



# Heart and Sole



---

**Volume 25 Issue 3**

**March 2018**

---

## **From the Heart (President's & VP Message)**

*By Larry Gogel & Anna Kovalyova*



Greetings, Dancers!

The warmer weather is finally here.

Join us at the Heartland's **St Patrick's party** on Saturday, **Mar 10th** at Riolo Dance Studio. We are pleased to welcome **Abby McGrew** as our March dance instructor. Abby **will teach a Rumba** lesson to us. Rumba is related to Afro-Cuban music. It is considered one of the most sensual Latin dances due to its slow rhythms and hip movements that create intense bodily expressions. Abby is a grand-daughter of Kay Anderson who is a long-time friend of Heartland and a co-organizer of Anderson's Dancing Like the Stars Annual Fundraiser. Abby's son and his dance partner will perform 2 exhibitions for us

during the March party.

Our paid raffle will consist of 1 complimentary admission to Carmel Ballroom's Spring showcase that will take place on April 28<sup>th</sup>. We thank Carmel Ballroom's owners, Judy and Danny Corsaro, for their generosity.

Also, our dear friend, Barb Cameron, will be celebrating her 90<sup>th</sup> birthday with us. Come join us and help us to wish Barb a very happy birthday and many more years of dancing.

## **Instructor's Bio:**

### **Abby McGrew:**

Abby started her training in ballroom dance at Brigham Young University, Idaho. She competed in International styles, Theater Arts, and also on formation teams. Abby's teaching career began as a teaching assistant for Social Dance, Latin, and Standard classes. She also supervised practice sessions, quickly moving on to teach private lessons and coach beginning formation teams.

After college, Abby took some time away from dance to start a family. She began training and teaching again at DanceSport Academy of Michigan in 2016. Since then, she has become USISTD certified in associate-level International Standard, and is continuing to study and train for additional certifications through DVIDA and USISTD. Abby and her family moved to the Indianapolis area in July, and she currently teaches at Carmel Ballroom Dance Studio and Butler University. She loves learning and performing, but her true passion is in teaching others the joy of dance.

## February dance activities:

Heartland Valentine dance party was full of energy. We had an excellent American Waltz group lesson by Scott and Yulia Shook, followed by several sweet prizes to get us going. Our 50/50 winner, Kay Anderson, donated her prize toward the 2018 Ballroom Bash. Thank you, Kay!

During the party, we had 4 amazing exhibitions that kept us entertained.

We were honored to host the 2018 Dancing Like the Stars Anderson's Mirror Ball Winners Marlene Carey and Ed-Godby Schwab. Marlene and Ed won the People's Choice Award at raising almost \$4,000 in VOTES to benefit Paramount theater. Marlene and Ed presented their East Coast Swing routine for us and it was charming!



DLTS celebrity Kristin Lennis and her dance partner Suresh Nair presented an energetic Quick Step routine for us. Suresh and Kristin also originally danced their routine at the 2018 DLTS Anderson's Fundraiser, and graciously agreed to repeat their performance for Heartland USA Dance Valentine party. Thumbs up!

Toni Newlon performed East Coast Swing routine with her professional instructor Rob Jenkins. We all enjoyed their awesome choreography and presentation.

Kelly Pyers danced Samba with her professional instructor Rob Jenkins. It was a very lovely performance. We thank all of our performers for sharing their talent with us!



We celebrated 2 birthdays during the Heartland's Valentine party: Efim's and Toni's. Happy birthday,

both!

Alexis McCall was officially recognized as a USA Dance District 3 Volunteer of the Year during the Heartland's Valentine dance party. Congratulations, Alexis!

Alexis' dance-related volunteer activities could be broadly grouped into the following categories:

- Working with Special Olympics dancers;
- Performing at various Heartland community exhibitions;
- Competing in numerous dance competitions across the country;
- Helping with Heartland party preparations.



In Alexis' own words, "I have discovered that dancing is like a never ending road trip. I have learned that the further you get down the road the more you have to go. I have learned that I will never be satisfied with the destination because there is always more to accomplish. One thing for sure is that I definitely found the answer to my questions (on what brings passion and joy to life). I found that dancing is my passion and the dancers that I am lucky enough to have in my life are my second family."



