



Heart and Sole



Volume 25 Issue 7

July 2018

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

By Larry Gogel & Anna Kovalyova



Greetings, dancers! We hope everyone had a hot time on the 4th of July while staying cool!

On Saturday, the **14th of July**, please join us at the Heartland **party** at Riolo Dance. That's right, Heartland's party will take place the next day after the Big Ballroom Bash! This is a perfect opportunity to have an extended dance weekend and to stay in shape.

As our July dance instructor, we are delighted to have **Olga Cansino (pictured at left with Joseph Meyer and at right with the mystery Phantom!)**. Olga will teach a fun **Samba** lesson to us. During our July dance party, Heartland will host several thrilling exhibitions by our instructor Olga and her students, and a very special farewell exhibition showcasing Nisa Meyer, current Hoosier and soon-to-be New Yorker! (See Heartland Board news below.)



The proceeds from our 50/50 drawing will benefit Heartland's long-time member Nancy Dew. Nancy recently experienced an accident that required hospitalization, followed by treatment in a rehab facility. Nancy was then moved to an assisted living facility. She is doing much better and is very much interested in keeping up with the news from the dance world (which is always a good sign). We wish Nancy a speedy recovery!

Upcoming Dance Opportunities:

- **Fri, Jul 13, 7:30-11:30 p.m.**, the Big Ballroom Bash, a fundraiser for Special Olympics, at the **Murat Theater**. (Event is near capacity; please contact Rog Greenawalt, 317-679-0752, about ticket availability.)
- **Sat, Jul 14, 7:30-10:30 p.m.**, Heartland dance at **Riolo Dance**, 502 N. Capitol (Capitol & Michigan).
- **Sun, Aug 26, 5-9 p.m.**, Heartland and Continental's joint Homecoming at the **Indiana Roof**. This will be Heartland's 7th Homecoming at the Roof. We have several excellent exhibitions planned for the intermissions. Heartland has **reserved 2 tables** on the main floor. Please contact Larry or Anna ASAP if you'd like to sit with us.

► Please check our ads for other dance ops & dance wear; also read how to "...dance your way to success..." ◀

Heartland Board Comings and Goings:

- **Nancy Dew** has retired from her position of Heartland secretary for health reasons. Nancy has been an active Heartland member from the chapter's inception 25 years ago. Over the years, Nancy served as chapter president, vice president, secretary, newsletter editor and general board member. She took an active part in organizing many dance competitions both at the local and national levels. Nancy has been a key member of the dance community, a true ambassador of dance who gave generously of her time to help build the USA Dance community in Central Indiana. And through it all, she has maintained her steady attendance at Heartland dances, even though a physical disability has kept her off the dance floor in recent years. She has been a constant presence at all Heartland's special events, working the door and helping with any and all preparations. Nancy, simply put, is the type of person that every chapter would be lucky to have. Someone always willing to lend a helping hand, year after year after year. Her efforts certainly have been appreciated by those she has touched. Nancy received both the Chapter and the District 3 USA Dance Volunteer of the Year Award in 2016. Nancy, we miss you, and are looking forward to having you at our events whenever you are able to join us! Thank you for everything that you have done!

- **Joseph Meyer**, Heartland's Membership Coordinator, has accepted a new job in New York. He and his wife Nisa will be relocating there in July. Whereas Joseph is sad to leave Indy behind, he and Nisa are looking forward to the new dance opportunities awaiting them on the East Coast. We wish them all the best in their new endeavor. We will miss you!

- **Troy Harris** has joined the Heartland Board and accepted a position of **membership coordinator**. Troy and his lovely wife Olympia are "seasoned" school teachers for Northwest Hendricks School Corporation. They have been taking private and group ballroom dance lessons since January of 2013 under the tutelage of Chuck Willig, Scott & Yulia Shook, Chris Ford, Kim Chastain of Brownsburg Ballroom, & others from Carmel Ballroom. Troy and Olympia joined USA Dance in 2013. They have gotten actively involved with the Special Olympics of IN both at the Big Ballroom Bash and the Special Olympics DanceSport. We are fortunate to have both Troy and Olympia join the Heartland family.

July-Instructor 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 continued teaching dance lessons while attending Penn State. In 2003, Olga moved to Indiana, and began working as a dance instructor at Five Star Studios. Between 2005 and 2010, Olga was a dance instructor and co-owner of Simply Ballroom. She became a co-founder of 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 Carmel Ballroom 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.

June Dance Activities:

Heartland's June party was lively; thank you all for coming! Our paid raffle consisted of two Big Ballroom Bash tickets donated by Bash co-organizers, Roger Greenawalt and Bill Woodward. We thank Rog and Bill for their generosity. (Ticket winners were regular attendee **Lawrence Williams**, [below—middle left] as well as a **guest [below—middle right]** that we were delighted to have join us.)

