

Dayton Area Ballroom Dance News

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

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What's Inside

<u>Subject</u>	<u>Page</u>
Dance Club News	2
76 Club Membership Form	3
Dance Classes	4
Upcoming Dances	5

A Few Brave Soles



Pictured above are most of the approximately 30 dancers who braved the cold temperatures and icy conditions to attend Swing 'n' Sway's February dance at Arbor Hall. (Photo by Louise McCoy)

Dance(tonians) Dance Club Presents

DANCE FAIR 2007: YOU are the Star!

A spectacular evening of dining, ballroom dancing, and ballroom dance exhibitions.

Saturday, May 12, 2007
Hara Arena
1001 Shiloh Springs Road
Dayton, OH

Doors open 3:30 pm
General Dancing 4:00 pm
Dinner 5:00 pm
Exhibitions and General Dancing: 6:30 -11:30 pm
John Bramhall, DJ

Tickets: \$50 per person
(advance sales only, non-refundable)

For information, tickets or entry forms, contact
Linda Shapiro , 832-1086
Carolyn Buechly, 667-7383
John Bramhall 298-9597

Both performers and spectators are encouraged to attend!

'76 CLUB

Sat. April 7, 8:00 to 11 pm at Arbor Hall, with Tony Rimkus, D.J.

OFFICERS

President	Lynn Thompson	325-2402
Vice President	David Rose	296-0012
Secretary	Sharon Brown	253-7225
Treasurer	Jack Yaus	372-2342
Trustee	Barbara Claar	629-0740
Trustee	Christine Krebs-Bonder	279-2286
Trustee	Connie Rives	848-4947
Entertainment	Judy Rose	296-0012

Membership year 5/1 - 4/30

DANCE(TONIANs)

Sat. April 14, 8:15 to 11 pm at Arbor Hall with Jack Yaus, D.J. Dance lesson on American Waltz by Ted and Terry Wagner, 7:30 to 8:15.

OFFICERS

Chairperson	Linda Shapiro	832-1086
Vice Chairperson	Don Hoyer	675-2910
Secretary	Marilyn Franer	291-9734
Treasurer	Joel Shapiro	832-1086
Trustee	Bill Wilson	395-1716
Trustee	Andrea Miner	254-7502
Trustee	Carolyn Buechly	667-7383
Trustee	Louise McCoy	Unlisted
Trustee	John Bramhall	298-9597

Membership year 9/1 - 8/31

SWING 'n' SWAY

Sat. April 28, 8 to 11 pm at Arbor Hall, with John Bramhall, D.J.

OFFICERS

President	Rodie Radermacher	299-3878
Vice Pres/Enter	Vivian Cosio (513)	469-1952
Secretary	Pam Radermacher	299-3878
Treasurer	Dennis Dunn	609-6553
Trustee	Dean Shipley	846-1037
Trustee	Louise McCoy	Unlisted
Trustee	Micki Slone	433-8642
Trustee	Pamela Neveu	879-4478
Trustee	Ed Murphy	291-4209

Membership year 6/1 - 5/31

Swing 'n' Sway



The club's vice-president, Vivian Cosio, offers her thanks for caring and support from the dance community following the passing of her father. We hope to see her on the dance floor in the near future.

We hope NOT to see any more ice for the rest of the year. As good attendance was in January, February was as bad. Ole Man Winter dealt Swing 'n' Sway dirty with ice and snow and only 30 "brave soles" (would that be 60-soles, 30 pairs) made the trip to the Arbor Dance Hall.

Swing 'n' Sway will be in charge of New Year's Eve this year. It offers a unique opportunity for a theme, but it is still in discussion. If any 76 Club members would like to assist on the committee, let a Swing 'n' Sway board member know.

See you 'round the dance floor.

— Dean Shipley, Reporter

Dance(tonians)



Dance(tonians)

Spring began in March at a superb Dance (tonians') second Saturday dance on March 10! If you were neutral or just liked West Coast Swing before you saw professional dance instructors, choreographers and performers Jason Miklic and Sophy Kdep, you had to love West Coast Swing after seeing this fabulous couple teach, demonstrate and perform West Coast Swing!! What a cool couple and what a cool dance when performed to cool West Coast Music!

A festive wearin' of the green, lots of twinklin' Irish eyes and great music from DJ John Bramhall, featuring favorite songs arranged for superb dancing, kept dancers on their feet all evening long until the final good night waltz.

