



Heart and Sole



Volume 21 Issue 7

July 2014

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

From the Heart

By Jeff Burgardt, President

We're all getting older every day and something to think about is **how to stay young**. Dancing has many benefits. I don't know if you're aware but being active in regular dancing is one of the best ways to reduce your chances of getting dementia by 76%. In comparison doing crossword puzzles reduces your chances by 47% and reading reduces your chances by 35%. Other benefits to dancing are we become naturally more flexible by simply dancing. We can keep our strength by dancing because we exert force and receive force while dancing and it helps our endurance. Getting caught up in the fun and being asked to dance another dance after dancing awhile pushes us and increases our endurance without thinking about it. We get a sense of well being while dancing because it's a social activity that strengthens our social skills, it helps with our self esteem and gives us a positive outlook and it helps our self confidence. Our dances are a great place to meet many people from all areas of the city. Coming regularly will help develop friendships with some of the nicest people.

That being said our next dance will be July 12th at Riolo Dance. The lesson will be taught by **Eric Byers**. He will be teaching a very popular dance, the **West Coast Swing**. We are planning for this to be a fun time. An exhibition dance is also being planned.

Why not attend the **Riolo 4th of July Dance**. It's a great place to go dancing and see the fireworks at the same place.

Coming up in September is a **Hawaiian Theme Dance**. Indy's most popular Hawaiian dance instructor **Angelo Ablog** will teach us the dance lesson. If you have not attended one of his lesson's before, you will enjoy him very much because he makes dancing so much fun. Also be sure to **wear something Hawaiian** at this dance. Put this date on your calendar; it will be a great time.

If you're interested in being an organizer or a helper for one of these dances this year please let us know. **We are always looking for volunteers.**

We have a dance exhibition coming up September 27th from 12:00 to 1:00 PM at the Arts Garden. We have been doing these exhibitions for over two years now and exhibitions have gotten better each time. We try hard to make this fun for the spectators too

and encourage them to try to dance with us. We plan on scheduling at least one more event later in the year.

If you missed our last dance and wanted to see what was taught, check out videos on our website at indyusadance.org. You can also see other past months lessons.

Don't forget to bring a food item or snack!



Independence Day Dance

Saturday, July 12

7:30 pm – Lesson – West Coast Swing

Instructor: Eric Byers

Dance: 8:30 – 11:00 p.m.

Exhibition: TBA

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

\$4 students or \$6 non-mbr students

DJ: Rog Greenawalt

Location: Riolo, 502 N. Capitol 2nd Flr.

For more information, call 849-6373 or 584-3048

Open Monthly Dance

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Congrats to the following dancers for their results in recent competitions. If you have results from a comp, or any related item of interest to share, email Rog Greenawalt at bolero@juno.com.

Area/Region News

Fort Wayne, IN – The web site for Fort Wayne is www.fwdancesport.org.

Indiana Lakeshore Chapter – 1st Sunday of month at The Ranch Dance Hall, 769 Madison Street, Crown Point, Indiana, 1-5 pm; Members \$6. Call 219-926-5927 for information.

Chicagoland Chapter dances are held the 3rd Saturday of the month. For information call (847) 426-7978.

Cincinnati Chapter dances are at Greek Orthodox Church, 7000 Winton Rd, Cincy on the 3rd Saturday. Call (513) 769-3088 for information or check www.dancecincinnati.org.

Dayton Area Ballroom Clubs generally meet the 1st, 2nd, and 4th Saturdays. For information on 76 Club, call 937-833-4301; Dance-Tonians call 937-675-2910; and Swing 'N' Sway call 937-667-1420.

Louisville KY Chapter dances are **last Saturday** of each month at St. Andrews Episcopal Church, 2233 Woodbourne Avenue, Louisville, KY 40205. Call 502-451-6433 for info. Web site: www.usadancelouisville.org

Bluegrass KY Chapter – (859) 223-2047.

Lexington KY Dance Club – (859) 257-1947.

St. Louis Ballroom Dancers have a busy schedule of dances. For information, call 314-382-8297.

South Bend Chapter usually meets on 3rd Sunday each month at BK Club, Corner of West & 9th in Mishawaka, IN. For information call 574-289-1093.

