



Heart and Sole



Volume 23 Issue 1

January 2016

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

From the Heart (President's & VP Message)

By Larry Gogel & Anna Kovalyova

Greetings, Dancers!



Happy New Year! We wish everyone health, happiness, joy, peace and, of course, plenty of dancing in 2016 and beyond!

Join Heartland during its annual **Ballroom Technique workshop** on **January 16** (Alternate Snow Date: Jan 30) at **Starlite Ballroom**. We have organized **4** amazing lessons taught by **John Berry and Rauno Ilo from 2pm to 6:30pm**, followed by the evening **dance party from 7:30 to 11pm**. A **\$45 fee** includes **all 4 lessons and admission to the party** (\$30 for full-time students). Or buy a la carte at \$15/lesson, and pay dance admission separately. Dinner from 6:30 to 7:30pm is on your own, but we will make dinner reservations at Jumbo Chinese Buffet, 5644 Georgetown Road (one block west of Starlite). Let us know if you would like to join us for dinner.

Our **raffle** for the January 16 dance party will be a gift **certificate for a private lesson at Starlite** studio with the instructor of the winner's choice. We thank Starlite owners, Rauno and Kristiina Ilo for donating the gift certificate to us.

***** **Exciting news:** *****

Nancy Dew was awarded a title of the **District Volunteer of the Year** for District 3. *** Congratulations, Nancy! ***

Nancy's candidacy was further submitted by District 3 Director to the National level to be considered for the National Volunteer of the Year. The National winner will be announced in March.

Upcoming Dance Events:

The Sixth Annual **RiverFront DanceSport Festival** is taking place on Saturday, **January 9th, 2016** at The Hyatt Regency Cincinnati, 151 West Fifth Street, Cincinnati, Ohio. The Festival includes a tarProfessional Show by the Top American Smooth Competitors Nick Cheremukhin & Viktorija. Several Heartland competitors are attending the Festival.

Following the competition, an **American Style Congress** and Dance Camp will be held on Sunday, **Jan 10, 2016**. There will be 4 lectures presented, with two lectures on American Rhythm by **Decho Kraev & Bree Watson**, and two lectures on American Smooth by **Nick Cheremukhin & Vika Viktorija**. The lectures will take place at Mahogany Hall, 10725 Reading Road, Cincinnati, OH.

Heartland dancers were invited to perform exhibitions at **Naptown Stomp** dance party on **Thursday, January 14**. **Ben Davis and Alexis McCall** have volunteered to be Heartland's representatives for this performance. If your time permits, please consider attending the Naptown Stomp dance on January 14 and support our performers. In exchange, Heartland will host Naptown Stomp dancers at one of our upcoming parties.

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Looking ahead, we are going to try something different for the Valentine's Day weekend. Heartland will host a **Trunk Show and Ballroom Consignment sale** during our **Valentine's party on Feb 13**. Lisa Berry's new store, "Love Your Body Yoga & Loungewear" Boutique, will present a capsule +collection of dance-inspired clothing and accessories for purchase. The Trunk Show will feature casual, fashion-forward pieces perfect for dance practice, as well as consignment ball gowns and dance shoes. If you have items you would like to consign at the Trunk Show, please contact Lisa at (317) 698-1032 or lolipphant@gmail.com to discuss details. Lisa will donate 10% percent of the Trunk Show sales back to Heartland. More details to come. In the meantime, we are looking for a **couple of volunteers** to help us with consignment sales.

December dance activities:

Heartland held 2 dance parties in December: an annual Christmas party and a New Year's Eve celebration.

We had an amazing group of performers at both parties.

Our Christmas performers were Suresh and Lauren with their beautiful "Baby it is Cold Outside" Foxtrot; our singers Oksana and David; and our story-teller Larry with his own rendition of "Twas the Night before Christmas."



Our New Year's Eve performers were Ben & Alexis with their charming Rumba; David and Guna with lovely ECS and Cha-Cha, our guest performers Chase and Ashley with energizing Swing and our singer Dennis.



Heart and Sole

Our Christmas raffle for two free **tickets to the “Mystery of Irma Vep” comedy at the Indiana Repertory Theater** was won by **Bob Merring**. Our New Year’s raffle for 2 complimentary evening admission tickets to the **RiverFront DanceSport Festival**, donated by Bill Sparks and Gert Roslender, was won by **Alexis McCall and Darrel Trexler**. We thank all of our raffle sponsors for their generosity. Congratulations to the winners!