Heartland celebrated another great achievement in February: for the 3rd year in a row, the Chapter received a \$250 grant from the Lilly Hands & Hearts program. Go Heartland!

The Lilly Hands and Hearts program helps create stronger communities by encouraging employees to volunteer their time, talent and passion to make a difference in the lives of others.

We also would like to thank everyone who helped out during the medical emergency at our Valentine party. We were lucky to have several doctors, nurses, firefighters and people trained in CPR in our mix. Special thanks go to Gary, Bob, Roland, Anna W, Olympia, Yasha, and everyone else whose prompt actions and cool headedness saved Alik's life. Cheers to Troy and Marie for managing to find an AED unit well ahead of the ambulance arrival, and to Toni for hooking up the AED correctly.

We are also grateful to people who stayed behind and helped us clean the party. Everyone did their absolute best that night. So proud of Heartland!

Gary Condon, Anderson Fire Department Battalion Chief, attended Heartland's Valentine's party with Kristin Lennis. With 23 years of



after



firefighting experience, Gary quickly took charge of the situation and began administering CPR. Gary is a true hero who helped us out at the time of need. The cardiologist who was on call at the Methodist Hospital where Alik was taken by the ambulance kept repeating that Gary's actions saved Alik's life.

As a result of this experience, Riolo Dance is going to acquire a defibrillator of their own.

Alik thanks all his dance friends who brought him back to life. He said that he was truly blessed to be surrounded by such caring people at the time of need. Alik is recovering nicely and hopes to be back on the dance floor very soon.

Way to go, Heartland!

To view more pictures and videos from Heartland events, please visit:

<http://www.indyusadance.org/>

or Facebook: <https://www.facebook.com/pages/USA-Dance-Chapter-2022-Heartland-IN/494575663941501>

Happy dancing to all! See you at our St. Patrick's dance party on Saturday, March 10<sup>th</sup> at Riolo!

Larry and Anna

---

## **Heartland Board Descriptions of Vacant Positions:**

Reference Bylaws Article XII, Sections H-K for the official position description for chapter officers.

### **Responsibilities of Chapter Officers:**

#### **Communications Coordinator**

- Has oversight for publicity, website, email, Facebook, flyers, newsletter, etc. through volunteers or committees.
- Submits annual budget request to support communications programs.
- Develops and presents plans to the board to support promotion of chapter events.
- Solicits, writes and edits articles and ads for chapter newsletter (hardcopy, email, etc.).
- Posts chapter events to media and community online calendars and social media.
- Designs and prints flyers for chapter activities.
- Submits event information and news releases to the media.
- Coordinates contact with chapter members about regular events via email, mail, or cell.
- Monitors development and updating of a chapter website and social networking sites.
- Coordinates at least annually communications to dance studios, independent instructors, dance clubs, and others to reduce scheduling conflicts and to create a harmonious dance community.



**Heartland March Dance Party**  
**Saturday, March 10, 2018**  
**Lesson: American Rumba with**  
**Abby McGrew of Carmel Ballroom**  
**at 7:30 PM**  
**Dance: 8:30 – 10:30 p.m.**  
**DJ: Larry Gogel**  
**Admission: \$8 Members / \$12 Nonmembers**  
**\$6 All Full Time Students**  
**Location: Riolo Ballroom 502 N Capitol 2<sup>nd</sup> Flr**  
**For more information, call 759-0171 or 849-6373**

**2018 Dances will be the 2nd Saturday of each month at Riolo Studio:**

### **2018 Board of Directors**

**President** Larry Gogel 317-759-0171  
e-mail: lgogel@gmail.com  
**Vice President** Anna Kovalyova Non-published  
e-mail: annaktoots@yahoo.com  
**Secretary** Nancy Dew 317-849-6373  
e-mail: [dewn@juno.com](mailto:dewn@juno.com)  
**Treasurer** Alexis McCall  
e-mail: alexishier@yahoo.com

### **Board of Directors:**

Amy Clark Greenawalt  
Joseph Myers  
Olympia Harris

The Next Board Meeting is **Thursday, March 22, 2018 at 6:00 pm** (call In Virtual Mtg..) Call Larry for more information.

