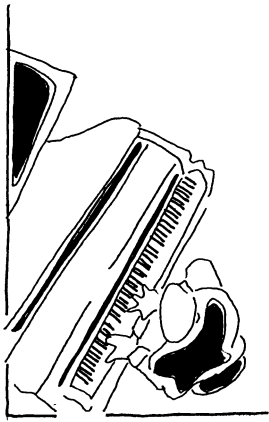


North Bay Country Dance Society

PO Box 3093

Santa Rosa, CA 95402

www.nbcds.org; info@nbcds.org



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HANDS FOUR



THE NEWSLETTER OF THE NORTH BAY COUNTRY DANCE SOCIETY

line art by Becky Hill

Protecting our Hearing

Exposure to excessively loud noise can cause hearing loss. As sound levels increase, the duration of daily exposure becomes an important risk factor for hearing loss. There are many variables which make balancing the sound levels at our dances challenging – hall size & shape, equipment, acoustics, musicians, the caller, style of music, etc. The NBCDS Board recently measured the sound levels at two of our dance venues. The Petaluma dance averages about 85 decibels with maximums in the low 90's and Santa Rosa averages in the low 80's with maximums around 90. How do our dances “measure up” in terms of safe noise levels? Because our contra dances are about 3 hours long, with significant breaks in the music, exposure to these levels is not unsafe, according to governmental criteria. Despite this determination, if you find a dance too loud, we encourage all dancers to take personal responsibility for hearing protection. There are many inexpensive, high quality ear plugs and related products which can assist you if you regularly experience discomfort at our dances. Please let the dance manager (not the sound technician) know if the sound is too loud or too quiet. There is also a suggestion box at each dance venue to give feedback regarding dance concerns. The Board plans to purchase ear plugs to have at our dances in the future, and we will continue to monitor sound levels. If you have any questions or concerns, please talk with a Board member.

The Fountain of Youth

The Denver Post reported on research which shows country dancing could keep older brains firing on all pistons. A Colorado State University study tracked what happens to “white matter” in the brains of older adults, and found dance training in contra or English country dancing seems to have a positive effect on the fornix. This white matter tract in the middle of the brain, basically the brain's wiring, plays an important role in memory. The quality of a brain's wiring deteriorates as people age, causing disruptions in the transmission of electricity that controls everything from emotions and movements to complex reasoning, researcher Aga Burzynska said. Her team found that integrity of the fornix increased in the dance group, while integrity declined in half of the other participants involved in other activities, maybe because dancing involves exercise, social interaction and learning. Burzynska said. “Our brain does age, maybe faster than we previously thought, but it seems that there are things we do that can modulate it. The lifestyle that people choose can predict the decline.” But it's not just any dance that will save brains. They found contra dancing is best because it “minimizes lead-follow roles. Instead these social dances required participants to move between partners during each dance.”

A Sad Farewell

The Board of Directors and our dance community thank Andy Westbom for his years of service, and all his hard work and energy as the programmer of the Sebastopol Contra Dance. Andy has decided to resign as programmer. He worked hard to revive the series, with innovative ideas like waltz and singing workshops before the dance. Despite Andy's valiant efforts, the attendance for this dance has dropped to the point where it is no longer feasible to continue the series. It is with heavy hearts the Board has decided to cancel the Sebastopol Dance. It is one of NBCDS' oldest dance series, and has been responsible for many great memories. We will continue to have contras in Sebastopol through September. Please join us for the next few months to show your support. A special thank you to Andy, dance manager Laura Tighe, and to everyone who supported this dance.

2017-18 NBCDS Board Members

Craig Meltzner, President.....544-7036
craig@nbcds.org

Sarah Lee, Vice-President.....486-3296
sarah@nbcds.org

Jim Passage, Treasurer.....jim@nbcds.org

Stacy Carr, Secretary.....338-9362
stacy@nbcds.org

Michael Martin.....545-1274
contrabeet43@gmail.com

Reta Lockert.....reta@nbcds.org

Sofi Haelan.....sofi@nbcds.org

North Bay Country Dance Calendar: Summer 2017

Key to Hall Locations and Contacts:

PET ~ 1st Sun, 6:30 – 9:30 pm; St John's Episcopal Church, 40 Fifth St, Petaluma; linda@nbcbs.org

SRF ~ 2nd Sat, 8:00 – 11:00 pm; Unitarian Universalist Congregation of Marin (Unitarian Church), 240 Channing Way, San Rafael

Or alternate site: Strawberry Reception Hall, 118 E Strawberry Dr, Mill Valley; Margaret@nbcbs.org

SRO ~ 3rd Fri, 5th Sat, 8:00 – 11:00 pm; Monroe Hall, 1400 W. College Ave., Santa Rosa; 707-545-1274, contrabeet43@gmail.com

SEB Contra ~ 4th Sat, 8:00 – 11:00 pm; Wischemann Hall, 460 Morris Street, Sebastopol; andy@nbcbs.org

SEB ECD ~ 1st & 3rd Sun, 2:00 - 4:30 pm; Wischemann Hall, 460 Morris Street, Sebastopol; 707-829-0168, kalia@nbcbs.org
or kwoeltjen@yahoo.com

Come a half hour early to every dance for a newcomers lesson.

