



# Heart and Sole



Volume 22 Issue 4

April 2015

## NEWS FROM HEARTLAND BALLROOM DANCERS, CHAPTER #2022 OF USA DANCE INC

### From the Heart

by Heartland Board

Greetings, Dancers!

April is our Spring dance. Come help us celebrate warmer weather with bright colors and cheerful smiles!

Our Dance instructor for the month of April will be **Natasha Cox**. Natasha will teach **American Cha-Cha** for us. **Natasha and Javier** have also prepared a surprise **exhibition** for us.

Natasha is the most recent addition to Riolo's staff, having previously worked as a dance instructor at Five Star and Les Dance studios (scroll down for Natasha's bio).



During our monthly raffle, we'll have a special prize – one **private, complimentary** dance lesson with **Natasha**.

We have great news to share with you: our Chapter Volunteer of the Year, **Anna Kovalyova**, was named a USA Dance **National Volunteer of the Year for 2014-2015**. The Heartland Board will present Anna with the

For two years in a row now, the Heartland Chapter Volunteer of the Year also gets elected as a District Volunteer of the Year (Larry Gogel was awarded a District Volunteer title in 2014).

As a reminder, USA Dance is organized into over 160 Chapters that are rolled into 11 districts. The Heartland Chapter belongs to District 3 that covers 11 Chapters from IN, MI and OH. To the best of our knowledge, we never had a National Volunteer of the Year either from Heartland Chapter or from District 3, and we are very excited about Anna's accomplishments.

Anna's dedication to the Heartland Chapter and to the Indy ballroom community has encouraged dancers to participate in social dances, outreach events, charitable functions and exhibitions sponsored by the Chapter. Thank you, Anna, for all your hard work!

Anna will be invited to attend the next USA Dance Chapter Conference in Charlotte, NC in March 2016.

We are very proud of Anna's accomplishments and we are naturally hoping that Heartland will be selected as a National Chapter of the Year in the very near future.



**National Volunteer of the Year** award during our **April party**. Please plan on joining us in this exciting celebration!

The nomination for a national volunteer title is a 3-step process: the successful candidate is first selected as a Chapter Volunteer of the Year, and his / her nomination gets submitted to the District Volunteer of the Year. If approved, the candidate gets further nominated for a National Volunteer of the Year.

### Inside This Issue

|     |   |
|-----|---|
| 1   | Board's Message   |
| 2-3 | April Dance Details; March Dance Report; 2015 Dance Schedule; 2015 Board; Member/Membership News; Competitor Corner; National News; Newsletter Info; Privacy Policy |
| 4-7 | Web Sites; Ads  |
| 8-9 | Boogie Beat; Upcoming Chapter Events; Ad Rates  |

The Heartland Chapter has recently launched a **partnership with Kids Dance Outreach (KDO)** and has recruited **Monica Lung to teach ballroom lessons** to the KDO kids. The KDO is a non-profit organization that works through IPS (Indianapolis Public Schools) with inner city kids by introducing them to the wonderful world of dance. Until now, they have been offering introduction to ballet, line dances and cultural dances. The KDO program cultivates teamwork, leadership skills, self confidence, respect, and the sense of self-accomplishment. Check out their website: <http://kidsdanceoutreach.org/>; you will find it highly inspirational.

Each KDO session lasts 8 weeks and culminates in an exhibition. The ballroom lessons will be taught **during two out of each eight week session**.

**Heartland is sponsoring the instructor's fees** for the KDO ballroom lessons **through the sale of raffle tickets** at our monthly parties. Each session consists of a very large group of 4<sup>th</sup> or 5<sup>th</sup> graders (the current session has 50 kids in it). Because of the class size, the kids standing in the back rows have a hard time seeing the steps shown by the instructor. Therefore, we have recruited several ballroom volunteers to help Monica with the flow of the lessons for the April session. **Thank you to all the volunteers who have responded to our call – your help is truly appreciated!**

Due to the size of the class and the limited practice time devoted to each dance style, the kids will be working on a fun, energetic yet simple piece, 1.5 to 2 minutes in duration. Monica's April lessons will take place on **April 7 and 9, from 12-1pm at the Athenaeum Building "Auditorium" at 407 E Michigan St.** The kids will be demonstrating their newly acquired dance skills at the **Showcase Graduation on April 23 from 11:30am to 12:30pm.** **If you would like to help Monica teach kids in the future sessions (the next one is in July), please let Larry or Anna K know.** You do NOT need to be an experienced dancer in order to participate. Kids classes shown below.