Thanks to all of our volunteers: Becky, Nancy, Anna H, John, Anna K, Larry, Gordon, Jeff, Efim, Dave & Sue, Terry & Margaret, Chase, Alex for helping us with the parties’ preparations and clean up, and with running the two parties smoothly. Special thanks go to our Christmas DJ, Rog, and to our New Year’s party DJ Larry who provided a wide variety of danceable holiday music for us. We also thank Alexis and Dorit for their help with the raffle sales!

Heartland’s New Year’s Eve pictures:







For many people, New Year starts with health resolutions.

The chart below summarizes fun facts about the amount of calories burned through different types of dancing:



**Continental Club Dance
Schedule for January
Dance Lesson 5:45 - 6:45 pm
Dancing 7:15 - 10:00 pm
DANCE Lesson – American Waltz
LARGE BALLROOM
BEGINNER LESSON: 5:45-6:45 PM
Beginner Lesson –Cha Cha
SMALL BALLROOM**

	<u>JAN..</u>
Jan. 3	Mike McCarty
Jan. 10	Blue Notes
Jan. 17	Sundown
Jan. 24	Dave Lowe
Jan. 31	Brass & Ivory

	<u>FEB.</u>
Feb. 6	Groovin Easy
Feb. 13	Blue Notes
Feb. 20	Mike McCarty
Feb. 27	Brass & Ivory

**February Lesson – Tango
Continental Dance Club**

Don't forget to let us both know.

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 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.

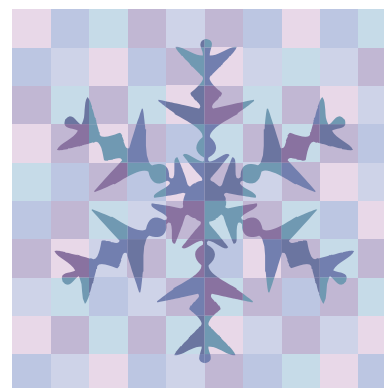
Web Sites of Interest

(see our web site www.indyusadance.org/local-resources)



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Member Classifieds

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.

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.

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 update yourself online.



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.

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!



3198 E. State Road 32 Westfield, Indiana
46074

www.aureliadancestudio.com

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Group and Private Lessons Experienced Instructors No Contracts

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7:30 – 10:30 p.m.



317-490- 6739

Check out our Full Calendar on Web Site

502 N. Capitol Avenue (2nd Floor)

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OWNER

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Indianapolis, IN 46254



**Ballroom Dance
Instruction with**

Scott & Yulia Shook

Email: ninedance03@yahoo.com

Phone: 317-294-2749 or 317-292-4719

Starlite Ballroom

5720 Guion Road

Indianapolis, IN 46254

Heartland USA Dance January Workshop & Dance Party

With **JOHN BERRY** and **RAUNO ILO**

4 Amazing Technique Lessons: Session 1 (2- 4pm):



- **Picture Figures:**
Uses, Entries to & Exits from (Waltz, Foxtrot, Tango, QS)
- **Cha-Cha and East Coast Swing:**
Differences in Technique
(Chasses, Rocks, U/arm Turns, Spin Turns, Fallaways)

Open Practice (4-4:30pm)

Session 2 (4:30 - 6:30pm)



- **Viennese waltz:**
How to Dance Like a Pro
- **Rumba:**
How to Get That Body Moving

Saturday, January 16, 2016

Alternate Snow Date: Saturday, January 30

Starlite Ballroom, 5720 N. Guion Road

\$15 / lesson or \$45 for All 4 lessons + Admission to Evening Dance

Full-time students: \$10 / lesson or \$30 for 4 lessons + dance

USA Dance Membership Not Necessary

Evening Dance: 7:30 - 11:00pm

Evening Dance Admission: USA Dance Members: \$8 / Student:\$6

Non-members: \$12 / Student: \$8



To purchase tickets, see Larry or Anna;
or make check payable to USA Dance, Inc. and mail to:
Larry Gogel, P.O. Box 2085, Bloomington, IN 47402

For more information: **317-759-0171** or **lgogel@gmail.com** or **www.indvusadance.org**

8th Annual Dancing Like the Stars Benefit Saturday, January 30, 2016

Join us for the Show, as local celebrities compete on stage with their professional ballroom dance partners!

Stay for the After Party, and enjoy hours of dancing!

6 pm: Doors Open with Entertainment and Cash Bar

7 pm: Live Competition in the Paramount Theatre

10 pm: VIP After Party in the Hardacre Ballroom

Tickets on sale December 15th!