A packed Arbor Hall clapped and cheered as Jason and Sophy showed the group what West Coast Swing is all about! They made the steps look easy and the class showed their appreciation and rose to the occasion. Jason and Sophy's winning smiles, teaching style and energetic personalities made the 45 minute teaching session seem like 10, leaving the crowd wanting more as the lesson came to a close. The couple stayed, danced and mingled with the crowd all evening and presented a routine at intermission that brought the group of 140 to their feet with a standing ovation. Eager for more about West Coast Swing, dancers bought instructional CD's of dance step demonstrations and the exact steps that were taught at the lesson, brought by Jason and Sophy. Thank you Jason and Sophy and please, please, please visit Dayton again! Your passion for West Coast Swing is a spark we can aspire to! Visit www.JasonandSophy.com for a complete event and teaching schedule. This nationally recognized couple teach south of Dayton in Northern Kentucky at Doreen Beatrice's Step-N-Out Studio in Covington.

— Marilyn Collmer Franer

See Page 3 To Renew Your 76 Club Membership

'76 Dance Club



"Green" reigned supreme at our March St. Patrick's Day dance. John Bramhall's beautiful music filled the air and beautiful dancing filled the Hall. If you weren't there, we certainly invite you to join us on the first Saturday of every month. Tony Rimkus will be our deejay on April 7th, and we promise that you will have a great, great time!

The 76 Club's membership year closes at the end of April, so you will want to renew your membership or join for the first time by the May dance in order to take advantage of membership savings. An application is included on Page 3, or you may pay at the door.

The terms of four Board members are expiring - President, Vice-president, Entertainment Chair and a Trustee. Three current officers have agreed to serve another term and they are as follows: President, Lynn Thompson; Vice-president, Dave Rose; and Entertainment Chair, Judy Rose. We're sorry to report that Barb Claar-Widdows needed to resign so the Trustee position is available. If you would like to join this friendly and dedicated Board, please let one of us know. Elections will be held at the April dance.

See you at Arbor!

— Lynn Thompson

April 14, 2007

Dance Lesson on American Waltz

Instructed by

Ted and Terry Wagner



Ted and Terry Wagner need no introduction to the Dayton Ballroom Community. Known for excellence in dance instruction, choreography and performance for over 35 years, this beloved professional dance couple are truly icons for Ballroom Dancing in Ohio.

Hailing from the rural community of New Bremen, Ohio in Auglaize County, Wagner Ballroom Dance Studio is a family of dancers and performers including the husband and wife team of Ted and Terry Wagner and three talented daughters, Bethany, Brittany and Briana who have danced their way into the hearts of all who know them. We have watched, enjoyed and admired the father daughter dance routines, cleverly choreographed dance formations, the pro-am and am-am dance exhibitions performed by and with their talented students and the professional performances by Ted and Terry.

A special treat is always in store when Ted and Terry Wagner teach a dance lesson. Mark April 14 to attend the Dance(tonians) dance and meet and get reacquainted with this popular dancing couple.

76 DANCE CLUB MEMBERSHIP APPLICATION/RENEWAL (May 1, 2007 - April 30, 2008)

MEMBERSHIP FEES

Prepaid Membership: Couple \$120 per year
Single \$60 per year

Regular Membership: Couple \$40 per year
Single \$20 per year

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

Address: _____ City: _____ State: _____ ZIP: _____ - _____

Partner: _____ First Name: _____ Home Phone: (____) _____

Address: _____ City: _____ State: _____ ZIP: _____ - _____

A **Prepaid Membership** entitles a member to TWELVE dances during the May-April membership year.

A **Regular Membership** entitles a member to TWELVE dances during the May-April membership year at \$6 per member per dance.

Dayton Area Ballroom Dance News options for members (Choose one).

I do not want the Dance News

I want a paper copy delivered by mail (include check for \$5 made out to 76 Dance Club)

I want an electronic delivery (provide e-mail address) _____

Please make your check payable to **76 Dance Club** and give/mail to: Jack Yaus
214 Cooper Lane
Xenia, Ohio 45385

Dance Your Way To Better Health

(This article was compiled by Gregory Day and it is reprinted here with his permission. The article will be presented in two parts in the April and May newsletters. You can read the article in its entirety on www.ballroomdancedayton.org.)

Gregory Day is the co-owner, along with Tommye Giacchino, of Chicago Dance located in Chicago. To get more information about Chicago Dance visit www.chicagodance.com. They also host Chicago's Crystal Ball, www.chicagocrystalball.com.

These are very exciting times for Ballroom and Latin dancing what with the success of 'Dancing with the Stars,' 'So You Think You Can Dance' and so many movies in recent years about dance. Not only is dancing an exceptional way to have fun, but many recent scientific studies are proving how beneficial dance is for physical health and mental well-being.

