

SWING TIMES

A Publication of the San Diego Swing Dance Club



A message from the President



Hello, Swing Dance Family!

As February approaches, we're getting ready to swing into one of our most festive months of the year! I'm thrilled to announce our Valentine's Day/Super Bowl Potluck Party on Sunday, February 9th. This special event will combine two of

our favorite things: the joy of dancing and the excitement of football.

Here's what you can look forward to:

- **Dancing:** Bring your dancing shoes and warm up the floor with us as we play your favorite West Coast Swing tunes.
- **Super Bowl Fun:** We'll have the big game playing, so you won't have to miss a single touchdown or commercial.
- **Potluck Feast:** Let's make this event extra special with a delicious potluck. Bring your favorite dish to share—whether it's a game-day snack, a sweet treat for Valentine's Day, or your own signature dish.

This event is all about community, connection, and

celebration. It's the perfect opportunity to introduce friends or family to the San Diego Swing Dance Club, so feel free to bring along your favorite dance partner—or recruit someone new to join in the fun!

Volunteer Opportunities

To make this event a success, we're looking for volunteers to help with setup and cleanup. This is a wonderful way to contribute to the club and ensure everyone has a great time.

- **Setup Crew:** Arrive at 1 PM to help decorate, arrange tables, and get everything ready.
- **Cleanup Crew:** Stay a little after the event to help tidy up, pack away decorations, and leave the venue spotless.

If you're able to lend a hand, please let us know by signing up at our next dance, we truly appreciate your support!

As always, I'm grateful to each of you for making this club a vibrant, welcoming community

See you on the dance floor (and by the snack table),

Vinh Mines

President, San Diego Swing Dance Club

Dance Headquarters Has New Owners

We are pleased to introduce Dance Headquarters new owners David Fan and Megan Bliss. This young married couple is very involved in the ballroom scene. They are great instructors and ballroom competitors and have been doing instruction and running events including dinner dances at HQ for quite a while. Shawn's selection of them as the new owners insures continuity for all the dance events that go on at Dance HQ like our own. The San Diego Swing Dance Club will continue having its dances at Dance Headquarters and the change of ownership will not cause us to have to change our prices. We wish Shawn Torgerson the best in his new adventures. Please say "Hi" to David & Megan when you see them. Shawn will still be here as an instructor and advisor. He's always happy to chat too!



Upcoming Lessons at the San Diego Swing Dance Club

Join us every Sunday afternoon. Lesson(s) promptly at 1:30, Dance at 2:30

Feb 2	Large Ballroom	Margie Adams — East Coast Swing	Small Ballroom: Intro to WCS
Feb 9	Large Ballroom	Mark Pablo — WCS	Small Ballroom: Intro to WCS
Feb 16	Large Ballroom	Mark Pablo — WCS	Small Ballroom: Intro to WCS
Feb 23	Large Ballroom	Demetre (aka Meech) Souliotis — Advanced WCS	Small Ballroom: No class

From Our Dance Director Geoff Burns

Margie Adams — East Coast Swing Workshop — February 2



Margie Adams is a dance professional that loves to teach. Her dance training started early with years of study in ballet, tap, & contemporary dance. That was followed with her interest in partner dance styles, including all types of swing dance, cha cha, night club two step, waltz, & more.

Her experience includes 20+ years as an instructor, performing for corporate and country club events and training social swing dancers to become performers for hire on her Swing FX dance team.

She also taught American swing dance styles as an annual, international guest instructor at multiple dance festivals in Europe for ten years.

Margie enjoys mixing it up on the social dance floor, can lead as well as follow and is known for her creativity, musicality and style. Her students return to her classes repeatedly due to her method of teaching. She is knowledgeable and cares about making a real difference in the progress of her students. Margie offers various classes, private lessons and wedding dance preparation.

And, just for the ladies...ask Margie about her unique "it's How You Move" Dance Training workshops. It's group private instruction with personal instructor feedback that can make a real difference in the way you move on the dance floor.

Contact Margie for more info at margie.2togroove@gmail.com



Margaret Says!

Long time member Margaret Fazio is always giving me opinions about little things. I thought I'd share some of the things that she shares with me in this new column. —Meredith Anderson—

This month: Margaret says: "The leads should not leave their partners on the dance floor. At least have the decency to walk them off the floor, if not back to their seats!"

