



CANUK DANCE CLUB NEWSLETTER



November 19, 2018
ISSUE 118

From the President:

What a start we've had to our 2018-2019 dance season! We began with our Opening Dance in September, where we welcomed everyone back, and also celebrated Norm and Beatsie McLean's 60th Wedding Anniversary. Indeed, our music presenters have been busy through the fall, giving us wonderful dance music starting with Norm and Beatsie McLean at our Opening Dance, Doug and Helen Vanderwater at our September Social, a Rock n Roll evening by Ruth and Craig Pettis, a Night of the Phantom with Peter Renaud and Verna Mann-Renaud, and a Remembrance Dance by Doug and Helen Vanderwater. Wow!

Getting us into the Christmas spirit, we look forward to a Christmas Social presented by Malcolm Holt, followed by our annual Christmas dinner and dance presented by Ruth and Craig Pettis. We will then wrap up the year of 2018 with our New Year's Eve Gala where we will celebrate and toast the New Year!

In closing, I would like all CANUK members to give yourself a well deserved pat on the back. A recent Reader's Digest issue had the following article... "If awards were given for different types of fitness pursuits, dance would earn first place every year. This is because dancing combines several brain health prescriptions into one. If you dance with a partner, you are exercising social smarts. If you are learning new steps, you are boosting your intellectual fitness. Dance, by nature, is fun, which helps to reduce stress. Ballroom dancers have performed higher on cognition tests than non-dancers." So I say again... give yourself a pat on the back!

See you on the dance floor!

Brian McCracken



It's a Date – Upcoming CANUK Club Events

CHRISTMAS SOCIAL

Friday November 23, 2018

Shrine Club

7:30 pm – 10:00 pm

Cash bar available

Music by Malcolm Holt

Instruction by Ruth and

Craig Pettis on the:

“Waltz Across Texas”

Christmas cake, tea, and
coffee (decaf) provided

Cost is \$5.00 per person at
the door

Tickets for The Christmas
Party and the New Year's
Eve Gala will be for sale at
the Social.

CHRISTMAS PARTY

Saturday December 8, 2018

Shrine Club

Theme: “A Country Christmas”

Traditional Christmas Turkey Dinner

6:00 pm – 10:30 pm

Doors open at 6:00 pm

Dinner at 6:30 pm

Dancing until 10:30 pm

Catering by Ramekins

Cash bar available

Music by Craig and Ruth Pettis

Black tie optional

Cost is \$35.00 per person members.

\$40.00 pp non-members

Reserved seating.

Please indicate seating preference
to the Ticket Seller.

Tickets will be for sale at the
Christmas Social 11/23

Tickets from Ruth 634-0741 or Brian
389-0295 or Malcolm 389-7204

Tickets by Wednesday December 5
2018 please.



2019

Happy New Year!

New Year's Eve Gala Ball

Monday December 31 2018

Kingston District Shrine Club

8:00 pm – 1:00 am

Includes Mid-Evening Cold Buffet

Sparkling wine to ring in the New Year

Cash bar available

Music by Peter Renaud and Malcolm Holt

Black tie optional

Cost is \$30.00 per person members. \$35.00 pp non-members

Reserved seating

Please indicate seating preference to the Ticket Seller

Tickets will be for sale at the Christmas Social 11/23

and at the Christmas Party 12/8

Tickets from Ruth 634-0741 or Brian 389-0295

or Malcolm 389-7204

Tickets by Saturday December 29 2018 please.

**Truly Healthy
USA Today Article**

Dancing is fun and energizing, but does it really bring health benefits for older adults? Absolutely, says Dr. Natacha Falcon, a physical medicine and rehabilitation physician with Rothman Institute Orthopedics in Pennsylvania and New Jersey. Falcon, herself an aficionado, reels off dance's positive effects.

Nonoperative spine care is a focus of Falcon's practice, and she sees many patients with compression spine fractures. "One of the recommendations to decrease osteoporosis and strengthen your bones is weight-bearing exercise," she says. "So ballroom dancing definitely comes into play there."

The cardiovascular workout varies. "The waltz is a lot slower, perhaps, than something like the cha-cha," Falcon says. "But at the end of the day, you are increasing your heart rate. You're using your arms and your legs often, and using them together in sequence."

The emphasis on posture and form is another plus. "A lot of the positions that the dancers have to attain or maintain definitely strengthen their core," Falcon says.

A 2014 study in the Archives of Gerontology and Geriatrics randomly assigned frail, elderly nursing home residents to either a ballroom dancing program or a control group. Residents in the dance program improved their balance and had fewer falls.