Member Classifieds

e-mail the editor.

FOR SALE: Dance Shoes, 7-1/2 wide (Fits size 8) Black Leather with stoned t-strap Celebrity, 2" heel. Hardly worn. Pat Hammer, 317-292-8429, 6414 E. Washington St. 46219.

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.

and 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.

Chapter Secretary Surgery

My apologies to Heartland Chapter that the June Newsletter did not get published due to my knee replacement surgery. I am recovering quickly now after a time in rehab and hope to be back on the dance floor soon. Thanks for all the well wishes.

Bash Deadline Extended

Roger Greenawalt has extended the deadline for tickets.

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.



Larry Gogel was presented his Volunteer of Year Award

Web Sites of Interest

USA Dance National: usadance.org

USA Dance Heartland Chapter: indyusadance.org

andersonparamount.org

ballareballroom.com

ballroomdancers.com

ballroomdancedayton.org – Dayton Ballroom Dance

brickyardboogiedancers.org

continentaldanceclub-indy.com

danceCincinnati.org - USA Dance Cincinnati Chapter

dancerdesigns.net/designs.html

dancescape.com

danceshoesofatlanta.com

DanceShoesOnline.com

dancesportexchange.com

dancesportbycapezio.com

danceterrehaute.com

dancevision.com

dancingart.com

dancingdates.com/hoosierdancecalendar.htm

dcdancenet.com

donandjean.com

fredastairesouthindy.com

fwdancesport.org – USA Dance Fort Wayne Chapter

indiana.edu/~dance

intosalsa.com

indyarthurmurray.com

indyballroom.com

indydancers.com

indyswing.org

ledanseballroom.com

melodiecarr.com - Dance Lessons in Muncie

purdueballroom.org

riolodance.com

starlitedanceindy.com

tangoindy.com

tatesdance.comusadancesb.tripod.com – USA Dance

South Bend Chapter

usadancechicago.org – USA Dance Chicagoland Chapter

usadancelakeshore.org - USA Dance Lakeshore Chapter



Dancers at St. Luke's Elderberries group on June 5.

Heartland Dancers at St. Luke's Elderberries

by Helen & Ron Wright

As a USA Dance Chapter, Heartland is often asked to provide entertainment for various groups in Indy and surrounding areas. Such was the request that was received from a group called the Elderberries at St. Luke's Church. This is done as a community service and we request no monies for doing these events. Whereas it's true that the Chapter doesn't charge for its performances, we do accept the donations. In this case, the Elderberries generously donated \$75 to Heartland. The money will go to support similar community projects in other parts of the city. **Anna Kovalyova** and Larry Gogel then put together a 30 minute program of dancers mostly from our Chapter.

A few days prior to the event, Ron and I received a call from Pat Shedd inviting us to attend a pitch-in dinner that the Elderberries were having. Pat is a member and wanted to thank us for introducing them to Heartland Ballroom Dancers who were providing their entertainment for the evening. Pat and Ron attended High School together and were classmates.

The dinner was great and the show that followed made us proud. The MC was **Candi Perry** and I have to say she did a dynamite job! Articulate and upbeat Candi kept the audience informed and the show moving right along. **Larry Gogel** was the DJ. The opening act was provided by **Rog and Amy Greenawalt** doing a Bolero. They danced on an auditorium stage floor and you have to appreciate what it takes to be able to maneuver on that type of floor. Did I mention that they couldn't find the stage lights, so the performances were done in less than desirable light. **Monica Lung** and **Dennis Summers** followed with a cutesy foxtrot. **Candi Perry** and **Harold Conover** were next with a feisty cha-cha. We then had a special treat as **Dennis Summers** sang "The Way You Look Tonight" while several Heartland couples danced. **Geronamo Casanova** and **Barb Newsom** started off the next set with a very nice Rumba. **Monica Lung** and **Ben Davis** treated us with a Cha-Cha. Then **Barb Cameron** dressed in a red flapper dress danced an East Coast Swing with **Larry Gogel**. The audience really enjoyed the number. Barb is in her 80's and the audience was astounded. **Danny Corsaro** and his lovely wife **Judy** were next with an International Rumba. Then Dennis Summers finished the set singing a great Andy Williams hit "Moon River." Again Heartland Dancers joined in dancing on stage. As an encore several couples did a Hustle. Also in attendance were **Anna Kovalyova**, **Anita Pearson**, and **Efim Kolesnikov**. You can check out pictures of the event taken by Efim by going to our web site (indyusadance.org)

If you are interested in performing for a future event or would like to be part of the entertainment group please contact Larry Gogel, or Anna Kovalyova.