Incidentally, the value of dance education in Kalamazoo Public Schools was featured in the March 2015 issue of Encore magazine. See the link to the feature article, "A Leg Up" at <http://www.encorekalamazoo.com/academics-dance>.

According to the article, the fourth grade **students taking part in dance classes** had their writing **proficiency scores increased by 20-points**, as measured by the Michigan Education Assessment Program.

Looking ahead, we are planning to organize a dance fundraiser later this year to help generate additional funds for the KDO ballroom lessons. Michael Johnson and Monica Muñoz from **Kids Dance Outreach (KDO)** will attend one of the Heartland's upcoming parties and will tell us more about their vision for the kids dance program.



### Spring Dance

**Saturday, April 11, 2015**

**7:30 pm – Lesson – Cha Cha**

**Instructor: Natasha Cox**

**Dance: 8:30 – 11:00 p.m.,**

**Cost: \$8 Members or \$12 non-members**

**\$6 students or \$8 non-mbr students**

**DJ: Rog Greenawalt**

**Location: Riolo Studio, 502 N Capitol 2<sup>nd</sup> Flr**

**For more information, call 849-6373 or 759-0171**

**Open Monthly Dance**

### Admission Change

The board voted at their February meeting to increase student admission fees \$2 as shown above.

### March Dance Report

We would like to thank everyone who came to the Heartland's St Patrick's Dance party. We had a great time!

Special thanks go to our March instructor, Olga Cansino, who prepared a rather intricate American Rumba routine for us. As always, the summary of our group lessons can be viewed on our website: <http://www.indyusadance.org/videos/> Check it out!

Thanks to all of our volunteers: Becky, Nancy, Anna H, Anna K, Larry, John, Gordon, and Jeff for helping us with party preparations and with running the party smoothly. Special thanks go to our DJ, Larry Gogel who provided great danceable music for us while also finding time to dance with all the ladies! Thank you, Larry! Our door greeters once again did a superb job multitasking money collection and giving away free raffle tickets. We also thank our members who brought snacks to the party. If you have time and would like to help us at our future





## Member Classifieds

Heartland Ballroom Dancers does not endorse any particular studio or instructor but recognizes that good instruction is available from a variety of people throughout Central Indiana.

E-mail of personal information for members and non-members is confidential and for the exclusive use of USA Dance officials and designees and may not be shared, sold, or rented without the prior approval of the USA Dance Governing Council.

## Newsletter Deadline

The *Heart and Sole* submission deadline is the 20th of the month. Call Nancy at 317-849-6373 to be included

**Please keep your addresses up-to-date.** It is very important that you keep your e-mail address up-to-date with your chapter Newsletter Editor and Membership Chairman. Send changes to the editor who will forward them to National Membership or send yourself. Don't forget to let us both know.

## Web Sites of Interest

USA Dance National: [usadance.org](http://usadance.org)

USA Dance Heartland Chapter: [indyusadance.org](http://indyusadance.org)

[andersonparamount.org](http://andersonparamount.org)

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

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

[ballroomdancedayton.org](http://ballroomdancedayton.org) – Dayton Ballroom Dance

[brickyardboogiedancers.org](http://brickyardboogiedancers.org)

[continentaldanceclub-indy.com](http://continentaldanceclub-indy.com)

[danceCincinnati.org](http://danceCincinnati.org) - USA Dance Cincinnati Chapter

[dancerdesigns.net/designs.html](http://dancerdesigns.net/designs.html)

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

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

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

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

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

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

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

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

[dancingdates.com/hoosierdancecalendar.htm](http://dancingdates.com/hoosierdancecalendar.htm)

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

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

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

[fwdancesport.org](http://fwdancesport.org) – USA Dance Fort Wayne Chapter

[indiana.edu/~dance](http://indiana.edu/~dance)

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

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

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

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

[indyswing.org](http://indyswing.org)

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

[melodiecarr.com](http://melodiecarr.com) - Dance Lessons in Muncie

[purdueballroom.org](http://purdueballroom.org)

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

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

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

[usadancesb.tripod.com](http://usadancesb.tripod.com) – USA Dance South Bend Chapter

[usadancechicago.org](http://usadancechicago.org) – USA Dance Chicagoland Chapter





### FIRST LESSON **FREE!**

For new students we offer one Free 30-minute dance lesson and dance consultation. Use your lesson solo or share it with a partner!

### *Home of Gert & Kirsti Roslender*

At Aurelia Dance Studio we will teach you different styles of dance including International Ballroom, International Latin, American Smooth, American Rhythm and Social Dancing.

