

Swing Times

Redwood Empire Swing Dance Club

www.resdc.org

DECEMBER 2007

President's Message

I talked to a friend of mine last night who explained that he had trouble with depression and anxiety. He told me if I ever have trouble with those things I should dance and that that's what he does.

I told him I like that idea and in fact I dance all the time. I told him I was President of a Swing Dance club. He said that's great! I'm not sure if it blew his mind or not. I'll bet it surprised him a little. I will have to invite him to our dance.

He said he was going to write a book on guidelines for living and dancing.

Man, I feel like I'm writing a book.

Since I have been dancing I have become more social; I'm getting out of the house and meeting people. I have found my health improving and my knee is stronger. I enjoy music and being creative with this dance. I have explored Yoga and stretching. I have been inspired to trim-up and lose weight (50 lbs.). I got a shorter haircut to keep my bushy hair tame. I have become more interested in the true dynamics of dance.

I have enjoyed helping other people become interested and learn this dance. I have fun. I am finding joy. It's like an elixir for what ails you. It heals. Seems like the ideal gift to give to someone.

So...share the love.

—Michael DiFranco, RESDC President

RESDC Members Excel at Mountain Magic

Congratulations to all the RESDC members who not only attended Michelle Kincaid's Mountain Magic 2007 convention in South Lake Tahoe November 2nd through the 4th, who not only participated in the diverse competition schedule, but who *took honors!*

The following is not the complete list of contest results (see <http://www.michelledance.com>), but highlights RESDC members who placed. Where a couple placed and it is not the case that both are members, the member's name is indicated in bold-face.



Jack & Jill Novice WCS

2nd: Steve Traynor & **Christine Love**

3rd: **Dave Cooper** & Kelly Wentling

5th: Hung Viet Nguyen & **Tara Hayden**

Jack & Jill Advanced WCS

1st: **Warren Pino** & **Joanna Meinl**

2nd: Kurt Senser & **Yenni Setiawan**

4th: **Tom Arrington** & Angeline Lucia

Jack & Jill Champions WCS

1st: Michael Eads & **Yvonne Benavidez-Wayne**

5th: Manny Viarrial & **Yvonne Benavidez-Wayne**

Jack & Jill Novice NC2S

5th: **Dave Cooper** & Cheryl Groh

Jack & Jill Open NC2S

3rd: Jim Dolan & **Kyoko Morrison**

Open Cabaret

1st: Richard Kear & **Joanna Meinl**

Strictly Swing - A

1st: **Jason Wayne** & **Yvonne Benavidez-Wayne**

3rd: Arjay Centeno & **Rachel Baumgardner**

Pro-Am Novice WCS - Male

1st: Gene Kashack & **Yvonne Benavidez-Wayne**

4th: **Dave Cooper** & **Yvonne Benavidez-Wayne**

5th: **Ken Chase** & **Yvonne Benavidez-Wayne**

Pro-Am Novice WCS - Female

3rd: **Joy Haddorf** & **Jason Wayne**

Pro-Am Intermediate/Advanced WCS - Female

2nd: **Yenni Setiawan** & Miguel De Sousa

Pro-Am Novice NC2S - Male

2nd: Gene Kashack & **Yvonne Benavidez-Wayne**

5th: **Dave Cooper** & **Yvonne Benavidez-Wayne**

Pro-Am Intermediate/Advanced NC2S - Female

1st: **Kyoko Morrison** & Manny Viarrial

December Birthdays

Linda Bello-Ruiz

Roy Jones

Terri Bernard

Emily McAuliffe

Danny Christian

Sean McKeever

Vera Harvey

Bruce Wishard

Karin Iwata

Sharon Wright

expect

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Shirley "Sam" Mallin CRS LTG RRS
707-524-3518

Experience

RE/MAX Central, Santa Rosa
320 College Ave, Santa Rosa CA95401

RESDC Member West Coast Swing Dance Instructors

California Ballroom

(Formerly Emily's Dance Center)
(707) 576-1318
dancetr@pacbell.net www.emilysdance.com