The night also included a great cha group lesson taught by Sean Gehlhausen, as well as two exhibitions.



Larry and partner Yana Solilova (above far left and at right) performed a passionate international tango, and **William Haeberle and Cindy Massey (second from left)** performed their lyrical slow dance for us. Both shows were very impressive, with awesome choreography, great musicality, beautiful costumes and performance. Thank you for sharing your talent with us! William and Cindy have recently joined the Heartland Chapter of USA Dance. We are glad to have you!

Other June dance activities included:

- June 24: 31st Annual Indianapolis Senior Prom, "A Night Under the Stars," at the Indiana Roof

Ballroom. Several Heartland members performed at the Roof to help in the celebration: Yana and Larry danced Tango, Anna and her instructor John Berry presented their international waltz routine; and Alexis danced yet another beautiful waltz with John Berry.



Larry/Yana



Anna/John



Alexis/John



Larry, Yana, Anna, John, Alexis



Anna, Yana Morenko



Anna, Efim Kolesnikov, Yana

- June 29: Riolo Summer Showcase. Many clubs showcased their skills in this event, including Heartland. It was a fun evening with dancers exhibiting a diverse range of talent, from breakdance

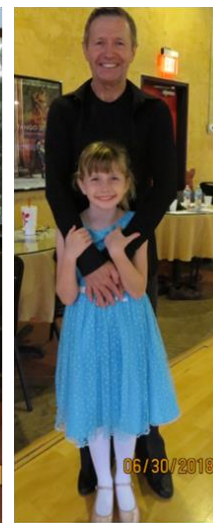
and hip hop to Argentine tango and traditional ballroom, to Latin and West Coast swing.



John/Shun Li



Anna and guest



John/daughter Ciarra

Several Heartland competitors took part in the recent competitions:

- June 29 - July 1: Gumbo DanceSport Championship.
- June 30: Glitz & Glitter Ball same sex dance competition in OH



Yana



Larry/Yana



Alexis/Monica Lung



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, July 14th!

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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Heartland July Dance Party
Saturday, July 14, 2018
Lesson: Samba with
Olga Cansino of Carmel Ballroom
at 7:30 p.m.
Dance: 8:30 – 10:30 p.m.
DJ: Larry Gogel
Admission: \$8 Members / \$12 Nonmembers
\$6 Full-Time Students
Location: Riolo Dance, 502 N Capitol, 2nd Fl
For more information, call 317-759-0171

Dances are the 2nd Saturday of each month at Riolo Dance. The next board meeting is Thursday, July 26 at 6 p.m. (call-in virtual mtg.). Call Larry for more information.

2018 Board of Directors

<u>President</u> Larry Gogel	317-759-0171	e-mail: lgogel@gmail.com
<u>Vice President</u> Anna Kovalyova	Non-published	e-mail: annaktoots@yahoo.com
<u>Acting Secretary</u> Amy Clark Greenawalt	317-809-2661	e-mail: AmyLClark01@gmail.com
<u>Treasurer</u> Alexis McCall	Non-published	e-mail: alexishier@yahoo.com

Members at Large Olympia Harris, Troy Harris

2018 Committees (see website)

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!

Competitor's Corner

To share your results email Rog Greenawalt at RogGreenawalt@gmail.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>



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.

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.

As of 6/21/18, Heartland Chapter had 79 members. All competitor memberships (adult and collegiate) expire at year end.

(E-mail addresses or personal information of 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.)



CONTINENTAL DANCE CLUB

Schedule for July
Dance Lesson: 6 – 7 p.m., Mix of Country Dances
Intermediate Lesson: Large Ballroom
Beginner Intro to Dance: Small Ballroom
Dance: 7:15 – 10 p.m.

July 8 Blue Notes
July 15 Roger Greenawalt - DJ
July 22 (Luau Night) Dave Lowe
July 29 Monica Lung - DJ

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 Amy at 317-809-2661 to be included.

Gentle Reminders

- ✓ 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.**
- ✓ 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 website.

Websites of Interest

See our website www.indyusadance.org/local-resources

Boogie Beat

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

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



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USA Dance 6/9

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





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

Heartland Ballroom Dancers' August Dance

Saturday, August 11, 2018



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

American Tango Lesson with
Scott and Yulia Shook 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 email: indyusadance@gmail.com
website: www.indyusadance.org

Ballroom dance your way to success in the workplace

By Lauren Steussy



Kelby Dougherty with teacher Julius Solano, Ballroom dancing class at Breakin' Out Ballroom. Stefano Giovannini

Every step, twist and turn that Kelby Dougherty takes on the ballroom dance floor is a step toward her future as a standout employee.