**Come with or without a partner** and allow us to show you just how much fun, and easy dancing together can be! You can check us out at our new Westfield location or our website.



3198 E. State Road 32 Westfield, Indiana  
46074

[www.aureliadancestudio.com](http://www.aureliadancestudio.com)

### **Dress Code Reminder**

Please remember that appropriate dress for our chapter dances includes: slacks/skirts, nice shirts/blouses, dresses and dance shoes. Please do not dance in jeans, shorts, or bare feet. On occasion we modify the dress code for special theme dances but when we do so, we will announce it in our newsletter and on the web site.



*The Ballare Ballroom*

**JOIN US FOR FRIDAY NIGHT OPEN DANCES**

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Every Friday night: \$10/person  
 7:30-8:30 Group Lesson  
 8:30-10:30 Open Dance

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**BALLARE BALLROOM** is a no-contract dance studio in Carmel, offering group classes and private instruction.

Visit our website calendar for details on NEW August weekly group classes. Only \$10/person.

We offer group lessons almost every night of the week. There's something for everyone! We invite you to come check it out.

BallareBallroom.com :: info@ballareballroom.com :: 111 Medical Drive, Carmel, IN



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**Open Dances 4/4, 4/18, 4/25 & 5/2**  
**7:30 – 10:30 p.m.**

**USA Dance 4/11 7:30 – 11:00**



[www.riolodance.com](http://www.riolodance.com)

317-490- 6739

Check out our Full Calendar on Web Site  
**502 N. Capitol Avenue (2<sup>nd</sup> Floor)**



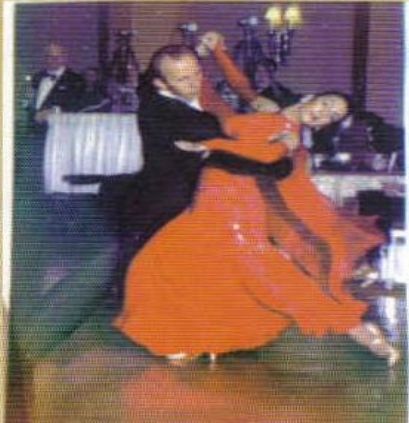
**Continental Club Dance  
Schedule for April/May**  
**Dance Lesson 5:45 - 6:45 pm**  
**Dancing 7:15 - 10:00 pm**  
**DANCE Lesson – RUMBA**  
**LARGE BALLROOM**  
**BEGINNER LESSON: 5:45-6:45 PM**  
**Beginner Lesson – Fox Trot**  
**SMALL BALLROOM**

**APRIL**  
**April 5 Mike McCarty**  
**April 12 Dave Lowe**  
**April 19 Blue Notes**  
**April 26 TBA**

**MAY**  
**May 3 Blue Notes**  
**May 10 Larry Mecham**  
**May 17 Mike McCarty**  
**May 24 Sundown**  
**May 31 Brass & Irory**

**May Lesson – TBA**

**Continental Dance Club**



**Ballroom Dance  
Instruction with**  
**Scott & Yulia Shook**  
 Email: [ninedance03@yahoo.com](mailto:ninedance03@yahoo.com)  
 Phone: 317-294-2749 or 317-292-4719  
 Starlite Ballroom  
 5720 Guion Road  
 Indianapolis, IN 46254


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## BOOGIE BEAT

***A Listing of Places to Dance in Central Indiana. Call to see if the events listed are being held before going.***

### **Tuesdays:**

Tango Indy meets every week at [Riolo Dance](#) for Argentine Tango lessons and practica – See [www.tangoindy.com](http://www.tangoindy.com) for details. *Indy Dancers* meet at various locations. Call Dance Line 767-5665 for information.

### **Wednesdays**

*IS Dances* (formerly Indianapolis Senior Center Dances) - Riolo Dance Studio, 2nd Floor (w/elevator): Wednesdays- Group Lesson 11 AM, Dance 1:00 PM - 3:00 PM; Fridays, Group Lesson 5:00 PM, Dance Party 6:15 PM-8:15 PM.  
[www.MonicaLung.com](http://www.MonicaLung.com) (317) 590-2655

### **Thursdays:**

**Tango Indy** meets every week at [Riolo Dance](#) for Argentine Tango lessons and practica – See [www.tangoindy.com](http://www.tangoindy.com) for details.

### **Fridays: (selected dates unless noted—see web sites for exact dates)**

*Dean & Company @Academy of Dance Arts* (121<sup>st</sup> & Cumberland) 8-10 pm. See ADAdancers.com

[Fred Astaire Indy North](#), 820 E. 116<sup>th</sup> & Guilford 317-207-9191: Open dance 9-11 pm \$10; drinks & snacks free.

