

Dayton Area Ballroom Dance News

Published monthly by '76 Club, Dance(tonians), & Swing 'n' Sway Dance Clubs

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JULY 2005

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What does it mean if I see this message on the second line of my mailing label? *It means you are no longer a current member any of the three dance clubs and therefore your paper newsletter will be stopped.*

What should I do? *If you wish to continue getting the newsletter you should renew your membership and pay the additional \$5 to receive a paper copy.*

What if I am already a current member of one of the clubs? *Please contact the Treasurer of the club that you are a member.*

Can I receive a paper newsletter if I don't rejoin the club? *Yes, just send in the subscription form on Page 6 along with \$15. Another option is you can receive the newsletter electronically for free. Just send an email to daytondancenews@ameritech.net.*

Way Cool Dad



Lynn Thompson, President of 76 Club, presented Jerry Vonderbrink with a "Way Cool Dad" t-shirt at the 76 Club's Father's Day Dance on June 4th at Arbor Hall. (See Page 2 for details.)

Dance(tonians) Annual Meeting

Dance(tonians) Members don't forget: Annual meeting is July 9th. Dinner at 6pm (bring dish to share); meeting at 7pm. Reservations not required.

Dayton Area Ballroom Dance Schedule July - December 2005

Thanks once again to Harland and Genny Knox for providing the latest edition of the Dayton Area Ballroom Dance schedule. Pick up your copy of the July through December 2005 schedule at an Arbor Hall dance.

Thank you Harland and Genny!

Dancing with the Stars

Dancing with the Stars airs on ABC at 9 PM on Wednesday nights and is replayed at 7 PM on Sundays.

You can now tell us how you voted, thanks to the creative genius of Lynn Thompson. Watch the new reality TV show on ABC, Dancing with the Stars, where couples compete on the ballroom dance floor. Vote for your favorite star at abc.go.com/primetime/dancing, then go to ballroomdancedayton.org, and tell us how you voted. We will announce the results at each Arbor Hall dance to let you know how the Dayton Dance Community voted.

'76 CLUB

Sat. July 2, 8 to 11 pm at Arbor Hall, with Harland Knox, D.J.

OFFICERS

President	Lynn Thompson	325-2402
Vice President	David Rose	296-0012
Secretary	Melanie Lamb	332-8859
Treasurer	Barbara Perkel	832-0583
Trustee	Dennis Doucet	886-9136
Trustee	Barbara Claar	629-0740
Trustee	Rebecca Watts	426-9198
Entertainment	Judy Rose	296-0012

Membership year 5/1 - 4/30

DANCE(TONIAN'S)

Sat. July 9, 8 to 11 pm at Arbor Hall with Jack Meinking, D.J. Entertainment by Bonita Brockert and students.

OFFICERS

Chairman	Rick Courtney	372-5463
Vice Chairman	Don Hoyer	675-2910
Secretary	Marilyn Franer	291-9734
Treasurer	Joel Shapiro	832-1086
Trustee	Linda Shapiro	832-1086
Trustee	Becky Courtney	372-5463
Trustee	Wanda Scully	428-4828
Trustee	Louise McCoy	293-4045
Trustee	Bill Wilson	395-1716

Membership year 9/1 - 8/31

SWING 'n' SWAY

Sat. July 23, 8 to 11 pm at Arbor Hall, with John Bramhall, D.J.

OFFICERS

President	Rodie Radermacher	947-1152
Vice Pres/Enter	Vivian Cosio (513)	469-1952
Secretary	Pam Radermacher	947-1152
Treasurer	Dennis Dunn	435-8075
Trustee	Dean Shipley	846-1037
Trustee	Louise McCoy	293-4045
Trustee	Micki Slone	433-8642

Membership year 6/1 - 5/31

Dance(tonians)



Dance(tonians)

Dance(tonians) held our June dance at Arbor Hall on the 11th. In honor of Father's Day, all of the gentlemen received a complimentary bottle of beer. Tony Rimkus provided the music -- thanks for a great selection to keep us on the floor!