Stars Ballroom/Yvonne Benavidez

(415) 897-7976
www.yvonnebdance.com www.starsballroom.com

Kelly Casanova

(707) 838-0388
Kelly@kellydance.com www.kellydance.com

Susan Conway

(707) 291-5777 (private lessons) SRJC Instructor

Tony & Marina Gutsch

(707) 484-4970 or (707) 484-6966
Gutschi@att.net

Edna Lucero & Dick Jensen

(707) 523-4336
ednalucero@sbcglobal.net

Kyoko Morrison

www.resdc.org/flamingohotel.html

Elizabeth Mustaro

(707) 548-4603
www.baywestballroom.com

Dyana Foldvary

private & couple lessons
(707) 887-9480
www.resdc.org/InstDyana2.htm



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www.TerriannMcGowan.com
Each Office is Independently Owned & Operated



Membership Benefits



- Discounts on most RESDC dances (\$3 off adult rate)
- Discounts on affiliated club dances (Next Gen, Sacramento, Santa Cruz)
- Receive "Swing Times" monthly newsletter
- Borrow dance tapes from our video library
(Contact Shelly at: (707) 579-4364. Check out the list of available videos on the web page!)
- Join other club members for Club Night Out (CNO)
- Become an Exhibition Dance Team member
- Obtain tickets to dance conventions at RESDC tables, with preferred seating—Receive early notice of workshops taught by local and national dance talent
- Can apply to serve on the RESDC Board of Directors
- Receive e-mail updates about dances
- New members receive one free dance pass

Marina's Hair Studio

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- ~ Decorative Hair Stoning
- ~ Hair Styling & Make-Up Lessons
- ~ Facial Waxing
- ~ Make-Up
- ~ Eyelash Tinting
- ~ Dance Performances ~ Weddings ~ Proms ~ Any Special Occasion
- ~ Morning, Evening, & Weekend Appointments Available as well as regular hours
- ~ Dance Convention Appointments
- ~ Free Consultation!
- ~ Wedding Package & Gift Certificates Available
- ~ Feel free to call, I am happy to answer any questions you may have!
- ~ Located in North West Santa Rosa

Marina Gutsch

707~484~4790

Email: Gutschi@att.net
Web Site Coming Soon...

RESDC Calendar—December, 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* Means lesson before or during dance</p>	<p>☞ Means RESDC Club Night Out</p>	<p>For instructor contact information please see page 2 of this newsletter</p>				<p>1 TNGSDC Dance/ Emeryville 6:30-late*☞</p>
<p>2 Country & WCS @ Monroe Hall/Santa Rosa 5:00-9:30* every Sunday</p>	<p>3 Steppin Out/Sunnyvale 7:00-11:45*</p>	<p>4 Flamingo WCS/ Santa Rosa 7:00-11:00* ----- Monroe Hall/Santa Rosa 7:15-9:30*</p>	<p>5 Top of Beardsley's /San Mateo 7:00-11:30*</p>	<p>6 Allegro Ballroom/Emeryville 7:00-10:00* ----- The Ballroom/Sacramento 7:30-10:00 (every Thurs.)</p>	<p>7 Two Left Feet/ Danville 8:00-12:00*</p>	<p>8 Metronome/SF monthly WCS 8:00-12:00* ----- Two Left Feet Holiday Party/Danville 7:00-?*</p> <hr/> <p>BLSDC Potluck WCS Dance/Reno 7:00-11:00* ----- Santa Cruz SDC 8:00-12:00*</p>
<p>9 Kelly Casanova's Dance/ Santa Rosa 5:00-10:00* ----- Michelle Kinkaid's Holiday Dance/ Redwood City 6:00-10:00*</p>	<p>10 Steppin Out/Sunnyvale 7:00-11:45*</p>	<p>11 Flamingo WCS/Santa Rosa 7:00-11:00* ----- WCS @ Monroe Hall/Santa Rosa 7:15-9:30*</p>	<p>12 Top of Beardsley's /San Mateo 7:00-11:30*</p>	<p>13 Allegro Ballroom/Emeryville 7:00-10:00*</p>	<p>14 Two Left Feet/ Danville 8:00-12:00* ----- WCS @ Bay West Ballroom w/ Kelly C./San Rafael 8:00-11:00*</p>	<p>15 Capital Swing Dancers/Fair Oaks/Holiday Party 5:30-10:30*</p>
<p>16 Bayside Swing/Oakland 5:30-10:00*</p>	<p>17 Steppin Out/Sunnyvale 7:00-11:45*</p>	<p>18 Flamingo WCS/Santa Rosa 7:00-11:00*☞ ----- WCS @ Monroe Hall/Santa Rosa 7:15-9:30*</p>	<p>19 Top of Beardsley's /San Mateo 7:00-11:30*</p>	<p>20 Allegro Ballroom/Emeryville 7:00-10:00*</p>	<p>21 Two Left Feet/ Danville 8:00-12:00*</p>	<p>22 NO RESDC Dance ----- Steppin Out/Sunnyvale/Holiday Party 8:00-?*</p>
				<p>Hawaii Dance Sensation, Oahu, Hawaii, through</p>		
<p>23 Bayside Swing/Oakland 5:30-10:00*</p>	<p>24 Steppin Out/Sunnyvale 7:00-11:45*</p>	<p>25</p>	<p>26 Top of Beardsley's /San Mateo 7:00-11:30*</p>	<p>27 Allegro Ballroom/Emeryville 7:00-10:00*</p>	<p>28 Two Left Feet/ Danville 8:00-12:00* ----- Monroe Hall/Santa Rosa- 7:15-11:00*</p>	<p>29</p>
<p>12/23/07</p>					<p>New Year's Dance Camp, Palm</p>	
<p>30 Bayside Swing/Oakland 5:30-10:00*</p>	<p>31 Happy New Year!</p>	<p>New Year's Eve WCS Parties: Two Left Feet/ Danville 8:00 PM - 2:00 AM*</p>	<p>Allegro Ballroom/ Emeryville 7:30 PM - 1:00 AM ----- Steppin Out/ Sunnyvale Time TBD</p>	<p>Emily McCauliffe/ Monroe Hall/ Santa Rosa Info & Res.: (707) 529-2824</p>		
<p>Springs, CA, through 1/1/08</p>						