[Starlite Ballroom](#), 5720 Guion Rd., Open Dance 7:30-10pm, \$10/person including lesson & snacks. Info call 299-4740

[Ballare Ballroom](#), 111 Medical Drive, Carmel 46032, 7:30-10:30pm, \$10 incl lesson & snacks, 317-698-8535

[Aurelia Dance Studio](#) (Roslender), 3198 E. State Road 32, Westfield, IN 46074. Website: <http://www.aureliadancestudio.com/> - tel. 317-496-5254 Open dances on selected Friday nights. Call for schedule.

*Any Swing Goes* dances will be on selected Friday nights; Contact Charlotte Heiney at 317-445-5224 for more info

*IS Dances* (formerly Indianapolis Senior Center Dances) - Riolo Dance Studio, 2nd Floor (w/elevator): Fridays - Lesson 5:00 PM, Dance 6:15 PM - 8:15 PM [www.MonicaLung.com](http://www.MonicaLung.com) (317) 590-2655

*Brickyard Boogie Dancers* meet at Riolo & Starlite; check their web site for details. DJ Ron Fentz, \$7 members with card and \$12 non-members and members without card. Lessons each week at 6pm; dancing from 7-10 pm.

### **Saturdays: (selected dates – see web sites for details)**

[Riolo Dance Studio](#) --502 N. Capitol (second floor) for more info, call 317-490-6739 or check [www.riolodance.com](http://www.riolodance.com)

*E.O.M Dance* – Starlite Ballroom, Cancelled until further notice.

### **Sundays:**

[Continental Dance Club](#) weekly dance at Starlite Ballroom. Lesson 5:45-6:45 pm; Dance 7:15-10 pm. Info: call 767-4040.

*Indy Swing Dance Club* meets twice a month at Madam Walker Theater. For more info, call 691-1239 or check [indyswing.org](http://indyswing.org)

*Indiana Rebels Swing Dance Club* at Riolo Dance. from 5:00-9:00 pm on selected dates. See web site.

### **Apr, 2015**

Saturday, Apr. 11 **Heartland Spring Dance** at [Riolo Dance Studio](#)

Saturday, Apr. 11 [Fort Wayne Dancesport](#) Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226

Saturday, Apr. 18 [Indy Dancers](#) Chicago Party East Side Moose call Dance Line 767-5665 for information

Saturday, April 18 Ballare Spring Showcase. See e-mail for details.

### **May, 2015**

Saturday, May 9 [Fort Wayne Dancesport](#) Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226

Saturday, May 9 **Heartland Mother's Day/500 Dance** at [Riolo Dance Studio](#)

Saturday, May 16 [Indy Dancers](#) at East Side Moose call Dance Line 767-5665 for information

For an additional list of dancing opportunities, please visit our website at:  
<http://www.indyusadance.org/local-resoures>



**April 11 – Spring Dance****7:30 pm – Lesson – Cha Cha****Instructor: Natasha Cox of Riolo****Dance: 8:30 – 11 pm****Exhibition: Natasha & Javier****Cost: \$8 members; \$6 member students;  
\$12 non-mbers; \$8 non-mbr students****DJ: Rog Greenawalt****Location: Riolo Studio, 502 N. Capitol Ave, 2<sup>nd</sup> Fl****For more information, call 849-6373 or 759-0171****Open Monthly Dance****May 9 –Mother's Day/500 Dance****7:30 pm – Lesson – American Fox Trot****Instructor: Rob Jenkins****Exhibition: TBA****Cost: \$8 members; \$4 member students;  
\$12 non-mbers; \$6 non-mbr students****DJ: Rog Greenawalt****Location: Riolo Studio, 502 N. Capitol Ave, 2<sup>nd</sup> Fl****For more information, call 849-6373 or 759-0171****Open Monthly Dance**

Heartland Ballroom Dancers  
564 Conner Creek Dr.  
Fishers, IN 46038-1814

**Advertising Rates**

|                |                |
|----------------|----------------|
| Full Page:     | \$50 per month |
| Half Page:     | \$25 per month |
| Qtr. Page:     | \$15 per month |
| Business Card: | \$7 per month  |

Call the (317) 849-6373 for further details.

Rates for long-term contracts negotiable.

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564 Conner Creek Dr.

Fishers, IN 46038

Nancy Dew, Editor

317-849-6373

E-mail: [dewn@juno.com](mailto:dewn@juno.com)