



Heart and Sole



Volume 22 Issue 3

March 2015

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! We will be celebrating St. Patrick's Day during our March party. We encourage everyone to wear green, or run the risk of being pinched ☺

Our Dance instructor for the month of March will be **Olga Cansino**. Olga will teach **American Rumba** for us.



Olga Cansino's bio:

Olga Cansino began studying ballroom dancing at the age of 17 at the prestigious Moscow State University in Russia. While in Russia, she competed in International Style Ballroom dance. Olga began teaching dance lessons at the age of 20. In 1998, Olga moved to the US, and began teaching dance lessons at Penn State. In 2003, Olga moved to Indiana, and began working as a dance instructor at Arthur Murray. Between 2005 and 2010, Olga was a dance instructor and co-owner of Simply Ballroom. She became a co-founder of My Dance Factor Club in

2011. She currently teaches group and private ballroom dance lessons for beginning and intermediate levels, for both children and adults at Ballare Dance Studio, Monon Community Center and at Parks and Recreation Departments in Fishers, Westfield and Carmel areas. Olga specializes in both American and International style social dancing and in formation dancing. She is also proficient in Cabaret Style dancing.

Have you always dreamed of doing a dance performance yourself but felt too shy to actually do it? Heartland's exhibitions allow you to dance in a group setting in a non-threatening environment. We had 8 charity exhibitions in 2013, and 8 additional exhibitions in 2014, including Marquette Manor retirement center, Westfield Retirement Center, a fellowship group at St. Luke's United Methodist Church, the Arts Garden, the Indiana Roof and the Greenfield Dancing for Hope

Fundraiser. Due to their popularity, several of our exhibitions to retirement homes became annual events. In running the exhibitions, we've partnered with other dance groups, including IndyTango, Latin Expressions, Continettes, Theater Arts dancers, and even ballet dancers. New this year, we are working on a partnership with International Dance Ensemble that specializes in Irish dances (Cyndi Simmerman, Director). Continued on page 2.



St. Patrick's Dance

Saturday, March 14

7:30 pm – Lesson – American Rumba

Instructor: Olga Cansino

Dance: 8:30 – 11:00 p.m.,

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

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

DJ: Larry Gogel

Location: Riolo Studio, 502 N Capitol 2nd Flr

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

Open Monthly Dance

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February Dance Report

by Larry & Anna

We would like to thank everyone who came to the Heartland's Valentine Dance party! We had a great turnout, with many out of town guests, and quite a few dance beginners, including several high school students. We are always glad to see the new comers, and hope they choose to come back to us.



Special thanks go to our instructors, **Scott & Yulia Shook**, who prepared beginner and intermediate Waltz routines for us. As always, the summary of our group lessons could be viewed on our website: <http://www.indyusadance.org/videos/> Check it out!

Thanks to all of our volunteers: Roger, Becky, Nancy, Anna H, Anna K, Efim, Larry, John, Marvin, Jeff for helping us run the party smoothly. Special thanks go to our door greeter, John Graves, who did an amazing job multitasking money collection, giving away free raffle tickets and presenting flowers to all the ladies. Way to go, John! We also thank our members who brought snacks to the party. And we are grateful to Ron Wright for donating the flowers.



Nancy Dew, Heartland Volunteer

We had 3 amazing performances. We would like to thank our performers: **Suresh Nair** and his Anderson *Dancing Like the Stars* dance partner **Cheryl Hardacre** who danced a passionate tango for us; and **Rog and Amy Greenawalt** who demonstrated beautiful Viennese Waltz and American Waltz. Look for photos later in this issue.

From the Heart (continued):

For **2015**, in addition to our annual events, we are working on several exciting additions, such as doing **exhibitions** at Riley Hospital for Children, Children's Bureau, Franklin Active Adults Center and at the Women's state prison. Check our website often for an up-to-date schedule of Heartland's events: <http://www.indyusadance.org/events/>. If you are interested in joining our growing body of dance performers, please let Anna K or Larry know.

On a separate note, we would like to ask both our members and guests to help us with party preparation and cleaning at our

monthly parties. If your schedule allows, please consider getting to the studio a few minutes earlier and help us set up the food table. Please deposit trash into a receptacle upon leaving the studio. And if you are not in a hurry to leave, please consider spending a few minutes helping us clean the food table and emptying the trash receptacles at the end of the party. We would really appreciate your help!!

2015 Dance Schedule

Dances will be the 2nd Saturday of each month at Riolo Studio.