We had some results from Blackpool for our local competitors. Professionals Erminio Stefano and Liene Apale tied for first in Rising Star Standard, and placed 13th in the world in Open Standard. Professional Vito Olive and amateur Liz Apesos placed 2nd in Pro-Am Standard. Congratulations!

Hope to see all of our members at the annual dinner and meeting on July 9th. Dinner will begin at 6pm. The club will provide meat, rolls, beverages and utensils. Members are asked to bring a vegetable, salad, side dish or dessert to share. The annual meeting will be held about 7pm. Reservations are not required. We still need people to run for the board, so please contact any Dance(tonians) board-member if you are interested.

Our monthly dance will be held from 8-11pm as usual. Entertainment will be provided by Gene and Bonita Brockert, a Blues Brothers formation, and Bonita's students Debbie and Jerry Fitzpatrick.

— Becky Courtney

Mad Hot Ballroom June 24, Neon Movies, Dayton

'76 Dance Club



The season's first balmy, summery evening brought over 130 members and guests to the 76 Club's June dance. Tony Rimkus played a wonderful selection of smooth and rhythm music which was thoroughly enjoyed by all.

Jane Kline and Karen Clute, both highly skilled and talented dancers, performed with their pro, John Bucholz. Karen's lovely waltz, and Jane's beautiful bolero were enthusiastically applauded by an appreciative audience. We are very proud of our excellent 'home-grown' dancers!

A Father's Day salute to the dad with the most children ended in a three way tie with four children each. Jerry Vonderbrink ended up the winner and was presented with a tee shirt proclaiming him to be a 'Way Cool Dad'. Congratulations, Jerry.

We certainly hope to see you at our July 2nd dance. You will be treated to a very special evening, so please come!

— Lynn Thompson

Swing 'n' Sway



Welcome aboard to Rodie Radermacher and his spouse, Pam Radermacher. This husband and wife have taken on two much-needed spots on the club's board of directors. Rodie stepped up and took on the president's position. Pam, with a fresh stock of ball-points, will be club secretary. Former secretary, Louise McCoy, remains on the board in the role of trustee. We trust the new leadership will bring about a new vitality to the club. Happy 4th of July!

See you 'round the dance floor.

— Dean Shipley, reporter

Dance(tonians) Dance Club Membership Application/Renewal 9/1/05-8/31/06

Prepaid Memberships--Couples \$120, Singles \$60

- ten prepaid dances

Regular Memberships--Couples \$40, Singles \$20

- ten dances at \$7 per member per dance

- Eleventh dance, a combination membership meeting and dance, is free to both regular and prepaid members.
- Twelfth dance is Dance Fair, which is held in May. Cost of Dance Fair not included in memberships.

Note: A mailed newsletter is not included in your membership fee. Newsletters may be received by email (free) or regular mail (additional \$5.00 per year per address). Please indicate preference below.

Gentleman Last Name: _____ First Name: _____ Home Phone: () _____

Address: _____ City: _____ State: _____ Zip: _____ - _____

Email address: _____ Newsletter via (check one): email regular mail (add \$5)

Lady Last Name: _____ First Name: _____ Home Phone: () _____

Address: _____ City: _____ State: _____ Zip: _____ - _____

Email address: _____ Newsletter via (check one): email regular mail (add \$5)

Mail completed application and check, payable to Dance(tonians), to: Joel Shapiro, 298 Vintage Place, Dayton, OH 45415-1247.

Membership: \$ _____ + Newsletter (mailed): \$ _____ = TOTAL Enclosed \$ _____

You Need to be Dancing

(This article, entitled "You Need to be Dancing", was written by Doris A. Black and was published in an unknown Florida newspaper. The date the article was published is also unknown. The article was provided to the Dayton Area Ballroom Dance News by Bernice DuBro.)