Indy's Most Exciting Dance Venue!



Ballroom Latin Argentine Tango Swing Salsa

Group and Private Lessons Experienced Instructors No Contracts

Open Dances 7/19, 26, & 8/2

7:30 – 10:30 p.m.

USA Dance 7/12 7:30 – 11:00

4th of July Dance 7/4

www.riolodance.com

317-490- 6739

Check out our Full Calendar on Web Site

502 N. Capitol Avenue (2nd Floor)



*The Ballare
Ballroom*

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

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



**JOIN US FOR FRIDAY
NIGHT OPEN DANCES**

Every Friday night: \$10/person

7:30-8:30 Group Lesson

8:30-10:30 Open Dance

June 6th – Rob & Melissa Jenkins

June 13th – Olga Cansino

June 20th – Rob Jenkins

June 27th – Olga Cansino

BallareBallroom.com :: info@ballareballroom.com :: 111 Medical Drive, Carmel, IN 317.574.8887

**Continental Club Dance
Schedule for May/June**
 Dance Lesson 5:45 - 6:45 pm
 Dancing 7:15 - 10:00 pm
DANCE LESSON: Waltz
LARGE BALLROOM
BEGINNER LESSON: 5:45-6:45 PM
SMALL BALLROOM

JULY

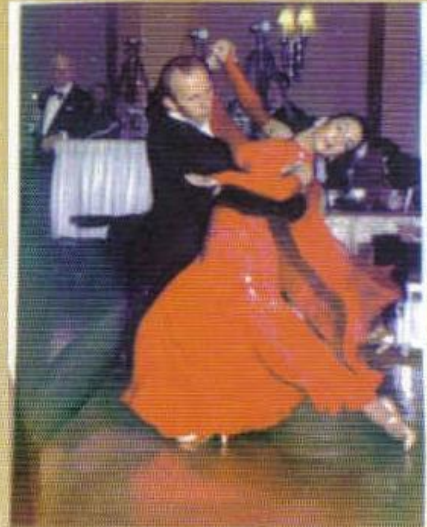
July 6	Mike McCarty Trio
July 13	Larry Mecham
July 20	Blue Notes
July 27	Larry Mecham

AUGUST

August 3	Dave Lowe
August 10	Mike McCarty Trio
August 17	Sundown June
August 24	Dave Lowe
August 31	Larry Mecham