Regular dance admission: \$12 adults, \$10 members; \$5 adults under 30, FT students w/ ID and financial hardship; \$2 ages 6–17; under 6 free.

Special Dance prices: \$14 non-members (Strawberry Hall \$15); \$12 members; \$7 adults under 30, students & financial hardship

Apple Tree Morris dancers meet weekly and welcome new members - no experience necessary. Cliff Stevens, 823-6925, cliff@kichu.com

July

| | | | | |
|--------|--------|------|----------------|---|
| Sun 2 | ECD | SEB | Bob Green | Ladies At Play: Shanda McDonald (violin, accordion), Kathy Dagg (guitar, mandolin, banjo) Miranda Arana (flute, whistle, percussion) |
| Sun 2 | Contra | PET | Bob Green | Ladies At Play: Shanda McDonald (violin, accordion), Kathy Dagg (guitar, mandolin, banjo) Miranda Arana (flute, whistle, percussion) |
| Sat 8 | Contra | SRAF | Kelsey Hartman | Road Oilers: John Pedersen (banjo, fiddle), Mike Drayton (fiddle), Chris Carney (guitar) |
| Sun 16 | ECD | SEB | Kalia Kliban | Laurie Reaume (piano), Anne Goess (violin), Tom Lindemuth (whistle, percussion) |
| Fri 21 | Contra | SRO | Celia Ramsay | wiNgNuts: Chris Knepper (fiddle), Iselle Harper (flute), Will Wheeler (guitar) |
| Sat 22 | Contra | SEB | Lea Smith | Switching Protocols: Christopher Jacoby (Mandolin, Accordion, Guitar), Ruthie Byers (fiddle), John-Michael Seng-Wheeler (keyboard) |
| Sat 29 | Contra | SRO | Charlie Fenton | Whimsical: Janette Duncan (fiddle), Roxanne Oliva (accordion, flute), Regan Hemphill (fiddle), Beth Christian (cello), Debra Tayleur (piano) Challenging Contra—Not for Beginners |

August

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|--------|--------|------|--|--|
| Sun 6 | ECD | PET | Gary Thomas | Phoenix: Christopher Jacoby (piano, accordion), Nora Smith (violin), Corey Walters (flute, mandolin) |
| Sun 6 | Contra | PET | Dance cancelled to have the Hall's floor refinished. | |
| Sat 12 | Contra | SRAF | Dance cancelled for Balance the Bay Weekend | |
| Fri 18 | Contra | SRO | Michael Karchner (WA) | John Weed (fiddle), Stuart Mason (guitar) |
| Sun 20 | ECD | SEB | Andrew Swaine | Gary Thomas (piano), Nicky McConkey (violin), Maurette Foster (flute) |
| Sat 26 | Contra | SEB | No Dance, Happy Summer! | |
| Sun 27 | ECD | SEB | Brooke Friendly | Jonathan Jensen (piano), Jon Berger (violin), Maurette Foster (flute) Special Post Hey Days Dance |

September

| | | | | |
|--------|--------|------|----------------|--|
| Sun 3 | ECD | SEB | Sharon Green | Bill Jensen (piano), Lisa Doyle (violin), Susan Jensen (flute) |
| Sun 3 | Contra | PET | Kelsey Hartman | Swing Farm: Ray Bierl (fiddle), Charlie Hancock (piano), Markie Sanders (bass) |
| Sat 9 | Contra | SRAF | Ric Goldman | wiNgNuts: Chris Knepper (fiddle), Iselle Harper (flute), Will Wheeler (guitar) |
| Fri 15 | Contra | SRO | Ric Goldman | Ray Bierl (guitar), Paul Shelasky (fiddle), Markie Sanders (bass) |
| Sun 17 | ECD | SEB | Kalia Kliban | Rebecca King (piano), Jon Berger (violin) |
| Sat 23 | Family | SEB | Kalia Kliban | Loose Newts: Chris Knepper (fiddle), Noel Cragg (keyboard), Del Eckels (percussion) Family Dance, 5:00—6:30 pm ~ \$5 individual/\$10 family |
| Sat 23 | Contra | SEB | Kalia Kliban | Loose Newts: Chris Knepper (fiddle), Noel Cragg (keyboard), Del Eckels (percussion) Potluck preceding the dance from 6:30-7:30. Please bring a dish to share. |
| Sat 30 | Contra | SRO | Eric Black | Loose Newts: Chris Knepper (fiddle), Noel Cragg (keyboard), Del Eckels (percussion) Challenging Contra—Not for Beginners |

Contra dancing & English country dancing are easy, fun & friendly. All dances are taught & prompted, and feature great live music. No experience necessary; come alone or bring a friend. Wear comfortable clothes and low, smooth-soled shoes. Scent-free dancing appreciated!