



CANUK DANCE CLUB NEWSLETTER



February 2016
ISSUE 109

Club Update

So here comes February! It's the coldest, the grayest and the time we likely get a fever. Hopefully everyone has had their flu shot, so the illness I'm talking about is the one you catch when you're inside too much...the dreaded "cabin" fever. I'm sure you've all experienced it. You may even have had thoughts of getting away from everyone, even those nearest and dearest to you, just because you felt claustrophobic. Maybe that's the origin of Valentine's Day, to appreciate the one you love before the cabin fever takes hold. I am sure you don't want to make a misstep, that will leave you with regret for the rest of the winter, and have you grovelling for forgiveness. My advice, get out and enjoy winter. Find someone to go outdoors with, warm up that car and break the gravitational pull towards binge watching a never-ending TV series. Get out and enjoy social interaction, exercise, and rekindle your romance. You can achieve the latter by coming out to your welcoming CANUK Club dances.

Just look back at the wonderful time everyone in the Club experienced as we rang in the New Year. There were 41 attendees. The decorations were festive and the food was excellent. The dance started at 8:00 p.m. There was a midevening break for light refreshments around 9:45 pm. Then the crowd partied and danced their way into 2016. Joyfulness and friendship flourished as we all sang the Scottish poem "Auld Lang Syne". And that's the momentum we need to carry into February and beyond. Dance, friendship and fun. Finally, I repeat the New Year's verse that we all say with melancholy "we'll take a cup of kindness yet, for auld lang syne" and warmly invite you to enjoy your dances.

The editor.

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Why do ants dance on
jam jars?



Because the jar says
'twist to open'!

Dances in February and March

Friday, February 12 is a social dance, sequence dance instruction will be included, and music by the ever popular Brian McCracken. It's almost Valentines Day, additional love will be in the air. ❤️ Doors open at 7:30. Cost is \$5.00 pp at the door.

Friday, February 26 is another social dance, sequence dance instruction will be included, and music by our Nobel arranger, Barry Robinson. Cost is \$5.00 pp at the door.

Friday, March 11 will be a dance, doors open at 8:00 with light refreshments served at 9:30. Music will be arranged by Peter Renaud who will try to put some spring 🌷 in your step. Cost will be \$15.00 pp. Tickets available from Ruth Pettis or Malcolm Holt.

“Life isn't about waiting for the storm to pass, it's about learning to dance in the rain”.

It's all about the Foxtrot

Peter Renaud

I always imagined a fox trotting through an open field when a Foxtrot or Slofox dance is announced. The dance itself is a combination of two slow steps and two quick steps that when performed well gives the couple an appearance of smoothness, gracefulness, and quickness that locks them together as they romantically glide around the ballroom to a 4/4 rhythm. Harry Fox has been given credit for the creation of this dance in 1914. Harry was a vaudeville actor who was born Arthur Carringford in Pomona, California, in 1882. He adopted the stage name of "Fox" from his grandfather. Harry migrated east to New York city where he was performing vaudeville and dancing acts. The unique style he created blended well with the American music and dance rooms of the time. The dance's popularity found its way to ballroom where now it's a staple for all ballroom dancers. Thanks Harry, every time I hear songs like "New York, New York", "Smoke gets in your eyes" or "Slow boat to China", I feel compelled to vault to the dance floor with my wife, and try to grace the ballroom floor with Mr. Fox's dance moves. The dance has passed the test of time because there are more modern songs like Michael Buble's "Everything," and Jack Johnson's "Better Together," that can be danced to the foxtrot as well.

From the President

Malcolm Holt

We in the CANUK Dance Club dance for friendship which our cover article clearly illustrates in the comments regarding our New Year's Eve dance.

The Christmas Social and Dinner dances were equally enjoyable events. The dinner was very good and was catered by the Shrine Club manager David Quinn.

David and Edna Radford have done a great job in looking after our food and decorating at our dances and we thank them for this.

I am pleased to welcome and introduce to you our newest members:

Mark and Angela McEwen
Scott and Tammy Miller

Please feel free to invite your friends to dance and learn with us.

SOUTHWEST CHICKEN SOUP

- 1 chicken breast
- 1 c. chick peas
- 1 L chicken bouillon
- 28 oz can diced tomatoes
- ½ c. diced onion
- ½ c. diced green pepper
- ¼ c. rice
- ½ tbsp. Cajun spice
- 1 tbsp. butter or oil

Cook onions and peppers in butter or oil. Cook chicken and cut up into cubes. Add remaining ingredients. Boil and simmer 1 hour or cook in a crockpot.

FREE

Men's ballroom dance shoes, Size 9E, grey leather. Hardly worn. Comes with shoe trees. For information call Craig 613-634-0741.



MUSIC MATTERS

Norm & Beatsie will continue with reviewing the Sindy Swing and the Saunter. We'll work them into our music program at each dance.

<https://www.youtube.com/watch?v=F6HM-IVqkHw>

Recent deaths

- | | |
|--------------------|---------------|
| Jean Papi | Nov. 24, 2015 |
| Martin Reeve | Dec. 6, 2015 |
| Ray Lawton | Dec. 12, 2015 |
| Pauline Tousignant | Dec. 22, 2015 |

Through Craig's Lens



Check out the Kingston Ballroom dancer web site at:

<http://www.dancekingston.ca/>

This site is intended to provide information on ballroom dance activities of interest to those in and around the Kingston area.