July Lesson – Quick Step

Continental Dance Club



**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

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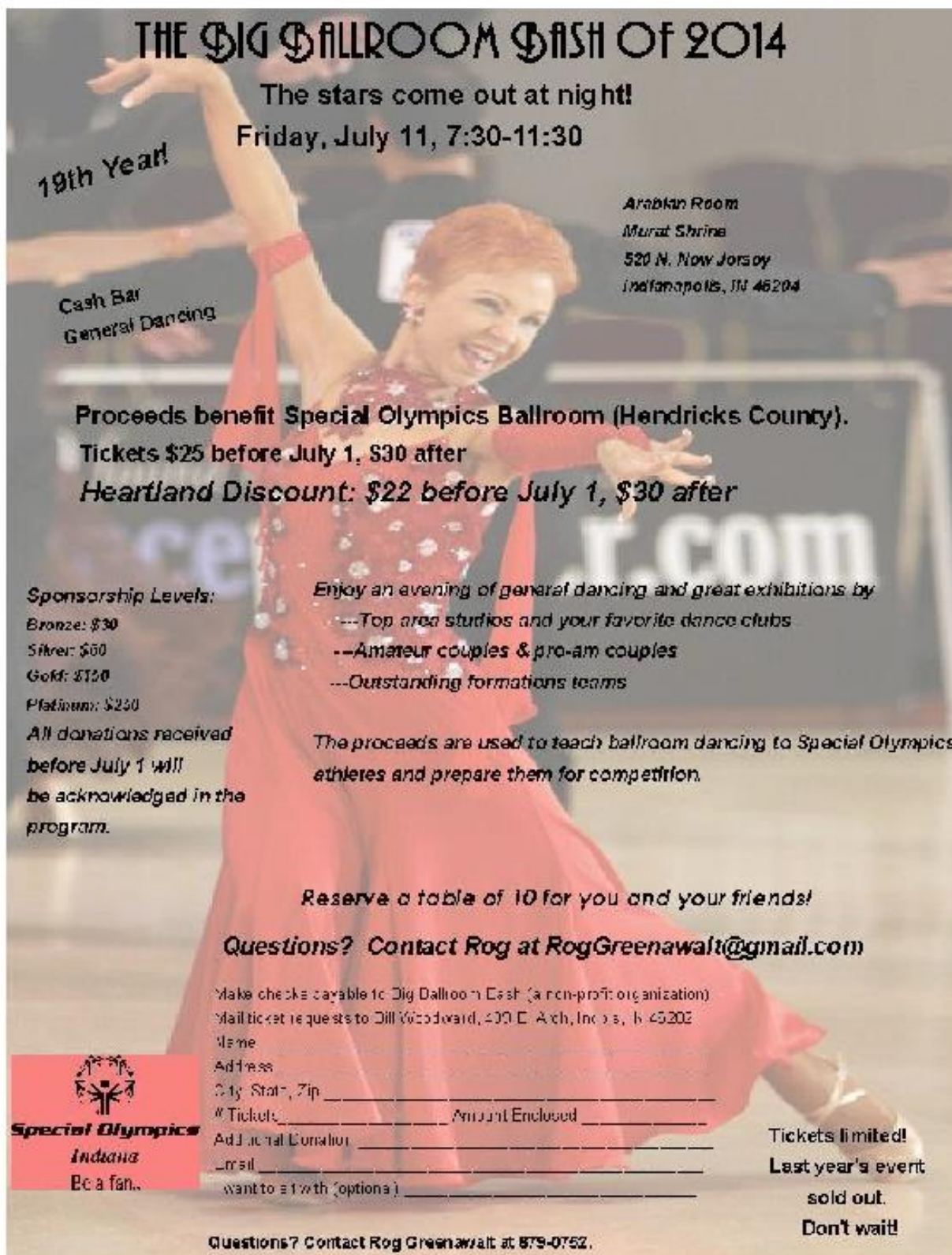
Lincoln Towncar,
6 passenger Cadillac Escalade
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Call for quote...

317-979-2349

*"I Drive Like I Dance -
Smooth and Safe"*





THE BIG BALLROOM DASH OF 2014

The stars come out at night!
Friday, July 11, 7:30-11:30

19th Year!

**Cash Bar
General Dancing**

**Arabian Room
Murat Shrine
520 N. New Jersey
Indianapolis, IN 46204**

**Proceeds benefit Special Olympics Ballroom (Hendricks County).
 Tickets \$25 before July 1, \$30 after
 Heartland Discount: \$22 before July 1, \$30 after**

Sponsorship Levels:
 Bronze: \$30
 Silver: \$50
 Gold: \$100
 Platinum: \$250
 All donations received
 before July 1 will
 be acknowledged in the
 program.

Enjoy an evening of general dancing and great exhibitions by
 ---Top area studios and your favorite dance clubs
 ---Amateur couples & pro-am couples
 ---Outstanding formations teams

*The proceeds are used to teach ballroom dancing to Special Olympics
 athletes and prepare them for competition.*

Reserve a table of 10 for you and your friends!

Questions? Contact Rog at RogGreenawalt@gmail.com

Make checks payable to Big Ballroom Dash (a non-profit organization)
 Mail ticket requests to Dill Woodward, 400 E. Arch, Indianapolis, IN 46202

Name _____
 Address _____
 City, State, Zip _____
 # Tickets _____ Amount Enclosed _____
 Additional Donation _____
 Email _____
 want to sit with (options) _____

**Tickets limited!
 Last year's event
 sold out.
 Don't wait!**

Questions? Contact Rog Greenawalt at 879-0752.