Dancing is more than just a form of entertainment. It promotes a health body, mind and spirit, especially among the elderly. Although many people have known the benefits of dance for years, it wasn't until the International Olympic Committee confirmed that ballroom dancing was a true athletic activity that it became recognized as a form of exercise.

Because there are so many different style of dance to choose from, it is possible to choose a style that matches your own pace of physical activity. For example, the samba will provide quite an enthusiastic aerobic workout. You may want to start with one of the slower dances and work your way up to the samba and cha-cha as your stamina increases.

There are numerous benefits to dancing on a regular basis

- It will lower your risk for heart disease, diabetes, high blood pressure and

osteoporosis. The cardiovascular workout you get from doing the salsa, rumba or country line dancing will strengthen your heart muscles in the same way as working out on a treadmill.

- It will improve your rhythm and coordination, thereby helping you to retain good balance and agility and avoid falls.

- It will improve your body posture and alignment, thus minimizing back problems.

- It will help keep your bones strong and your joints healthy. Over a period of time, you will notice your stamina for other activities has increased as well.

- It will help you maintain a healthy weight. On average, 15 minutes of vigorous dancing will burn 30 to 80 calories depending on your weight.

- It will reduce stress. When you are dancing, you will think about the steps and moves, not about all the stressful situations in your life.

- It will increase your overall energy level and zest for life.

To reap the maximum physical benefits of dancing, experts recommend dancing three or four times a week for 30 minutes.

The benefits of dance are not limited to physical ones, though. Studies have shown

that regular dancing has emotional benefits as well. According to experts, couples who dance together consider themselves fun people to be around. Dancing also lessens feelings of anxiety and depression and allows for a creative outlet of individual expression. As you learn to master new dances, your confidence will increase and spill over to other areas of your life.

Dancing also helps promote a healthy mind by keeping the mind sharp. Learning new steps and memorizing routines exercises the brain, keeping pathways between the cells active and nourished. Meeting new people in classes or out on the dance floor leads to new friendships and a larger social circle, which also keeps the mind active and engaged.

Before embarking on a vigorous dance schedule, consult your physician. When incorporating dance into an exercise program, start slowly. As with any fitness training program, warm-up time and cool-down time is essential. Arm and leg stretches are a great way to warm up the muscles and increase flexibility, while slow dancing with your significant other is the perfect cool-down method. So, put on your dancing shoes and go.

76 Club Performers



Pictured above are Jane Kline and John Bucholz who entertained the 76 Club members and guests during intermission at the club's June 4th dance at Arbor Hall. (See Page 2 for more details.)

Sultry Samba Anyone?

What's the best way to promote lipstick with a name like "Spicy Salsa" or bronzer called "Subtle Rhumba?" With ballroom dancers, of course! Darrell Trimble, Mary Rose Pica, Amy Spillars, and Hew Wells (*l-r in photo at right*) from Elegance in Dance performed sizzling Latin numbers on the marble floor of Macy's at the Dayton Mall to promote a new product line of cosmetics. Lancome, capitalizing on ballroom interest sparked by shows like ABC's "Dancing with the Stars," gave Latin dance monikers to its new summer color line-up.

(Photo provided by Mary Rose Pica)



Gowns Cleaned

HEIRLOOMED MEMORIES
12850 N.E. HWY. 27, ALT.
WILLISTOWN, FLORIDA 32696
PHONE: 1-800-822-6911
Referral by "Chrisanne" (Submitted by Sue Gilkey)

Renew Your Membership

Membership forms are available on our web site at:

www.ballroomdancedayton.org

Cincinnati Dancesport

This is our eighth year for the Cincinnati Dancesport Competition to be held at the Holiday Inn Resort Cincinnati Airport on August 18-20, 2005. \$25,000 in prize money is offered. The Organizer is Eleanor Lachman. Our Hotline number is 513-281-5500, the FAX number is 513-489-7314 and our web site is www.cincinnati dancesport.com. The deadline for entries is July 1, 2005.