January 17 (at Starlite)	Winter Dance
February 14	Valentine Dance
March 14	St. Patrick's Dance
April 11	Spring Dance
May 9	Mother's Day/500 Dance
June 13	Father's Day Dance
July 11	Independence Day Dance
August 8	Summer Dance
Sept. 12	September Dance
October 10	Fall/Halloween Dance
November 14	Thanksgiving Dance
December 12	Christmas Pitch-in Dinner/Dance

2015 Board of Directors

President Larry Gogel	759-0171 e-mail: lgogel@gmail.com
Vice President Anna Kovalyova	Non-published e-mail: annaktoots@yahoo.com
Secretary Nancy Dew	849-6373 e-mail: dewn@juno.com
Treasurer Gordon Winter	908-4577 e-mail: gordyw@sbcglobal.net

Board of Directors:

Jeff Burgardt	584-3048
John Graves	702-6397
Anna Herkamp	752-2631
Ron Wright	257-4954

The Next Board Meeting is Saturday, March 21, 2015 at 6 pm at Riolo. Call Larry for more information.

2014 Committee Chairs

Bylaws & Policies	Nancy Dew
Dance Clubs Liaison	Jane Perry
Dance/Instructor Coordinator	Anna Kovalyova
Hospitality/Greeters	Jeff & Becky Burgardt
Refreshments	N Dew???
Flyers	Larry Gogel
Marketing	Anna Kovalyova
MC Coordinator	???
Membership	Need Volunteer Now
National Ballroom Dance Week	Anna Kovalyova & ???
Newsletter	Nancy Dew
Nominations	Need Volunteer Now

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
usadancesb.tripod.com – USA Dance South Bend Chapter
usadancechicago.org – USA Dance Chicagoland Chapter



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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

We had 3 amazing performances. We would like to thank our performers: Suresh Nair and his Anderson's *Dancing Like The Stars* dance partner Cheryl Hardacre who danced a passionate tango for us; and Rog and Amy Greenawalt who demonstrated beautiful Viennese Waltz and American Waltz.





Our free February raffle was won by Pat Mescall, who received a box of chocolate to the envy of many ladies.

We also held a raffle for three Gift certificates from Aurelia Dance studio, with each certificate entitling the winner to 2 **complimentary private lessons with Aurelia's** instructors graciously donated by Gert Roslender. Congratulations to all the winners!



February American Waltz dance lesson taught by Scott and Yulia Shook



Youth Dancing Outreach

by Anna K. Herkamp, Heartland Board member

As the new year has begun, we at the Heartland Chapter of USA Dance have been reviewing our goals of what we'd like to see our chapter accomplish. We believe that among our chief duties as a ballroom advocacy organization is sharing our love of dance and its power to shape and change lives for the better.

To that end, the board has begun a discussion we'd like to continue about introducing dance to youth -- specifically, how to get more youngsters involved with this amazing activity.

Two of our board members, Bloomington resident Larry Gogel, who's been dancing since 1995 and 32-year veteran dancer and Brownsburg resident John Graves, have been involved with several after-school ballroom dance programs at various times during their dance careers.

They recently sat down with me to chat about their experiences -- what worked, what didn't, and their thoughts on getting some new programs going in the Indianapolis area.

Larry started working with grade school-age kids in 2005 after the release of the movie "Mad Hot Ballroom" was released. The film documents an inner-city program aimed at getting kids involved with dance.

Larry and some ballroom friends were inspired by the film and decided to get a program going at two elementary schools in Bloomington -- Grandview Elementary and Clear Creek Elementary schools.

They began by doing some dance demonstrations at school convocations that were such a hit, school officials invited them back. To gain support for the programs initially, the dancers reached out to teachers, who encouraged their students to participate. They also approached the school PTAs to explain what would be taught.

They organized the programs to meet once a week. They enlisted the help of Indiana University ballroom students who helped the kids learn basic steps. The programs lasted seven weeks and emphasized four dances -- waltz, foxtrot, swing and merengue. Kids had to be in the second through sixth grades to participate. The program drew about 20 to 25 kids per week.

At the end of the seven weeks, the kids and their instructors hosted an exhibition for the parents.

The change over the course of the class was evident.

Some kids who seemed like they had a hard time paying attention during instruction ended up being some of the most dedicated. One such young man was such a good dancer, Larry was amazed.

Suddenly the kid who barely looked like he was paying any attention had impeccable posture and frame with his partner -- he was like a different person.

"It was interesting... If they'd been in a competition they would have won because they looked so good," Larry said.

John said he experienced the same thing with youth he'd worked with.

In the '90s, John became a youth outreach director with USA Dance. In the late '90s, the club was approached by a North Central High School senior who wanted to start a club. Heartland members did some exhibitions during a school lunch hour and ended up getting almost 40 kids who were interested -- a fairly even mix of girls and boys. John taught the students swing, cha-cha, rumba, waltz, fox trot and some tango. Each class met once a week for about an hour.

"There were a couple boys who got dragged to the classes by their girlfriends, but they thought this whole idea was going to be lame, so they were there to make fun of the club and disrupt class. But after the very first class these two boys were the first to approach me after the day's class was over and ask 'When are we going to do this again?'" he said.

John participated in similar programs at Scecina Memorial High School and Warren Central High School.

"Once we started the classes the kids were always enthusiastic. They were excited and couldn't wait until the next class," John said.