DERBY CITY DANCESPORT *Championships*

August 1 - 3, 2014

Galt House Hotel & Suites | Louisville, KY

A qualifying event for the 2015 USA Dance National DanceSport Championships

Chase Abell, Competition Chair, (502) 572-5234

www.derbycitydancesport.org





Save the Date

Sat., August 16, 2014

8:00 pm - 11:00 pm

Doors open at 7:00 pm

Paramount 85th Birthday Celebration Dance

in the

Hardacre Ballroom

Live Music by Larry Mechem

Tickets: \$20.00

Open Dancing, Refreshments
Dressy Casual, Cash Bar, Raffle Prizes!

Sponsorships Available

Tickets available online at www.andersonparamount.org
or box office: 765-642-1234 • Hours: Tues. - Fri. 9am-5pm.
Next Ballroom Dance lessons begins Tuesday, August 26, 2014



Continental Dance Club
Presents

Hawaiian Sunset Ball

Ballare Ballroom, 111 Medical Dr, Carmel, IN

Music by Blue Notes

Friday, July 25, 2014

7:30 - 10:30 P.M. Doors open at 7:00 P.M.



**Appetizers and non-alcoholic beverages provided
\$25.00 per person
Tickets available Sunday nights, June 8-July 20, 2014
at the Continental Dance Club
OR contact: Barb Cameron at (317) 298-4950**



Heartland Ballroom Dancers' August Dance

Saturday, August 9, 2014



8:30 PM – 11:00 PM at Riolo Dance
502 N. Capitol Avenue

Nightclub 2-Step Lesson with
Tracy Martin at 7:30 PM

Dancers of all ages and skill levels welcome. Refreshments provided.



USA Dance Members: \$8.00 (Student: \$4.00) Non-members: \$12.00 (Student: \$6.00)

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](http://RioloDance.com) 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; Fridays, Group Lesson 5:00 PM, Dance Party 6:15 PM-8:15 PM.
www.MonicaLung.com (317) 590-2655

Thursdays:

Tango Indy meets every week at [Riolo Dance](http://RioloDance.com) 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 299-4740
Ballare Ballroom, 111 Medical Drive, Carmel 46032, 7:30-10:30pm, \$10 incl lesson & snacks, 317-698-8535
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 7:00 PM - 9:30 PM 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
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.

July, 2014

Friday, July 11 Big Ballroom Bash (See flyer)
Saturday, July 12 **Heartland Independence Day Dance at [Riolo Dance Studio](http://RioloDanceStudio.com).**
Saturday, July 12 **[Fort Wayne Dancesport](http://FortWayneDancesport.com)** Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226
Saturday, July 19 **[Indy Dancers](http://IndyDancers.com)** call Dance Line 767-5665 for information

August, 2014

Saturday, August 9 **Heartland Summer Dance at [Riolo Dance Studio](http://RioloDanceStudio.com).**
Saturday, August 9 **[Fort Wayne Dancesport](http://FortWayneDancesport.com)** Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226
Saturday, August 16 **[Indy Dancers](http://IndyDancers.com)** call Dance Line 767-5665 for information
Sunday, August 24 Sentimental Journey Dance Band, \$14, Indiana Roof Ballroom, 5-9 pm 317-236-1870

Dancers are reminded of Dress Code

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.

Upcoming Chapter Events

July 12—Independence Day Dance

7:30 pm – Lesson – West Coast Swing

Instructor: Eric Byers

Exhibition: TBA

Dance: 8:30 - 11 pm

Cost: \$8 members; \$4 member students;
\$12 non-members; \$6 non-mbr students

DJ: Rog Greenawalt

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

For more information, call 849-6373 or 584-3048

Open Monthly Dance

August 9 – Summer Dance

7:30 pm – Lesson – Night Club 2-Step

Instructor: Tracy Martin

Exhibition: TBA

Dance: 8:30 – 11 pm

Cost: \$8 members; \$4 member students;
\$12 non-mbers; \$6 non-mbr students

DJ: Roger Greenawalt

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

For more information, call 849-6373 or 584-3048

Open Monthly Dance

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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Dancers

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