

# 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](mailto: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've spent most of my life in the Sacramento area. After graduating from Rio Americano High School, I moved to Monterey to attend junior college. Later, I returned to Sacramento to earn my BA, Teaching Credential, and a Master's degree in Strategies of Teaching with an emphasis on music and art.



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

For 30 years, I taught third grade in Sacramento. I always felt that the children were the true teachers, showing me their unique gifts and approaches to problem-solving. It was fascinating to watch

their enthusiasm grow when I asked them to help a classmate solve a problem. I loved seeing that "light bulb" moment of confidence as they worked together. Watching their joy and curiosity blossom through these interactions was one of the most rewarding parts of my career.

While teaching was deeply fulfilling, photography has always been my passion. I've been fortunate to travel extensively and capture the simple, elegant beauty of the world around us. Taking time to slow down and truly appreciate life's beauty has made a profound difference in how I see the world. When I retired, I moved to San Diego to live near my daughter and, of course, the ocean.



About a year ago, I started dancing at Balboa Park. A friend encouraged me to take lessons at SDSDC, and I'm so glad I did. Initially, I came for the music, but I quickly discovered the welcoming, friendly, and fun community.

Now, dancing has become an unexpected bonus!

Each instructor at SDSDC makes dancing look so effortless, though we all know it isn't! Their dedication to teaching, encouraging, and guiding those of us who struggle with rhythm, balance, or memory is incredible. They ensure that everyone has a class suited to their skill level. When I manage to follow the steps they teach, it's absolutely addictive.

The variety of music at SDSDC is fantastic, covering a wide range of dances to suit everyone's preferences. The teachers are extraordinary, and it's clear that their passion for dancing and teaching would continue even in an empty room. Their love for what they do inspires me and keeps me coming back week after week. Every leader I've danced with has their own unique style, bringing creativity and personal expression to even the most basic steps. That individuality makes dancing not only fascinating but also exhilarating for me.

I've always been active, participating in sports like biking, waterskiing, speed skating, triathlons, and ocean swims. But now, dancing is my favorite. The combination of music, the wonderful people, and the endless variety of dances feels like one big, ongoing party!

I still swim a mile every day and used to think that was great exercise. But dancing? It's on a whole different level!

I want to give a huge "thank you" to all the teachers and leaders brave enough to dance with me. You've truly enriched my life.

To see some of my favorite photos, please visit my photography website:

[reneecarrington.com](http://reneecarrington.com)



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

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Vice President ..... Meredith Anderson  
Membership ..... Cristian Flores  
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**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](mailto: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. This time 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](http://www.sandiegoswingdance.com)

**HOTLINE Voice or Text — (619) 333-6603**



Photo from the January 12 Board Meeting.