There is a special event that brings many young couples to the ballroom dance floor for the first time. We hold Salsa competitions at several of the local area Swing and Latin Nite Clubs choosing a weekly winner. At the end of 12 weeks, those winners were invited to compete for a large cash prize during our Friday evening's activities. This event has brought a lot of excitement to the competition and smiling faces to the participants.

We also provide vendors with ballgowns, dance shoes, music and jewelry. These types of items are not found in the Greater Cincinnati area easily. They attracted patrons, as well as spectators with delight. We will continue to offer this opportunity during this year's competition. Call Bonnie Morrison, (513) 797-1881, or Eleanor Lachman, (513) 266-6391, for more information.

SalsOdyssey

ZoLo Entertainment will be hosting a Latin Dance Night called SalsOdyssey at Jack Quinn's in Covington, KY located at 112 E. 4th Street, Covington, KY 41011 starting May 26, 2005 and continuing every 2nd and 4th Thursday through September. At SalsOdyssey you will get the opportunity to hear the Tri-State's best selection of Salsa, Merengue, Bachata, Cumbia, Cha Cha, Rumba, Bolero, and Mambo while enjoying tons of drink specials including \$2 Coronas & Margaritas and \$3 Long Island Ice Teas. SalsOdyssey will also be a Non-Smoking event.

There is a Yahoo Group that you can join to find out more information and to possibly get in for FREE, if you act fast.

<http://groups.yahoo.com/group/SalsOdyssey>

Ladies get in FREE before 10pm and Gentlemen get in for \$3 before 10pm. It's only \$5 for everyone after that. There's a free lesson from 8:15 pm - 9:00pm with Lorenzo, one of the Tri-State's best Salsa dancers. The music will play every night until 1:00 am!!!

— Kim Jones



Karen Clute and John Bucholz performed a waltz for the attendees of 76 Club's June dance at Arbor Hall. (See Page 2 for more.)

For the information about ballroom dancing in the Dayton area, visit ballroomdancedayton.org

July Dance Classes

Always Ballroom, 552 Wilmington Avenue, Dayton OH 45452, For information call 256-2626.

Notes: Wednesdays - Group lesson 7:45-8:30 pm followed by a practice dance 8:30-9:30 pm

For detailed information check our web site <http://www.alwaysballroom.com>

Bernice DuBro Studio, St Marks Church Social Hall, 456 Woodman Drive, Dayton, OH 45431, 435-9099/254-6442

Mondays: Slow Dance 6:30 pm (Con't), Beg Ballroom 7:30 pm, Bronze Level 2 8:30 pm

Wednesdays: Beg WC Swing 6:30 pm, Bronze Lvl 3 Waltz 7:30 pm, Bronze Lvl 4 Rumba 8:30 pm

Thursdays: Beg Night Club 2-Step 6:30 pm, Int/Silver Fox Trot 7:30 pm, Adv/Silver Mambo 8:30 pm

Notes: Beginning 8-week Basic Ballroom Course for beginners starts on Monday, June 27, 7:30 pm.

For detailed information please check our web site <http://www.calsnet.net/bdance>

Dave Wissel's, Various evenings, Ballroom, Latin, International, Basic through Advanced group classes, YMCA located in Lebanon, Middletown, and Wilmington, OH, 513-932-3349 or call YMCA, cost approximately \$6 per person per class

Dayton Ballroom Dance Club, Antioch Temple, 107 E. First St., Dayton, OH, 335-1018

Mondays: 6:30-7:15 pm, less known dances, all levels; 7:30-9:00 pm, ballroom dances, all levels, 9:15-10:30 dance

Elegance in Dance, Terry & Angie Cavanaugh, 8967 Kingsridge Dr. (behind Suburban Lodge), Miamisburg, OH, 885-0108

Tuesdays: Bronze Classes, 8:00-9:00 pm, \$6 per person per class

Thursdays: Advanced Classes, 8:00-9:00 pm, \$6 per person per class

Fridays: Workshop Classes, 8:00-9:00 pm, \$6/person (dance after included) or dance only, 9:00-11:00 pm, \$6/person