Redwood Empire Swing Dance Club
 Post Office Box 83
 Santa Rosa, California 95402

December Club Nights Out

Saturday, December 1

The Next Generation Swing Dance Club
 at Allegro Ballroom, Emeryville
 Dancing 6 PM-Midnight, Lesson 7-8 PM

Tuesday, December 18

Flamingo Hotel, 4th at Farmers, Santa Rosa
 Beginning Lesson 7 PM with Kyoko Morrison
 Intermediate Lesson 7:45 PM with Dick & Edna
 Dancing 9-11 PM

RESDC Officers and Directors-At-Large

- President** Michael DiFranco..... (707) 481-6114
 michaeld@iscweb.com
- Vice President** Dave Cooper..... (707) 526-0992
 davidc@zfa.com
- Secretary** **Open**
- Treasurer** Denise Suzuki..... (707) 837-8335
 2runningbare@comcast.net
- Membership** Denise Suzuki
- Sergeant-at-Arms**... Mindy Winerit
 most_beautifulday-dancing@yahoo.com
- Other Directors and Positions*
- Activities** Danny Christian (707) 766-7360
 Danny.Christian@sbcglobal.net
- Dance** Rodger Magill (707) 876-3308
 reggie@sonic.net
- Entertainment**..... Shelley Pacheco (707) 579-4364
 shelleyrocket@sbcglobal.net
- Hospitality** Susan Conway (707) 291-5777
- Public Relations** Elyse Lord (707) 795-5135
 elyse.lord@sonoma.edu
- ST Editor** James Gafford..... (415) 472-1776
 RESDC_Editor@jamesgafford.com
- Webmaster** Ric Barnett..... rbarnett@napanet.net
- Photographer** James Gafford
- Founders Committee:**
 Vera Harvey, Kelly Casanova, Deborah Rogers,
 Fred Lobenstein, Robert Casanova

Conventions & Events

For a listing of conventions, and general WCS information go to: www.wcs-dancer.com.

For a full list of World Swing Dance Council (WSDC) registry dance events & location information go to: www.swingdance-council.com.

Other Web Links

Sonoma County dancing connections and information available through Yahoo groups at: groups.yahoo.com/group/northbaydancers/



The Redwood Empire Swing Dance Club (www.resdc.org) is a social non-profit incorporated club dedicated to the promotion and preservation of Swing Dancing, and in particular the California State Dance, West Coast Swing. For this purpose, we hold monthly dances, special dances, parties and sponsor workshops throughout the year. Membership dues are \$30 per year. Club members receive the RESDC "Swing Times" and receive discounts at RESDC events and events sponsored by other swing dance clubs.

If you are not already a member, join today! Contact Denise Suzuki at (707) 837-8335.