Certain demands of dancing help maintain mental sharpness, Falcon says: "Think about having to learn the steps to a routine and do them again and duplicate them." She points to a 2003 study from the New England Journal of Medicine on leisure activities and dementia incidence in the elderly. "Dancing was the only physical activity associated with a lower risk of dementia," researchers wrote.

**The Ballroom Experience
Chapter 1
Why me?**

I was quite content to participate in a sport, play video games, catch up on house chores, or just hang out and watch movies. Then my comfort zone was turned upside down. I was asked a simple question...one that should have not caused the panic it did. I thought I was a capable male... I could deal with trash, lawn care, dog poop, and minor household and car repairs. The request was: "I would like us to learn ballroom dancing." I thought to myself, not me, why me? I did my best to plead my case. I was quite adept at flinging my arms and legs in a rhythmic manner to rock music, not to mention my ability to manage the slow dance with my spouse, rocking back and forth while turning in a gentle circle. Yes, I believed that I was proficient on the dance floor. Why learn a new, untried genre of dance? So I tried a simple reply, "no thank you." To which she replied: "Oh dear. Have you ever tried it?" At that point I realized this was not going to be a simple "brush-off."

- To be continued next newsletter.

In Memoriam:
CANUK Club member, Jack Hill,
November 5, 2018
Jack and Joyce were long time
members of the CANUK Club.

*Long after the music and dancing are
over, the memories remain*

Captured in Motion

Photos by Craig Pettis



50's & 60's Dance



CANUK Club Executive



Opening Dance



Norm & Beatsie
60th Anniversary

2018-2019 CANUK CLUB EXECUTIVE

THE OFFICERS:

PRESIDENT: Brian McCracken 389-0295
PAST PRESIDENT: Malcolm Holt 389-7214
VICE PRESIDENT: Norm McLean 389-5178
SECRETARY: Ruth Pettis 634-0741
TREASURER: Craig Pettis 634-0741

THE DIRECTORS:

Catering: Diane Pross
Verna Mann-Renaud
Decorating: Judie Bryant
Bev Anderson
Membership: Jane Holt
Music: Norm McLean
Tickets: Ruth Pettis



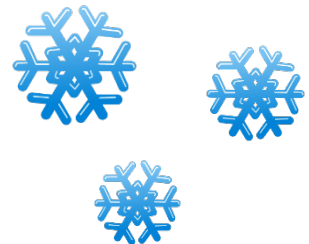
THE SUBCOMMITTEES:

Archives: Craig Pettis
Dance Instruction: Norm McLean
Equipment: Peter Renaud
Newsletter: Peter Renaud
Phoning: Marlene McCracken



**MUSIC
MATTERS**

Sequence dancing in general is much older than modern ballroom dances. With the exception of the waltz, invented around 1800, all dances in ballrooms were sequence dances until the early 20th century. After modern ballroom dancing developed, in England, sequence dancing continued. It included so-called 'Old Time' dances and also adapted versions of the new ballroom dances, and then versions of Latin dances. Sequence dancing is a competitive sport as well as a social pastime.



ON the WEB

Canuk Club web site:

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

Kingston Ballroom Dancer web site:

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

CANUK CLUB NEWSLETTER - NOVEMBER 2018

| Date | Canuk Club Schedule of Events | Location |
|--------------|--------------------------------|--------------------|
| 2018 | | |
| Fri. Nov 23 | Christmas Social - Finger Food | Shrine Club |
| Sat. Dec. 8 | Christmas Party - Dinner | Shrine Club |
| Mon. Dec. 31 | New Year's Eve Gala | Shrine Club |
| 2019 | | |
| Sun. Jan. 20 | Tea Dance - Light Refreshment | Shrine Club |
| Fri. Feb. 1 | Social Dance - Finger Food | Shrine Club |
| Sat. Feb. 16 | Dance - Plate | Shrine Club |
| Fri. Mar. 1 | Social Dance - Finger Food | Shrine Club |
| Sat. Mar. 23 | Dance - Plate | Shrine Club |
| Sat. April 6 | Social Dance - Finger Food | Shrine Club |
| Sat. Apr. 27 | Anniversary Dance - Dinner | Shrine Club |
| Fri. May 3 | A.G.M. - Wine & Cheese | Shrine Club Lounge |
| Sat.. May 11 | May Party - Supper | Shrine Club |

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

Dance:
7:30 to 10:30 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 5 PM. Tea/Coffee & Biscuits served at 3:15 PM

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

Note:
Look for official dates and times in an e-mail or at www.canukdanceclub.ca as the date approaches.



Membership Registration Form for 2018-19 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, 2018

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