 68, were recruited to the study and assigned either an eighteen-month weekly course of learning dance routines, or endurance and flexibility training. Both groups showed an increase in the hippocampus region of the brain. This is important because this area can be prone to age-related decline and is affected by diseases like Alzheimer's. It also plays a key role in memory and learning, as well as keeping one's balance.

While previous research has shown that physical exercise can combat age-related brain decline, it is not known if one type of exercise can be better than another. To assess this, the exercise routines given to the volunteers differed. The traditional fitness training program conducted mainly repetitive exercises, such as cycling or Nordic walking, but the dance group were challenged with something new each week.

Dr Rehfeld explains, "We tried to provide our seniors in the dance group with constantly changing dance routines of different genres (Jazz, Square, Latin-American and Line Dance). Steps, arm-patterns, formations, speed and rhythms were changed every second week to keep them in a constant learning process. The most challenging aspect for them was to recall the routines under the pressure of time and without any cues from the instructor."

These extra challenges are thought to account for the noticeable difference in balance displayed by those participants

in dancing group. Dr Rehfeld and her colleagues are building on this research to trial new fitness programs that have the potential of maximizing anti-aging effects on the brain.

"Right now, we are evaluating a new system called "Jymmin" (jamming and gymnastic). This is a sensor-based system which generates sounds (melodies, rhythm) based on physical activity. We know that dementia patients react strongly when listening to music. We want to combine the promising aspects of physical activity and active music making in a feasibility study with dementia patients."

Dr Rehfeld concludes with advice that could get us up out of our seats and dancing to our favorite beat.

"I believe that everybody would like to live an independent and healthy life, for as long as possible. Physical activity is one of the lifestyle factors that can contribute to this, counteracting several risk factors and slowing down age-related decline. I think dancing is a powerful tool to set new challenges for body and mind, especially in older age."

This study falls into a broader collection of research investigating the cognitive and neural effects of physical and cognitive activity across the lifespan.

Story Source:

Materials provided by Frontiers. Note: Content may be edited for style and length.

Journal Reference:

1. Kathrin Rehfeld, Patrick Müller, Norman Aye, Marlen Schmicker, Milos Dordevic, Jörn Kaufmann, Anita Hökelmann, Notger G. Müller. Dancing or Fitness Sport? The Effects of Two Training Programs on Hippocampal Plasticity and Balance Abilities in Healthy Seniors. Frontiers in Human Neuroscience, 2017; 11 DOI: 10.3389/fnhum.2017.00305

DANCING MAKES YOU SMARTER

The 21-year study of senior citizens, 75 and older, was led by the Albert Einstein College of Medicine in New York City, funded by the National Institute on Aging, and published in the New England Journal of Medicine.

% = reduced risk of dementia

0% = Bicycling, swimming or playing golf

35% = Reading

47% = Doing crossword puzzles at least four days a week

76% = Dancing frequently

Quoting Dr. Joseph Coyle, a Harvard Medical School psychiatrist who wrote an accompanying commentary: "The cerebral cortex and hippocampus, which are critical to these activities, are remarkably plastic, and they rewire themselves based upon their use."

- Reduces stress and depression.

- Increases energy and serotonin.

- Improves flexibility, strength, balance and endurance.

- Strengthens bones and boosts cardiovascular health.

- Increases mental capacity by exercising our cognitive processes.

- Dynamic and rapid-fire decision making, creates new neural paths.

CELEBRATE LIFE THROUGH DANCE

Reflections on a Coronation, a Coronavirus and a Social Crisis

By Mark Chapman

While Kao and I were enjoying the evening at Liz Tarnove's Coronation, we did not know then that it would be the last dance event we would attend for some time. The Coronation was a special moment, made even more memorable for us because we saw NSD friends whom we had not seen in some time. Liz made a lovely Queen for our chapter, and she had the full, active support of so many people: not only members of her own San Diego chapter, but also many visiting Queens and members from other chapters stepped up to lend a hand to make the evening a fun, elegant event for us all.

So many things have changed within our country and our community since that enchanted ballroom evening. The rhetoric of war has been invoked—to all appearances, quite appropriately—and we have all been asked to lend some level of support to the “war effort” against COVID-19. For this war, we have no loved ones fighting in a foreign land; no rationing of our own consumption so that our troops and allies can receive much-needed food and other supplies, as in WWI; no sheltering in blacked-out homes while bombs explode around us, as our British allies had to endure in WWII.

But we do spend much of our time now “sheltering in place” in order to slow the spread of COVID-19. Furthermore, although there seems to be no underlying shortage of food or other supplies, our vast American supply chain has been strained by the panicked impulse buying of so many people who have decided to hoard irrational stores of supplies. It's ironic and unfortunate that a population of people, who once rationed themselves so that their allies in WWI-ravaged Europe would not starve, have become so focused on imagined needs that it's almost impossible to find a sack of flour or a pack of yeast in the stores. We won't even address the stupidity that has removed toilet paper from the shelves.

But for the majority of our NSD members, sheltering in place and having enough to eat are probably not the primary concern during this onslaught by COVID-19. For most of our members, it's the loss of regular social contact with our friends at dance events that cuts deepest. Please note that as I write this I have heard of no deaths within our extended NSD family due to COVID-19; I would not attempt to address that level of loss in a quick essay. Addressing only our social restrictions, then, how does the temporary loss of our dancing pastime stack up as a sacrifice alongside this nation-wide war effort?