### **2018 Committees (See web site)**

**Your chapter needs your help!** We need chairmen in several areas. **Remember a chairman coordinates the activity but does not necessarily perform all the duties!** If you would like to work on any of these committees, please call Larry at (317) 759-0171.

**We can always use volunteers at the dances.** If you are interested in performing for our chapter dances or have an instructor suggestion, please email Anna K. ***Want to earn Free Admission?*** If you work the door or do the food set-up, your admission is free.

### **Member News**

Please notify the editor of member events, accomplishments and/or special recognition. We can't print information if we don't know about it! We don't want to overlook anyone!

As of 1/1/18, Heartland Chapter had 81 members. All competitor memberships (adult and collegiate) expire at year end.



**THE CHAPTER DOES NOT GET TO KEEP any of your dues money—it all goes to Central Office.** We operate based on what we make on dances, competitions, etc. and advertising funds our newsletter. This is different from all the other local dance clubs. We are classified a 501-3(c) non-profit organization.

### **Competitor's Corner**

To share your results email Rog Greenawalt at [bolerogreen@juno.com](mailto:bolerogreen@juno.com).

To view pictures of our competitors on line, please visit Heartland Facebook:

<https://www.facebook.com/pages/USA-Dance-Chapter-2022-Heartland-IN/494575663941501>

**Continental Club Dance  
Schedule for March/April**  
**Dance Lesson: 6:00 – 7:00 pm**  
**Dance Lesson: Tango**  
**Large Ballroom**  
**Beginner Lesson: 6:00 – 7:00 pm**  
**Dance Lesson: Tango**  
**Small Ballroom**

**March Music**  
**March 4 Blue Notes**  
**March 11 Mike McCarty Trio**  
**March 18 Dave Lowe**  
**March 25 Monica Lung - DJ**

**April Music**  
**April 1 Roger Greenawalt -DJ**  
**April 8 Blue Notes**  
**April 15 Mike McCarty Trio**  
**April 22 Dave Lowe**  
**April 29 Monica Lung -DJ**



#### **Newsletter Deadline**

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

#### **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.

**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.

**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](http://www.indyusadance.org/local-resources))



**By Appointment (317) 408-9094**

 [facebook.com/GECustomPerformanceApparel](https://www.facebook.com/GECustomPerformanceApparel)

# RON'S SUNDAY NIGHT DANCE



at the  
**ATRIUM**

3143 East Thompson Road., Indianapolis



**1<sup>st</sup> and 3<sup>rd</sup> Sunday of each month**

*Dates are listed below.*

*\*Please note date changes for January, February, April & May*

**COUPLES & SINGLES ALL 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, Country 2 step*

## **2018 SUNDAY DANCE DATES**

January 7 & 28<sup>th</sup> (4<sup>th</sup> Sunday)

February 11 (2<sup>nd</sup> Sunday) & 18

March 4 & 18

April 8 (2<sup>nd</sup> Sunday) & 22 (4<sup>th</sup> Sunday)

May 6 & 27 (4<sup>th</sup> Sunday)

June 3 & 17

July 1 & 15

August 5 & 19

September 2 & 16

October T.B.A.

November T.B.A.

December T.B.A.