These studies have been all over the news and the internet and I've tried to collect some of these here.

"Dancing can help build bones, improve posture and prevent osteoporosis, as well as increase a person's confidence and well-being," said Megan Richardson, MS, ATC, with the Harkness Center for Dance Injuries at NYU Hospital for Joint Diseases. "Once someone gets to the point where they're getting their heart rate up, they're actually getting a terrific workout. Dance is a weight-bearing activity, which builds bones. It's also "wonderful" for your upper body and strength."

Mayo Clinic researchers reported that social dancing helps to:

* Reduce stress

- * Increase energy
- * Improve strength
- * Increase muscle tone and coordination

The amount of benefit you get from dancing depends on, like most exercises, the type of dancing you're doing, how strenuous it is, the duration and your skill level.

Dancing the night away can burn more calories per hour than riding a bike or swimming. Here's a range for some dances based on a 150-pound person, per hour:

- * Swing dancing: 235 calories
- * Ballroom dancing: 265 calories
- * Salsa dancing: 420 calories

The National Heart, Lung and Blood Institute (NHLBI) says that dancing can:

- * Lower your risk of coronary heart disease
- * Decrease blood pressure
- * Help you manage your weight
- * Strengthen the bones of your legs and hips

Dance can challenge your mind as well as your muscles. Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity. This is especially stimulating to the mind, and one 21-year study published in the New England Journal of Medicine even found dancing can reduce the risk of Alzheimer's disease and other forms of dementia in the elderly. Frequent dancers had a reduced risk of dementia compared with those who rarely or never danced.

(The conclusion of this article will be in May's newsletter.)

Super Lesson & Special Performance

Pictured at top right are Jason Miklic and Sophy Kdep instructing a West Coast Swing lesson to the members and guests who attended Dance (tonians) March dance at Arbor Hall.

At intermission the energetic couple (photo at bottom right) wowed the crowd with a breathtaking West Coast Swing demonstration that received a rousing applause from the audience. (Photos by Louise McCoy)



Dayton Ballroom Dance Club

Anniversary Ball

April 29, 2006

8 - 11 PM

Jack Meinking, DJ

Hara Arena

Dayton, Ohio

Tickets

Advance - \$8 Per Person

At Door - \$10 Per Person

For Information Call 937-520-2481

April Dance Classes

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

Notes: Fridays - Group lesson 8:30 - 9:00 pm followed by a practice dance 9:00 - 10:00 pm

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

Bob & Rosie's Dance Studio, St Marks Church Social Hall, 456 Woodman Drive, Dayton, OH 45431, 937-409-1465

Mondays: Basic Ballroom (Con't - started 3/19) - 7:30 pm, Int Smooth (Con't - started 3/19) - 8:30

Wednesdays: Int Samba 6:30 pm, Adv Bronze Cha Cha 7:30 pm, Silver Swing 8:30 pm

Notes: Next 8-week Basic Ballroom and Int Smooth classes start March 19, 2007

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

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, Hara Arena Silver Ballroom, 1901 Shiloh Springs Road., Dayton, OH, 254-7502, www.daytonballroom.org.

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, \$8 per person per class

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

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

Jill Christy & Larry May, lesson taught at Elegance in Dance Studio, 8967 Kingsridge Dr., Miamisburg, 219-4612

Wednesdays: 6:30 pm and 7:30 pm, \$8 per person per class

John Bucholz, lesson taught at Gary Geis School of Dance, 14 E. Main St., Springfield, Ohio, Mondays, beginning April 9, Ballroom Basic Class 8 - 9:15 PM. Fridays, beginning April 13, Bronze Level I/II 7 - 8:15 PM, Bronze Intermediate 8:15 - 9:30 pm. Park at no charge at Bushnell garage off Limestone St. - 4th level walkway. \$150 couple, \$75 single, and \$15 per person for a drop-in. Call (937) 322-6229 or email: 14em@sbcglobal.net.

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

April Dances

Fri. April 6, 2007, Jack & Bonnie's Dance, Info 372-2342, \$15 per couple, B & B Riverfront Hall, 15 S. Main St., Miamisburg, dance 8:00-10:30 pm.

Sat. April 7, 2007, '76 Dance Club, Info 325-2402, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, Tony Rimkus, DJ.

Sat. April 14, 2007, Dance(tonians) Dance Club, Info 832-1086, \$7 member, \$10 guest, Arbor Hall, Dayton, lesson on American Waltz by Ted and Terry Wagner 7:30-8:15, dance 8:15-11 pm, Jack Yaus, DJ.