Youth Dancing Outreach (continued):

Larry said the experience of teaching dance to kids was rewarding, but continuing the program grew challenging as organizational issues began to surface. The Bloomington program lasted five years at one of the schools.

For one thing, the classes always needed parent volunteers or other adults to supervise the kids.

"I could teach them, but with kids, you have to have adult eyes on them because you turn your back and who knows what might happen," Larry said. "You don't necessarily need to know how to dance, but kids are going to be kids. They've got a lot of energy to release."

Larry added that having healthy snacks available after classes were over helped the kids settle down and have the energy to concentrate on the weekly lessons.

"Kids want to be challenged. It's not like being a football coach, but they do want a challenge and they do want some discipline and guidance," he said.

It was rewarding to be able to see the changes in many kids as they learned to dance. For some it even provided some much-needed stability in their home lives. Kids also benefitted from learning the history of the dances. The activity melds physical, mental and creative faculties into one great activity, Larry added.

"It's a good physical and cultural activity. You learn different types of music and it's a different type of interaction than sports. You meet different people and boys and girls can learn to be together too...they learn that the opposite sex isn't necessarily an alien creature," he said.

John said the programs' successes speak for themselves.

"I think the clubs I helped start and worked with were successful because they were fun! We did these before 'Dancing with the Stars' was on TV too so they weren't exposed to ballroom dancing and still the kids couldn't wait until the next class," he said.

"This one activity teaches team work, respect, cooperation, self-confidence, social skills just to list a few of the benefits ballroom dancing has for the kids."

We would like to hear your thoughts. As we continue this conversation, please let us know about any interest you or others have in reaching out to youth. Contact Larry at 317-759-0171 or e-mail lgogel@gmail.com. We are open to all thoughts and ideas, as well as potential pitfalls in organizing groups like these. We look forward to hearing from you!



Larry teaching youth class in Bloomington



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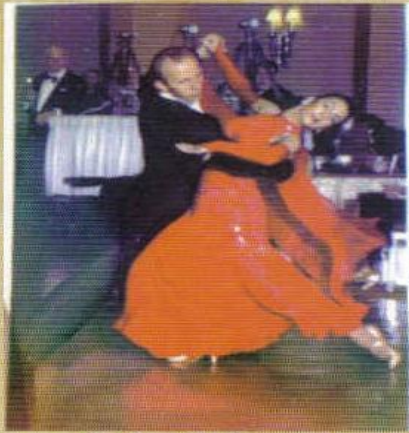
Check out our Full Calendar on Web Site
502 N. Capitol Avenue (2nd Floor)



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

	<u>MARCH</u>
March 1	Mike McCarty
March 8	Dave Lowe
March 1	Blue Notes
March 22	Sundown
March 29	Rod Hodnett
	<u>APRIL</u>
April 5	Mike McCarty
April 12	Dave Lowe
April 19	Blue Notes
April 26	TBA
April Lesson – TBA	

Continental Dance Club



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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](http://www.tangoindy.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://www.tangoindy.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](http://www.fredastaireindy.com), 820 E. 116th & Guilford 317-207-9191: Open dance 9-11 pm \$10; drinks & snacks free.

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

[Ballare Ballroom](http://www.ballareballroom.com), 111 Medical Drive, Carmel 46032, 7:30-10:30pm, \$10 incl lesson & snacks, 317-698-8535

[Aurelia Dance Studio](http://www.aureliadancestudio.com) (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 (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](http://www.riolodance.com) --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](http://www.continentaldanceclub.com) 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.

March, 2015

Saturday, Mar. 14 [Fort Wayne Dancesport](http://www.fortwaynedancesport.com) Dance at IPFW's Walb Memorial Ballroom. 7-11:00 pm. Call 260-485-6226

Saturday, Mar. 14 **Heartland St. Patrick's Dance** at [Riolo Dance Studio](http://www.riolodance.com)

Saturday, Mar. 21 [Indy Dancers](http://www.indydancers.com) at Anniversary Dance at Serendipity in Plainfield call Dance Line 767-5665 for information

Apr, 2015

Saturday, Apr. 11 **Heartland Spring Dance** at [Riolo Dance Studio](http://www.riolodance.com)

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

Saturday, Apr. 18 [Indy Dancers](http://www.indydancers.com) Chicago Party East Side Moose call Dance Line 767-5665 for information

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.

March 14 – St. Patrick's Dance**7:30 pm – Lesson – Rumba****Instructor: Olga Cansino****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, 2nd Fl****For more information, call 849-6373 or 759-0171****Open Monthly Dance****April 11 – Spring Dance****7:30 pm – Lesson – Cha Cha****Instructor: Natasha Cox of Riolo****Dance: 8:30 – 11 pm****Exhibition: TBA****Cost: \$8 members; \$6 member students;
\$12 non-mbers; \$8 non-mbr students****DJ: Rog Greenawalt****Location: Riolo Studio, 502 N. Capitol Ave, 2nd 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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