Gemini Dance, St George's Church, 5520 Far Hills Avenue, Dayton, OH 45429, 434-6065

Mondays: Basics 7:30 pm, Bronze IV 8:30 pm

Tuesdays: Basic 6:30 pm, Silver 7:30 pm, Bronze II 8:30 pm

Top Hat Ballroom Dance Studio, Hamilton, Ohio, Info 513-896-4287, Fridays: Bronze level

July Dances

Sat. July 2, 2005, '76 Dance Club, Info 233-2234, \$6 member, \$10 guest, Arbor Hall, Dayton 8-11 pm, Harland Knox, DJ.

Fri. July 8, 2005, Steppin' Out Club, Info 434-6065, \$7.50 per person, D & D Courtyard, 15 S. Main St., Miamisburg, dance 8:30-11:00 pm, Dale Archer, DJ.

Sat. July 9, 2005, Dance(tonians) Dance Club, Info 372-5463, \$6 members, \$10 guests, Arbor Hall, Dayton, 8-11 pm, Jack Meinking, DJ.

Fri. July 15, 2005, Jack & Bonnie's Dance, \$12 per couple, D & D Courtyard, 15 S. Main St., Miamisburg, dance 8:00-10:30 pm.

Sat. July 16, 2005, USABDA - Cincinnati, Info 513-737-1120, Evendale Recreation Center, 10500 Reading Rd., Sharonville, lesson on Tango by Always Ballroom, 8-9 pm, dance 9-11:30 pm, \$7 member, \$10 guest, Terry Cavanaugh, DJ.

USABDA - Springfield, Info 937-399-9433—NO DANCE IN JULY OR AUGUST, next dance September 17.

Fri. July 22, 2005, Bernice DuBro Dance Studio Dance, Info 435-9099, \$6 per person, St Marks Church Social Hall, 456 Woodman Drive, Dayton, open to everyone, refreshments included, 8-10:30 pm., music by John Bramhall.

Sat. July 23, 2005, Swing 'n' Sway Dance Club, Info 879-4478, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, John Bramhall, DJ.

Fri. July 29, 2005, "Dance 'Til You Drop Party", Elegance in Dance Studio, Info 885-0108, 8967 Kingsridge Dr., 9:00 pm until ??, \$8 per person, carry-in.

Sat. July 30, 2005, USABDA - Cincinnati, Info 513-737-1120, Evendale Recreation Center, 10500 Reading Rd., Sharonville, lesson 8-9 pm, dance 9-11:30 pm, \$7 member, \$10 guest, Jack Meinking, DJ.

Weekly Dances

Mondays: Dayton Ballroom Dance Club, Info 335-1018, Antioch Temple, 107 E. First St., Dayton, 9:15 -10:30 pm—following group lessons.

Wednesdays: Always Ballroom, Info 256-2626, 552 Wilmington Ave., Dayton, group lesson 7:45-8:30 pm, practice dance 8:30-9:30 pm.

Fridays: Elegance in Dance Studio, Info 885-0108, 8967 Kingsridge Dr., Miamisburg (Behind Dayton Mall), group lesson 8-9 pm, dance 9-11 pm.

Golden City Ballroom, Info 643-4050, 2078 E. Dorothy Lane, Kettering , goldencityballroom@sbcglobal.net, group lesson and party 7:30 - 10 pm.

Upcoming Dances

Sat. August 6, 2005, '76 Dance Club, Info 233-2234, \$6 member, \$10 guest, Arbor Hall, Dayton 8-11 pm, Jack Meinking, DJ.

Fri. August 12, 2005, Steppin' Out Club, Info 434-6065, \$7.50 per person, D & D Courtyard, 15 S. Main St., Miamisburg, dance 8:30-11:00 pm, Dale Archer, DJ.

Sat. August 13, 2005, Dance(tonians) Dance Club, Info 372-5463, \$6 members, \$10 guests, Arbor Hall, Dayton, 8-11 pm, John Bramhall, DJ.