For tickets and Ticket Information Contact the Paramount Box Office at www.theandersonparamount.org or call 765-642-1234

Ticket Prices:

\$20, \$30 and \$37 for the Show

\$15 for the VIP Party

\$74 Mega Ticket: Includes Ticket to the Show, VIP Party and Free Bar Drinks at the VIP Party.

Don't waste time in the lines, enjoy drinks from a bar specifically for Mega Ticket holders!

2015 Winners

People's Choice winners professional Scott Shook and Margo Underhill with Judge's Choice winners professional Tracy Martin and Dr. Tony McHerron



Paramount Theatre
1124 Meridian Plaza • Anderson, Indiana

Presented By



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ANDERSON REGIONAL

RON'S SUNDAY NIGHT DANCE



at the

ATRIUM

3143 East Thompson Road., Indianapolis



1st and 3rd Sunday of each month

Dates are listed below.

**Please note day / date changes for 2016 January & February*

SINGLES & COUPLES WELCOME

Doors Open: 5:45 p.m.

Dancing: 6:00 p.m. to 10:00 p.m.

ADMISSION \$10.00

Dress Code – Casual (No tank tops or shorts, please)

Cash Bar Open: 6:00 p.m. to 10:00 p.m.

(All beverages must be purchased at the Atrium)

MUST BE 21 OR OVER TO ATTEND

BRING YOUR OWN TABLE SNACKS • Chips and Pretzels will be furnished

Mix of Music by DJ Ron Fentz

*East Coast Swing, Cha-Cha, Free Style, Waltz, Fox Trot, Line Dances (Single & Couples),
Jitterbug, West Coast Swing, Night Club 2, Love Songs*

BEGINNING 2016 DANCE DATES

January 17 (3rd Sunday) & 31 (5th Sunday)

February 14 (2nd Sunday) & 21

March 6 & 20

**** Please note day / date changes in 2016 - January & February ****

For more information, contact Ron Fentz at 317.881.3750 or 317.443.4462 or ronfentz@aol.com

*Join the Heartland Ballroom
Dancers for a*

Valentine Dance

Saturday, February 13, 2016

8:30 p.m. - 11:00 p.m.

at

Riolo Dance

502 N. Capitol Ave. (Capitol & Michigan)

Bolero Lesson at 7:30 p.m.

by John Berry

Special Exhibitions & Raffle!

Ballroom Consignment and Trunk Sale

by *Love Your Body Boutique*

Dancers of all ages and skill levels welcome.

Refreshments provided.

**Enjoy dancing in a non-formal, smoke-free and alcohol-free atmosphere to the
latest music provided by our DJ's.**

No partner necessary. Refreshments Available



For more information:

Call: 317-759-0171 email: lgogel@gmail.com website: www.indyusadance.org

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 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.

Thursdays:

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

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

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

[Fred Astaire Indy North](#), 820 E. 116th & 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 317-430-5029

Web site: www.indianapolisdancelessons.com for more info on classes/parties, rentals.

[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 5:45 PM, Dance 7 - 9 PM www.MonicaLung.com (317) 590-2655

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

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

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

Jan., 2016

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

Saturday, Jan. 16 **Winter Dance & Workshop** at Starlite Ballroom

Saturday, Jan. 23 [Indy Dancers](#) Dance at Greenwood Moose call Dance Line 767-5665 for information

Sunday, Jan. 31 Indiana Roof Ballroom, Directors Dance Orch., 5-9 pm, \$14 person

Feb. 2016

Saturday, Feb. 13 **Heartland Valentine Dance** at [Riolo Dance Studio](#) (see flyer)

Saturday, Feb. 13 [Fort Wayne Dancesport](#) Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226

Saturday, Feb. 20 [Indy Dancers](#) Dance at Greenwood 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>

January 16 - Winter Dance

7:30 pm – Lesson – none due to workshop

Instructor:

Dance: 7:30 – 11 pm

Exhibition: TBA

Cost: \$8 members; \$6 member students;
\$12 non-mbers; \$8 non-mbr students

DJ: Rog Greenawalt

Location: Starlite Ballroom

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

Open Monthly Dance

February. 13 - Valentine Dance

Lesson: Bolero 7:30 pm

Instructor: John Berry

Dance: 8:30 – 11 pm

Exhibition: Special

Cost: \$8 members; \$12 guests

DJ: Rog Greenawalt

Location: Riolo Studio, 502 N. Capitol Ave, 2nd Fl

Open Monthly Dance

Heartland Ballroom Dancers

564 Conner Creek Dr. Fishers 46038

Fishers, IN 46038

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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