



CANUK DANCE CLUB NEWSLETTER



September 1, 2016
ISSUE 111

Club Update from the President

The long summer break is all but over and we look forward to welcoming you at the opening Dance.

Many of you did take advantage to fill the gap by attending the summer BBQ & Dance. The annual Social and Dance event was hosted by the "Summer Gang" members and past members of the CANUK Club. This annual event began as a "Thank you" to the hard work of the members of both groups at the Folklore British Pavilion. This dance has continued since 1992. A joint effort was put forth this year between the CANUK Club and 416 Wing, and was very successful. As a result, your Club received a donation of \$210.

At the opening dance on September 23rd we hope to have good attendance, giving momentum to our 2016/17 season. The dance is at the new reduced member's price of \$10 but the mid-evening refreshments will be provided by the Club. However at the other \$10 dances members will be asked to bring something to share for the mid evening refreshment.

Dancing is one of the oldest and most sociable forms of entertainment, so keep on dancing.

Malcolm Holt

2015-16 EXECUTIVE:

President:

Malcolm Holt

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Past President:

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Vice President:

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Secretary:

Ruth Pettis.

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Treasurer:

Brian McCracken.

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The Canuk Club Support Teams

DIRECTORS

Edna Silcox (Catering)
David Radford (Decorating)
Jane Holt (Membership)
Ruth Pettis (Tickets)

INSTRUCTION & MUSIC
Norm and Beatsie McLean

PHONE COMMITTEE

Jo Kramer
Margaret Nash
Marlene McCracken

MUSIC EQUIPMENT & NEWSLETTERS

Peter Renaud

MEMORY CAPTURE

Craig Pettis



MUSIC MATTERS

Norm & Beatsie will continue reviewing the Sindy Swing, the Saunter, the Veleta Waltz and many more of your favourites. We'll work them into our music program at each Dance.

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.

Who Created Dance?

Much like the question of who created the wheel, structured language, music and numbers, we go back to the early beginnings of human existence for the answer. Today, dance is part of our modern culture, and we see each generation adding unique styles.

I imagine that early man could see the value of dance in conveying feelings and skills. By expressing themselves with rhythmic body movements in full view of their clan, they could show emotion that words would not describe, and at the same time display their physical prowess. Thus, dance creativity may have been the differentiator between the skilled and not-so-skilled.

So in our roots, in our genetic make up, we must have this natural tendency to dance. We are always evolving through dance innovation.

As sequence dance promotes our collective dance-move retention, freeform ballroom allows for additional emotive expression. May these dance styles progress and remain in our culture's dance repertoire.

The Editor

It's a Date – Upcoming CANUK Club Events

OPENING DANCE



**Friday September 23 2016
Kingston District Shrine Club
Dancing 8:00 pm – 11:00 pm
Bar available**

Light refreshments mid-evening

Cost is \$10.00 per person in advance

Tickets from Malcolm 389-7204 or Ruth 634-0741

Tickets by Wednesday September 21st please

THE CANUK CLUB - SAVE THESE PLANNED DANCE DATES

DATES	THEME	LOCATION
<u>2016</u>		
Sep. 23 (Friday)	Opening Event	Shrine Club
Oct. 7 (Friday)	Social Dance	Shrine Club
Oct. 22 (Saturday)	Social Dance	RCAF Club
Nov. 4 (Friday)	Dance	Shrine Club
Nov. 19 (Saturday)	Christmas Social	Shrine Club
Dec. 3 (Saturday)	Christmas Party Dinner	Shrine Club
Dec. 31 (Saturday)	New Year's Eve Gala	Shrine Club
<u>2017</u>		
Jan. 15 (Sunday)	Tea Dance	Shrine Club
Feb. 3 (Friday)	Social Dance	Shrine Club
Feb. 18 (Saturday)	Valentine's Dance	Shrine Club
Mar. 3 (Friday)	Social Dance	Shrine Club
Mar. 18 (Saturday)	St. Patrick's Dance	Shrine Club
Mar. 31 (Friday)	Social Dance	Shrine Club
Apr. 7 (Friday)	Anniversary Dance	Shrine Club
Apr. 21 (Friday)	Dance	Shrine Club
May 5 (Friday)	A.G.M	Shrine Club
May 12 (Friday)	May Party Dinner	Shrine Club

Dinner Dance: 6 to 11 PM. Dinner served at 6:30 PM. Dancing after dinner.

Dance: 8 to 11 PM. Light refreshment at 9 PM.

Social Dance: 7:30 to 10 PM. Instruction period at 8 PM for 30 Minutes.

Tea Dance: 2 to 4 PM. Tea/Coffee & Biscuits served at 3:13 PM.

New Year's Gala: 8 PM to 1 PM. Refreshments served at 10 PM.

Note: Look for official dates and times.

Ladies: How to choose the right heel for your new dance shoes

On-line article from ilovedanceshoes.com:

For women, heel style and height should depend on both the style of dance you do and your level of dance. On average, most women find 2.5" to be the most comfortable heel height for their dance shoes. Beginners should generally wear a more supportive, stable, and wider shoe while professionals wear very slim heels during competitions. Most beginners find a heel that is from 1.5" to 2" high to be easier to move around in while they learn. Flared and Spanish heels generally give more stability for beginners as well. For practice shoes, dancers should wear shoes that provide support while allowing them to dance for several hours and move easily across the floor. Dancers often prefer a lower, wider heel for practicing.

Slim/Pencil Heel

Slim or pencil heels are the style of choice for ballroom and Latin dancers since they offer excellent support and balance as the heel is centered perfectly while allowing for elegant toe points. They are available from 2.5" to 3" heights

Flared Heel

The flared heel is perfect for Latin and Standard styles of dance since they offer a great deal of support. The flared heel is available from 2" to 4" for the more experienced dancer.

Cuban/Spanish Heel

Finally, the Cuban or Spanish heel is perfect for practice shoes, beginner dancers or children. These heels are great for dancers who find it difficult to dance on slimmer heels since they offer most support of all of our heels.



Membership Registration Form for 2016-17 Season

Last name: _____ His _____ Hers _____

Address _____ Postal Code _____

E-mail _____ Phone: _____

If you would like your wedding anniversary recognized, please list month _____

Fee: \$30 per couple / \$15 single. Payable by cheque please. Due by Oct 31, 2016

Return at dance or my mailing to: Canuk Club, C/O Jane Holt, 474 Roosevelt Dr., Kingston ON K7M 4B1