



Heart and Sole



Volume 25 Issue 5

May 2018

From the Heart (President's & VP Message)

By Larry Gogel & Anna Kovalyova



Greetings, Dancers!

There are lots of activities around Indy in May. Join us at Heartland's **May party** on Saturday, **May 12** at Riolo Dance Studio. We are delighted to have **John Berry** as our May dance instructor. John **will teach** a fun **Peabody** lesson. A bit of history: The Peabody is an American ballroom dance that evolved from the fast foxtrot of the ragtime era of the 1910s and 1920s. The Peabody dance is rumored to be named after William Frank Peabody, a

New York policeman who loved to dance. The Peabody's uniqueness is in a dance position (called the "English"), which came from Peabody's need to hold his partner on his right side to accommodate his huge size (girth). The One Step and Peabody went on to become the (modern) Quickstep with a splash of Charleston thrown in. The Quickstep bears very little resemblance to the dance of the Peabody today; however, some steps remain the same. During our May dance party, Heartland USA Dance will host several thrilling exhibitions, including an amazing routine by our guests Monica Lung and her dance partner Rick McClurg.

Our paid raffle will consist of 2 complimentary tickets to **the Big Ballroom Bash** that will take place on Friday, **July 13** at the Murat Shrine Arabian Room. We thank the Bash co-organizers, Roger Greenawalt and Bill Woodward, for their generosity.



April Dance Activities:

Heartland's April dance party was packed with activities. We were happy to see both old friends and guests, including our friends from Fred Astaire and several out of town visitors. We had a wonderful American Foxtrot group lesson by Rob and Melissa Jenkins, followed by 3 exhibitions.



Efim and Anna danced their brand new Meringue routine. They initially put together this routine 5 years ago, and ended up not performing it back then. Five years later, having thoroughly forgotten it, they decided to resurrect their Meringue, and along the way, added a few twists to it. In Fima's words, "I learned that dancing requires balance... Dancing is about earning your partner's trust... Dancing occasionally calls for heavy lifting... Dancing taught me confidence... Anna said that dancing is about stepping outside one's comfort zone. I did not step out of my comfort zone, I felt that I made a gigantic leap (or two) out of it... And somewhere along the way, I realized how much I love dancing. Yet, my favorite part of the routine remains to be THE END (that's when I start breathing again)."



Our second exhibition was by Kelly Pyers and her professional instructor Rob Jenkins. They performed a beautiful Medley of Bolero and Cha-Cha. Kelly's confidence on the dance floor and her ease of movements are always a treat to watch. We are so lucky to have such talented dancers among us! Kelly was competing with Rob at the Indy Open DanceSport competition Apr 20-21 and performing at Heartland was a great warm-up for them.



Chad Wright and Oksana Kulieva performed their brand new Theater Arts routine during Heartland's

April party. It was absolutely breath-taking! We remind everyone NOT to post Chad and Oksana's video on-line as they will be competing with this routine and would like to preserve its uniqueness. We thank Chad and Oksana for sharing their talent with us and wish them success in competitions.



Other April dance activities included:

- **Apr 13:** Heartland members took part in the Girl Scouts Fundraiser held at the Valley Mills Christian Church. This was a large audience, over 50 people, with both kids and parents in attendance. We thank Rog and Amy, and Ben and Alexis for volunteering!

- **Apr 20-21:** Many Heartland members participated, both as competitors and volunteers, in the 5th Annual Indy Open DanceSport competition at the downtown Sheraton. It was a splendid event.



In the words of one of the Heartland volunteers, Sandy Elliott: "It was amazing to see professional ballroom dancers compete up close. We were right on the floor and could have touched them if we dared. The power and beauty of the athletes can't be described. You really have to see it for yourself. The colors, costumes, music, floor craft... Oh. It was wonderful and made me long to be out there too..."

We congratulate the competition organizers, Rauno and Kristiina Ilo, on a huge success: the number of entries for this event doubled compared to last year!

Heartland competitors Ben Davis and Alexis McCall won the title of Top Amateur Couple at the 2018 Indianapolis Open DanceSport! Congrats and well deserved!



- **Apr 21:** Heartland Dancers performed special exhibitions for the Indy Dancers 35th Anniversary held at the Eastside Moose Lodge. The event also included dinner and dancing. It was a beautiful event with a live orchestra, upbeat atmosphere, great food and lovely dancers. Thank you for inviting us!



- **Apr 28:** Many Heartland dancers took part in the Carmel Ballroom Spring Spectacular showcase. It was a super-successful event that was sold out, with 30 gorgeous routines.



We had so much fun dancing there and cheering on all the performers. We wish the studio owners many more successful dancing events!



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!

We hope to see you all again at the next Heartland party on Saturday, May 12!

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.
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4 Exercise Benefits of Ballroom Dancing with a Partner

Fitday Editor



The exercise benefits of ballroom dancing have been well-documented. It only boils down to common sense when you consider that with all the turning, stepping and maneuvering in ballroom dancing, you stand to burn a lot of calories in a session with your partner. The exercise benefits of ballroom dancing apply to all age groups, which is another attractive reason to take it up as a form of working out. Ballroom dancing is not typically seen as an exercise first and foremost, which contributes to the fun of this kind of physical activity. Here are several exercise benefits you'll gain from ballroom dancing with a partner.