I would suggest that our sacrifice is quite significant both within our own lives and on a national level. From a personal perspective, for many of us the ballroom world provides both the structure and the content that has come to inform much of our activity. Ballroom gives us the ongoing opportunity to interact with our friends; provides us the well-documented exercise—both physical and mental—that keeps us fit and feeling young; offers us the constant challenge of designing socials, Coronations and Conventions around selected themes, just as Queen Liz's “Enchanted Forest” evening was designed.

Sheltering in place and isolating ourselves—in itself—is probably not a problem for most of us, but temporarily giving up such a central part of our lives—that hits very hard.

Is this personal sacrifice that we make—not leaving home, not seeing our friends, not dancing—important on a national level? Certainly our sacrifice is quite important and worthwhile, likely indispensable. There is a front line to this “war,” as we are all aware. It comprises the doctors, the nurses, the crews on naval hospital ships, and all the other health professionals who expose themselves to the violence that is COVID-19. We are assured that we make their jobs safer and more manageable when we isolate ourselves to “slow the spread” and thereby take some of the pressure off those front line personnel.

Accordingly then, we follow the best professional health advice and we slow down the enemy to the extent that we can. Just as, through rationing, past Americans provided more meat, wheat, fats and sugar for our troops and for a Europe of desolated farms during WWI; and just as, by temporarily giving up steel wool, batteries, bobby pins, razor blades, pins, needles, and zippers, past Americans provided steel for the war effort in WWII; so too, for a while we Americans of today are giving up our constitutional rights to freedom of movement and assembly—sometimes, apparently, even freedom from unreasonable search and seizure—in order to provide our front-line medical professionals with more time to fight this scourge. This giving up of some of our most fundamental rights in order to fight COVID-19 aligns our personal sacrifice with the national fight and, equally important, imbues our sacrifice with a constitutional element that we must be certain not to ignore.

Will we get all of our rights back after this crisis is over? Will we be able to assemble freely once again to socialize, to worship, and of course, to dance? I sincerely trust so—otherwise, there will be many, far graver concerns facing us at that point and many more essays to be written with a sharp political edge to them. But for the moment, our government is working in good faith to fight COVID-19, and our efforts to support this fight are well worth the personal and social sacrifices we have accepted. I hope and pray that our NSD family will not need to add the loss of a single loved one to those sacrifices.

Compared to that horrific prospect, it is little enough we do to wait patiently at home, visit friends and family via teleconferencing, and dance alone with our partner until this is over.



BAKERSFIELD SMOOTH DANCERS
INVITES YOU TO

THE ROARING 2020'S

~~FRIDAY, MARCH 27, 2020~~

July 24

RESCHEDULED

~~SATURDAY, MARCH 28, 2020~~

July 25

~~SUNDAY, MARCH 29, 2020~~

July 26

**All Marriott Reservations will be automatically updated.
Please stay tuned for more information.**

*Fresno Smooth Dancers
invites you to our*

Memories

*Coronation Ball for
Queen-elect Nancy Cargill*

Honor Dance by

Amy and Dan Ansaldi

Entertainment By

Amy and Dan Ansaldi

Yvette Haworth and Marcelo

Holy Trinity Armenian Church

2226 Ventura Avenue, Fresno

Saturday, June 6, 2020



Vendor:

Couture New York

*Hospitality 2 to 4
at the Social Hall*

Formal Ball

6:00 pm Champagne Reception

6:30 pm Coronation Ceremony

7:00 pm Dinner

*8:00 pm General Dancing
& Entertainment*

Farewell Breakfast

10:30 pm Last Waltzes

Sunday June 7, 2019

Doubletree International Cafe

9:00 No Host

www.fresnosmoothdancers.org

Hotel Reservations

Doubletree Hotel

2233 Ventura St

559-268-1000

Group Code: "SMO"

Rate: \$139 + tax

Reserve by May 21

Name(s) _____

Phone _____ **#** _____ **NSD Members** \$55 \$ _____

Email _____ **#** _____ **Guests** \$65 \$ _____

RSVP by June 2 - Cks payable to Fresno Smooth Dancers Inc - Total Due \$ _____

Mail to Lorraine Tilton 2727 E Hampton Way, Fresno CA 93726 559-269-9491



In honor of our

Queen-Elect Antonia Quinene

Palomar Smooth Dancers present

An Evening of Romance

Saturday, July 11, 2020

Ocean Hills Country Club

4701 Leisure Village Way
Oceanside, 92056

Guest Parking is located
across the street from the Clubhouse

Patio Hospitality 2:00pm - 4:00pm

Ballroom Reception 6:00pm

Coronation Ceremony 6:30pm

Honor Dance by Peter & Marsha Hanson

Dinner 7:00pm

Dancing until 10:00pm

Hotel Rooms may be confirmed by June 12 at a PSD Group rate of \$209/plus tax

TownePlace Suites by Marriott, 2201 South Melrose Drive, Vista, 92081

(760) 216-6010 Rates valid Friday thru Sunday

Queen's Farewell Breakfast - Sunday, July 12 at 9:00am
El Camino Country Club, 3202 Vista Way, Oceanside, 92056

Kindly RSVP by July 6, 2020. Checks payable to "Palomar Smooth Dancers"
Please send checks to Geri Deutsch, 5016 Nighthawk Way, Oceanside, CA 92056 (760) 525-1712

Name _____ # _____ Coronation \$65. \$ _____

Chapter _____ Phone _____ # _____ Breakfast \$25. \$ _____

Email _____ Total \$ _____

Please indicate any food allergies on the back of this registration. We will do our best to oblige.