Fri. April 20, 2007, Stardust Dance Club, Info: 937-846-1037, Michael Soloman Pavilion, Community Golf Course, 2917 Berkley Ave., Kettering, 8-11 pm, non-member couples and singles welcome, \$10 per person, Harland Knox, DJ. Dance on one of Dayton's finest dance floors.

Fri. April 20, 2007, Bob & Rosie's Dance Studio, Info 937-409-1465, \$6 per person, St Marks Church Social Hall, 456 Woodman Drive, Dayton, open to everyone, refreshments included, 8-10:30 pm.

Sat. April 21, 2007, Dayton Ballroom Dance Club, *Anniversary Ball*, Info 937-520-2481, Hara Arena Silver Ballroom, Dayton, 8-11 PM, advance tickets \$8 per person, at the door \$10 per person, Jack Meinking, DJ.

Sat. April 21, 2007, USA Dance - Cincinnati, Info 513-737-1120, Greek Orthodox Church, 7000 Winton Rd., Cincinnati, lesson on Samba by Suzana Gjerde, 8-9 pm, dance 9-11:30 pm, \$7 member, \$10 guest, Tony Rimkus, DJ.

Sat. April 21, 2007, YMCA Dance - Springfield, Info 937-399-9433, Springfield Family YMCA, 300 S. Limestone St., Springfield, lesson by Todd and Katie Musser on Mambo 7-8 pm, dance 8-10:30 pm, \$10, Dick Hatfield, DJ.

Fri. April 27, 2007, "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. April 28, 2007, Swing 'n' Sway Dance Club, Info 879-4478, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, John Bramhall, DJ.

Weekly Dances

Mon: Dayton Ballroom Dance Club, Info 254-7502, Hara Silver Ballroom, 1901 Shiloh Springs Rd., Dayton, 9:15 -10:30 pm, www.daytonballroom.org.

Fri: Always Ballroom, Info 256-2626, 552 Wilmington Ave., Dayton, group lesson 8:30 - 9pm, 9 - 10:00 pm, www.alwaysballroom.com.

Elegance in Dance Studio, Info 885-0108, 8967 Kingsridge Dr., Miamisburg, group lesson 8-9 pm, dance 9-11 pm, www.eleganceindance.com.

Golden City Ballroom, Info 643-4050, 2078 E. Dorothy Lane, Kettering, group lesson and party 7:30 - 10 pm, www.goldencityballroomonline.com.

Upcoming Dances

Fri. May 4, 2007, Jack & Bonnie's Dance, Info 372-2342, \$15 per couple, B & B Riverfront Hall, 15 S. Main St., Miamisburg, dance 8:00-10:30 pm.

Sat. May 5, 2007, '76 Dance Club, Info 325-2402, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, Jack Yaus, DJ.

Sat. May 5, 2007, "Dancing For The Stars", benefit for Cincinnati Arts Association Overture Awards & Academy, Info 513-621-2787 or www.cincinnatiarts.org.

Sat. May 12, 2007, Dance(tonians) Dance Club, Dance Fair, Info 832-1086, \$50 per person (advance sales only), Hara Arena, 1001 Shiloh Springs Road., Dayton, 4 - 11:30 pm, John Bramhall, DJ.

Fri. May 18, 2007, Bob & Rosie's Dance Studio, Info 937-409-1465, \$6 per person, St Marks Church Social Hall, 456 Woodman Drive, Dayton, open to everyone, refreshments included, 8-10:30 pm.

Sat. May 19, 2007, USA Dance - Cincinnati, Info 513-737-1120, Greek Orthodox Church, 7000 Winton Rd., Cincinnati, lesson on Mambo by Doreen Beatrice, 8-9 pm, dance 9-11:30 pm, \$7 member, \$10 guest, Tony Rimkus, DJ.

Sat May 19, 2007, YMCA Dance - Springfield, Info 937-399-9433, Springfield Family YMCA, 300 S. Limestone St., Springfield, lesson by Todd and Katie Musser 7-8 pm, dance 8-10:30 pm, \$10, John Bramhall, DJ.

Fri. May 25, 2007, "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. May 26, 2007, Swing 'n' Sway Dance Club, Info 879-4478, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, Jack Yaus, DJ.

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).

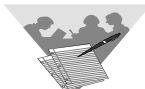
From the Editor

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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Dayton, OH 45409

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Dance(tonians)



Swing 'n' Sway

76
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