Dougherty, a 24-year-old Manorville, Long Island, resident, is one of the competitive dancers featured in executive consultant Valeh Nazemoff's book, "The Dance of the Business Mind," about career-minded people taking ballroom dancing classes to help them get an edge at work.

For Dougherty, who's been competing in ballroom dancing since she was 16, the hobby has helped her prioritize what's important, both on the dance floor and in the veterinarian's office where she works as a technician.

"It's all about being able to read the room and also read the patient," says Dougherty, who is studying to become a vet. "In dancing you have to read the judges, and if there's a bunch of [other dancers] in the way, you and your partner have to take a move out of the way. I'm able to act on my toes."

Like Dougherty, the ability to roll with the punches with the help of a partner can be key to succeeding at work, says Nazemoff, who interviewed dozens of ballroom dancers before writing her book. In it, she breaks down the parallels between preparing for a performance and preparing for your next big work challenge — whether it's launching a product, acquiring a company, or helping heal someone's pet.

"With dance, you have to be aware of the dynamics of dealing with stressful situations that are unexpected and completely on-the-fly," Nazemoff says.

She brought up one of the subjects of the book: an executive with the company Rent the Runway, who recalled a recent storm that would have delayed the company's shipments. Having the mindset of a ballroom dancer helped the executive make an instant decision about notifying her customers, Nazemoff says.

With dance, you have to be aware of the dynamics of dealing with stressful situations that are unexpected and completely on-the-fly.

Nazemoff, whose clients include the White House and Sony, started dancing when she was a kid. After writing her first book about business, her dance partner asked her if there were any similarities between the two pursuits. The more she thought about it, the more Nazemoff began to see that dancing had made her a better communicator and better able to handle the challenges that her job throws at her.

Another dancer interviewed for the book, Kevin Deutsch, a business-program manager in the health care industry, says ballroom dancing helped him seek more feedback, since in dance, it can be really helpful to watch videos of a performance with a coach or judge to improve.

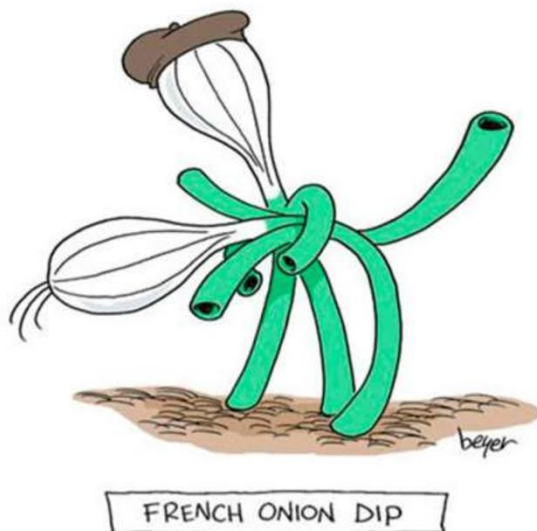
The Medford, Long Island, resident started taking lessons with his girlfriend two years ago, but as he stuck with it, he saw his performance at work improve as he learned the importance of preparing for big projects, and not being overly confident in his skills. It also helped him come off as more human to his co-workers.

"I think I've been more willing to step outside of my comfort zone a little bit," says the 24-year-old. "Before (I started dancing), I might've tensed up with new people. Now I try to build relationships in a different way and try to adapt to different people around me, whether it be clients or colleagues or in my personal life."

Nazemoff says interpersonal skills like these are one of the biggest perks of picking up ballroom dancing. Co-workers and clients will also notice and appreciate someone with a distinct style — something which tends to emerge when people take up ballroom dancing.

"Dancing brings out more passion in you," Nazemoff says. "You know what makes you who you are, and you can communicate that."

(Reprinted with permission)



- Cartoon by Daniel Beyer

(Reprinted with permission)



July 14 - Heartland Dance Party

7:30 p.m.: Samba Lesson

w/ Olga Cansino, Carmel Ballroom

8:30 – 10:30 p.m.: Dance

Admission: \$8 Members

\$12 Nonmembers

\$6 Full-Time Students

Special Exhibitions

Location: Riolo Dance

502 N. Capitol Ave, 2nd Fl

August 11 - Heartland Dance Party

7:30 p.m.: American Tango Lesson

w/Scott & Yulia Shook, Starlite Ballroom

8:30 – 10:30 p.m.: Dance

Admission: \$8 Members

\$12 Nonmembers

\$6 Full-Time Students

Special Exhibitions

Location: Riolo Dance

502 N. Capitol Ave, 2nd Fl

Heartland Ballroom Dancers

7538 Rogers Dr.

Indianapolis, IN 46214

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