**\*\*Please note the above day / date changes – FOR, JANUARY, FEBRUARY, APRIL & MAY\*\***

\*\*\*\*\*

For more information, contact Ron Fentz at 317.443.4462 [ronfentz@aol.com](mailto:ronfentz@aol.com)





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



**Indy's Most Exciting Dance Venue!**



Ballroom Latin Argentine Tango Swing Salsa

Group and Private Lessons Experienced Instructors No Contracts

**Open Dance 3/3, 3/17, 3/24, 3/31**

**USA Dance 3/10**

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

317-344-8540

Check out our Full Calendar on the Website

502 N. Capitol Avenue (2<sup>nd</sup> Floor)





# Heartland Ballroom Dancers' March Dance

## Saturday, March 10, 2018

**at Riolo Dance**

**502 N. Capitol Ave. (Capitol & Michigan)**

**American Rumba Lesson with Abby McGrew  
of Carmel Ballroom at 7:30 PM**

**Dancing 8:30 PM – 10:30 PM**

**Dancers of all ages and skill levels welcome.**



**USA Dance Members: \$8   Non-members: \$12   Full Time Student: \$6**

**For more information:**

**call: 317-759-0171 email: [indyusadance@gmail.com](mailto:indyusadance@gmail.com) website: [www.indyusadance.org](http://www.indyusadance.org)**

# Heartland Ballroom Dancers' April Dance

## Saturday, April 14, 2018



**8:30 PM – 10:30 PM at Riolo Dance**  
**502 N. Capitol Avenue**

**American Foxtrot Lesson with**  
**Rob and Melissa Jenkins at 7:30 PM**

**Dancers of all ages and skill levels welcome.**



**USA Dance Members: \$8    Non-members: \$12    Full Time Student: \$6**  
**For more information: call: 317-759-0171    email: [indyusadance@gmail.com](mailto:indyusadance@gmail.com)**  
**website: [www.indyusadance.org](http://www.indyusadance.org)**





May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	<div>  <p><b>Heartland Ballroom Dancers' May Dance</b></p> <p><b>Saturday, May 12, 2018</b>  <b>8:30 to 10:30 PM</b>  <b>at</b>  <b>Riolo Dance</b>  <b>502 N. Capitol Ave.</b></p> <p>Dancers of all ages and skill levels welcome.  Refreshments provided.</p> <p><b>Peabody Lesson</b>  <b>at 7:30 PM</b>  <b>by</b>  <b>John Berry</b></p> </div>				12
13 Mother's Day 	14					19
20	21					26
27 Indy 500 	28					



For more information: call: 317-759-0171 email: [indyusadance@gmail.com](mailto:indyusadance@gmail.com) website: [www.indyusadance.org](http://www.indyusadance.org)

USA Dance Members: \$8 Non-members: \$12 Full Time Student: \$6

## 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) – New Downtown Y, 2nd Floor : 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](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](http://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 317-430-5029

Web site: [www.indianapolisdancelessons.com](http://www.indianapolisdancelessons.com) for more info on classes/parties, rentals.

[Carmel 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) – New Downtown YMCA: Fridays - Lesson 5:45 PM, Dance 7 - 9 PM [www.MonicaLung.com](http://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](http://www.riolodance.com)

### **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)

*Dance Indy Swing Dance Club* at Riolo Dance. from 2:00-6:00 pm on selected dates. See web site

For an additional list of dancing opportunities, please visit our website at: [indyusadance.org](http://indyusadance.org)



**March 10 - March Dance Party**

**7:30 PM American Rumba Lesson  
with Abby McGrew of Carmel Ballroom**

**Dance: 8:30 – 10:30 PM**

**Admission: \$8 Members**

**\$12 Nonmembers**

**\$6 Full Time Students**

**Special Exhibitions**

**DJ: Larry Gogel**

**Location: Riolo Dance**

**502 N. Capitol Ave, 2<sup>nd</sup> Fl**

**April 14 - April Dance Party**

**7:30 pm – American Foxtrot Lesson  
with Rob and Melissa Jenkins of Riolo**

**Dance: 8:30 – 10:30 pm**

**Admission: \$8 Members**

**\$12 Nonmembers**

**\$6 Full Time Students**

**Special Exhibitions**

**Location: Riolo Dance**

**502 N. Capitol Ave, 2<sup>nd</sup> Fl**

***Heartland Ballroom Dancers***

**564 Conner Creek Dr.**

**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.

Published monthly by Heartland Ballroom  
Dancers

Chapter #2022 of USA Dance Inc.

564 Conner Creek Dr.

Fishers, IN 46038

Nancy Dew, Editor

317-849-6373

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