Sat. August 13, 2005, USABDA - Cincinnati, Info 513-737-1120, Evendale Recreation Center, 10500 Reading Rd., Sharonville, lesson on Samba by Terry Kellum, 8-9 pm, dance 9-11:30 pm, \$7 member, \$10 guest, Jack Yaus, DJ.

Fri. August 19, 2005, Jack & Bonnie's Dance, \$12 per couple, D & D Courtyard, 15 S. Main St., Miamisburg, dance 8:00-10:30 pm.

USABDA - Springfield, Info 937-399-9433—NO DANCE IN JULY OR AUGUST, next dance September 17.

Fri. August 26, 2005, Bernice DuBro Dance Studio Dance, Info 435-9099, \$6 per person, St Marks Church Social Hall, 456 Woodman Drive, Dayton, open to everyone, refreshments included, 8-10:30 pm., music by John Bramhall.

Sat. August 27, 2005, Swing 'n' Sway Dance Club, Info 879-4478, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, Tony Rimkus, DJ.

Fri. August 26, 2005, "Dance 'Til You Drop Party", Elegance in Dance Studio, Info 885-0108, 8967 Kingsridge Dr., 9:00 pm until ??, \$8 per person, carry-in.

Columbus Dance Information: For information regarding dance events in the Columbus, OH area, please e-mail hender7@waynet.net.

Note: All information is provided as a service to the reader. Although printed information is believed to be correct at printing time, plans change and the information is not always received prior to printing. The clubs, reporters, and editor are not liable for any error(s) or omission(s).

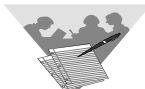
From the Editor

Articles of interest and information are appreciated. Anyone is welcome to submit information about their dances for possible publication. Dances with dates conflicting with the dates of the three clubs may have a one line listing only. No articles for conflicting events will be printed prior to the event. In order to be included in the newsletter for the following month, please use these guidelines:

SUBMIT YOUR REQUESTS FOR INCLUSION TO THE EDITOR IN WRITING BY THE 15th OF THE MONTH

E-mail the information to the address below. Either place the information in your message or provide it as an attachment to the e-mail in Microsoft Word (Other formats may be acceptable). As an alternative, you can mail the information, legibly written, to the editor at the address below. Please include your telephone number and e-mail address, if applicable, for clarification or verification of information. This will help to prevent publishing errors. Information published is believed to be correct and accurate, however changes can and do occur, and errors or omissions can be made. Every attempt will be made to prevent this from occurring.

E-mail Address: daytondancenews@ameritech.net



Competitive Dancers

Please report your competition results as soon as possible after the event to the Dayton Area Ballroom Dance News editor. Thank you.

Please keep your address and phone number up-to-date.

If you move, either complete and mail the form to the right or email your changes to the address above. Your changes will be forwarded to the others who need to know. This way you will continue to receive your Newsletter and our membership rosters will be current.

SUBSCRIPTION INFORMATION

Each member of either Swing 'n' Sway, Dance(tonians), or '76 Dance Club can receive this publication electronically at no charge or through the mail at a reduced charge determined by the club.

For information on becoming a member, please telephone an officer of that club; names and telephone numbers are listed on Page 1.

A non-member mail subscription is available for \$15.00 per year. To subscribe, please send the form in the box below, along with a check payable to "76 Dance Club", to the editor. Thank you.

Dayton Area Ballroom Dance News Subscription

Name _____

Address _____

City _____ State _____

Zip Code _____ - _____

Telephone Number () _____ - _____

- Renewal Enclose check for \$15.00 made payable to '76 Dance Club.
- New Subscription

Note: If you are a member of '76 Club, Dance(tonians), or Swing 'n' Sway, you do **not** need to submit a subscription.

- Change of Address

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John Bramhall, Editor
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Dayton, OH 45409

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Dance(tonians)



Swing 'n' Sway

76
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