We Welcome Our New Members:

Renee Steele
Janet Luethold
Sophie Chung
Richael Valles
Cathie Beliveau



PO Box 1954
Bonita, CA
91908-1954

Demetre Souliotis Advanced WCS Workshop February 23



Demetre Souliotes' love of dance first manifested itself at a young age in the form of Hip-Hop and Break Dancing. By age 13, he was competing, battling and winning in three different styles of Hip Hop. Demetre found West

Coast Swing, a dance that introduced him to the unique joys of partner dancing while still allowing the same freedoms of individual creativity, self-expression and musicality that he enjoys with Hip Hop. Dance, West Coast Swing in particular, quickly became an all-encompassing passion,

Within 2 years on the competition circuit, he was asked to partner with one of the top champion dancers of the day, Beata Howe. Demetre and Beata traveled the USA full time on the WCS professional circuit competing, performing, teaching and then capping the year with a 6th place finish at the US Open Swing Dance Championships.

Following that explosive start as a WCS Dance Professional, Demetre traveled the world competing, performing, teaching, judging and choreographing. He spent 4 years teaching all over Asia and started the WCS community in China.

When he isn't busy traveling, Demetre teaches and hosts classes and dances all over Southern California. In 2014, Demetre and his new partner, Kristen Humphrey, placed top 12 in the Classic Division at the US Open Swing Dance Championships. When asked, Demetre describes his style of WCS as focused on a base of micro connection, clear lead and silent conversation to create the framework in which free body movement and expression can take place – along with a touch of Hip Hop for good measure.

Through the last decade, his style has evolved from the inspiration of his Hip Hop roots, his friends in Lindy Hop, his amazing peers in the WCS community and the natural evolution of this amazing street dance called West Coast Swing

Please Watch Your Email for Our Membership Survey — and Respond!

Please help us keep our membership records accurate. We've emailed a survey link to each member. Your response to the survey will help us get rid of those annoying typographical errors in our data — including misspelled names, reversed birthday month/year etc. We'll also ask your permission to be able to send you an occasional text message. We aren't set up to send them yet, but we're required to ask your permission. If there were a schedule change on short notice, we think this would get to people more reliably than sending an email.

Thanks for your participation! —Jody & Cristian

Getting to Know Each Other Better Interviews with Meredith Anderson



This month my interview is with Renee Carrington. She is relatively new to the club but shows up every week to enjoy the friendships and dancing that the San Diego Swing Dance Club has to offer everyone who comes. Renee also volunteered to help set up for our winter dinner party which we want to thank her for.

Please tell us about your history and how you got to San Diego.

I have lived most of my life in the Sacramento area. I attended Rio Americano High School, then moved to Monterey for Jr. College. I returned to Sacramento to get my BA, Teaching Credential, and a Masters in the Strategies of teaching with an emphasis in music and art.



I have two grown children, Jenn and Seth. Both are the loves of my life.

I taught third grade for 30 years in Sacramento. I believe, the children were the ones teaching me. Each child had their own gifts with a variety of ways to problem-solve. I was fascinated to see their enthusiasm

grow if I asked them to “help” their classmate solve a problem. A “light” would go on, giving them the confidence they needed. It was wonderful to watch their enthusiasm grow in learning, as they taught each another.

While I loved teaching, photography is my passion. I have been fortunate to travel extensively around the world taking photos of the simple, elegant beauty that surrounds us. Slowing down and taking the time to appreciate it, has made all the difference in my life. I have two grown children, Jenn and Seth. Both are the loves of my life. When I retired, I moved to San Diego to live beside my daughter and the ocean.



I started dancing at Balboa Park a year ago. A friend encouraged me to come to SDSDC for lessons. At first, I came for the music, but found the people to be so welcoming, friendly, and fun. Dancing is now just an “extra” benefit.

Each instructor makes the dance look easy, which we all know, it isn't. Their love to dance, teach, and help those

of us who have no rhythm, balance, or memory, is amazing. They have a class to include everyone at their skill level. When I'm able to actually follow through with the steps they are teaching, it's addicting.