1. Flexibility

Flexibility is a key exercise benefit of ballroom dancing. While women are generally more flexible than men just by nature, both sexes can benefit from ballroom dancing's provision of more flexibility. When you join a ballroom dancing class, you will find that it will likely begin with quite a few stretching exercises just to protect against injury, as well as to prepare your body to be able to do the dance steps with greater ease. Flexibility is something you come to gain more of as you do the actual dance steps. The reason for this is that many of these dance steps automatically call for moves that necessitate a lot of stretching and bending.

2. Strength

You get to develop more strength as you increase the time you spend ballroom dancing with your partner. The manner in which ballroom dancing contributes to strength buildup is by forcing a dancer's muscles to resist against their own body weight. For example, ballroom dancing involves the use of quick turns, spinning and strutting. Male dancers in particular get to really build up their leg muscle strength during the times when they must lift their female partners high above their heads. All these force-intensive actions require strength from your leg muscles, so your leg muscles are built up more and more just by doing the regular dance moves.

3. Endurance

A good way to define endurance is the capability of your muscles to work harder for longer and longer stretches of time without succumbing to fatigue. The intensity that you're required to put into ballroom dancing makes this form of exercise a particularly potent means of building up your endurance. Each time you dance with a partner and work on your quick steps, lifts or twists and turns, you are conditioning yourself to be able to do these with less and less fatigue.

4. Mental Health

Since ballroom dancing is a communal activity, it has positive effects on your mental health. Studies back up what is common knowledge: Being around other people builds up your social ties, and socializing contributes to a positive outlook as well as a higher sense of self-confidence. Joining a ballroom dance class is one such way to accomplish this.



Amy Clark Greenawalt
Joseph Myers
Olympia Harris

The Next Board Meeting is **Thursday, May 24, 2018** at 6:00 p.m. (call-in virtual mtg.). Call Larry for more information.

2018 Committees (see website)

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 3/31/18, Heartland Chapter had 82 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.

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

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

Heartland May Dance Party
Saturday, May 12, 2018
Lesson: Peabody with
John Berry
at 7:30 p.m.
Dance: 8:30 – 10:30 p.m.
DJ: Roger Greenawalt
Admission: \$8 Members / \$12 Nonmembers
\$6 All Full Time Students
Location: Riolo Ballroom 502 N Capitol 2nd 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
Treasurer Alexis McCall
e-mail: alexishier@yahoo.com

Board of Directors:

Continental Dance Club
Schedule for May
Dance Lesson: 6:00 – 7:00 pm
Dance Lesson: American Rumba
Large Ballroom
Beginner Lesson: 6:00 – 7:00 pm
Dance Lesson: American Rumba
Small Ballroom

May Music*
May 6 - Blue Notes
May 13 - Monica Lung - DJ
May 20 - Mike McCarty Trio
May 27 - Roger Greenawalt - DJ

*Schedules are subject to change.

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.

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)



By Appointment (317) 408-9094

 facebook.com/GECustomPerformanceApparel

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 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 & 28th (4th Sunday)

February 11 (2nd Sunday) & 18

March 4 & 18

April 8 (2nd Sunday) & 22 (4th Sunday)

May 6 & 27 (4th 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



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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USA Dance 5/12

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Check out our Full Calendar on the Website

502 N. Capitol Avenue (2nd Floor)





May 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	 <p>Heartland Ballroom Dancers' May Dance</p> <p>Saturday, May 12, 2018 8:30 to 10:30 PM at Riolo Dance 502 N. Capitol Ave.</p> <p>Dancers of all ages and skill levels welcome. Refreshments provided.</p> <p>Peabody Lesson at 7:30 PM by John Berry</p>				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 website: www.indyusadance.org

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

Heartland Ballroom Dancers' June Dance

Saturday, June 9, 2018



8:30 PM – 10:30 PM at Riolo Dance
502 N. Capitol Avenue (Capitol & Michigan)

Cha Cha Lesson with
Sean Gehlhausen of Carmel Ballroom at 7:30 PM

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



USA Dance Members: \$8

Non-members: \$12

Full Time Student: \$6

For more information: Call 317-759-0171 or email indyusadance@gmail.com or website: www.indyusadance.org



Heartland Ballroom Dancers' July Dance

Saturday, July 14, 2018
at
Riolo Dance
502 N. Capitol Ave.
8:30 to 10:30 PM

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



Samba Lesson at 7:30 PM
by Olga Cansino

For more information:
call: 317-759-0171 email: indyusadance@gmail.com website: www.indyusadance.org
USA Dance Members: \$8 Non-members: \$12 Full Time Student: \$6



Boogie Beat

For a list of dancing opportunities, please visit our website at: www.indyusadance.org



May 12 - May Dance Party

7:30 p.m.: Peabody Lesson

with John Berry

Dance: 8:30 – 10: 30 p.m.

Admission: \$8 Members

\$12 Nonmembers

\$6 Full Time Students

Special Exhibitions

Location: Riolo Dance

502 N. Capitol Ave, 2nd Fl

June 9 - Dance Party

7:30 p.m.: American Cha Cha Lesson

w/ Sean Gehlhausen of Carmel Ballroom

Dance: 8:30 – 10: 30 p.m.

Admission: \$8 Members

\$12 Nonmembers

\$6 Full Time Students

Special Exhibitions

Location: Riolo Dance

502 N. Capitol Ave, 2nd 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 317-849-6373 for further details.	
Rates for long-term contracts negotiable.	

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