SDSDC has such a great variety of music that includes any dance that is your favorite. I feel The teachers are extraordinary and I can easily see, they would be teaching and/or dancing, even if the room were empty. It's their love for dancing that always inspires me and brings me back each week. I learn something new from each of the “leaders” that I follow. Each leader has their own unique style of dance. While the steps are basic, the individual interpretation and creativity is endless. Which, for me, makes dancing, not only extremely fascinating but exhilarating as well.



I have always participated in sports, from biking, waterskiing, speed skating, triathlons, and ocean water swims, but now, dancing is my favorite. With music, the friendly people, and the variety of dances....the “parties” are endless!

I still swim a mile each day, and I thought that was exercise, I'm realizing, it doesn't compare to the exercise I get while dancing.

I want to give a huge “thank you” to all the teachers and leaders brave enough to dance with me.

To see some of my favorite photos that I've taken, my photography website is: rehecarrington.com



**SAN DIEGO SWING DANCE CLUB, INC.
BOARD OF DIRECTORS
2024-2025
Executive Board**

President.....Vinh Mines
Vice President Meredith Anderson
Membership Cristian Flores
Treasurer..... Garry Bowman
Secretary..... Wendy Knight
Newsletter Editor..... Jody Kravitz
Activity Director..... Taylor Frederking
Dance Director..... Geoff Burns
Hospitality Director..... Larry Clendenin
Publicity Director..... Maria Tee
Past President.....Craig Helm

Appointed by the Board

Webmaster Jody Kravitz
Member At Large Larry Armstrong
Member At Large Lisa Simmons

Due to endless SPAM attacks, a single email address is now offered for contacting board members. This email box is checked regularly and forwarded to the correct member if it is not SPAM. You may address the entire board also using this address:

SDSDCBoard@sandiegoswingdance.com

BOARD OF DIRECTORS MEETINGS
Generally on the 2nd Sunday of the
Month at 12 pm at Dance HQ.

OUR NEXT MEETINGS ARE:

February 2nd 12:00 pm
March 9th 12:00 pm

Location: Dance Headquarters
5035 Shawline St
San Diego, CA 92111

All members welcome.

If you wish to address the Board you must be on the agenda one week prior to the meeting. Members may approach any of the Executive Board members to be placed on the agenda.

About SDSDC:

The San Diego Swing Dance Club is a private, non-profit organization. Its specific and primary purposes are to enjoy, promote, preserve, encourage, and teach West Coast Swing. Members receive discounts to weekly dances and special events and each issue of *Swing Times* newsletter. If you haven't been to the Club dances in a while, stop by soon so you can continue to enjoy the dancing, fun, and friendliness that makes SDSDC so special.

**Virtual
Suggestion Box**



February Birthdays

01 Larry Grogan	19 Patty Callan
02 Lin Metzner	21 Barbara Shuler
04 Vicki Orourke	22 America Olivieri
10 Harvey Clark	24 Joyce Bartos
10 Jose Hernandez	24 Romi Troftgruben
10 Kimberly Painter	26 Steven Blevins
11 Alan Marshall	26 Winnie Tang
11 Stewart Breier	27 Eric Duff
14 Ana Smith	27 Paul Ferguson
15 Bob Avila	28 Audrey Afrouzi
15 Gail Gosser	28 Peggy Fults
15 Julie DeVaney	29 Carla Funk
16 Angely Gonzalez	

HAPPY BIRTHDAY !

The club will provide a cake and supplies to celebrate birthdays, usually on the 1st Sunday of the month. In January, it will be on February 2nd.

The San Diego Swing Dance Club Inc.

The SDSDC meets on Sunday afternoon and is open to the general public. **No Partner Needed!** Admission is \$10.00 for members and \$15.00 for non-members. Except on the 4th Sunday, lessons are free with paid admission to the dance. On the 4th Sunday, we have a special workshop before the dance for an additional charge. Mid-month Sundays have both Intro and Intermediate WCS lessons that are free with paid admission to the dance. Schedule is subject to change. Lesson is always prior to regular dance.)

(See Flyers posted and/or the website for further information)

Classes: Sunday - 1:30 - 2:30 P.M.

Dances: Sunday 2:30 - 5:00 P.M.

Dance Headquarters
5035 Shawline St.
San Diego, CA 92111

**SEE WEBSITE FOR
MAP & DIRECTIONS**
www.sandiegoswingdance.com

HOTLINE Voice or Text — (619) 333-6603



Photo from the January 12 Board Meeting.