

Dayton Area Ballroom Dance News

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

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MAY 2007

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76 CLUB PLAYS BROADWAY!!


May 5th
8:00 - 11:00 p.m.

We're going to BROADWAY! Come dance to show tunes interspersed among the usual ballroom numbers. Here's your chance to feel like a STAR!

Deejay Jack Yaus will play a selection of danceable show tunes along with lots of our usual music. Come see if your favorite Broadway musical is featured!



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. May 5, 8:00 to 11 pm at Arbor Hall, with Jack Yaus, D.J.

<u>OFFICERS</u>		
President	Lynn Thompson	325-2402
Vice President	David Rose	296-0012
Secretary	Sharon Brown	253-7225
Treasurer	Jack Yaus	372-2342
Trustee	Mike Arquilla	276-3368
Trustee	Christine Krebs	278-0311
Trustee	Connie Rives	848-4947
Entertainment	Judy Rose	296-0012

Membership year 5/1 - 4/30

DANCE(TONIANIS)

Sat. May 12, Dance Fair, 4 to 11:30 pm at Arbor Hall with John Bramhall, D.J.

<u>OFFICERS</u>		
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. May 26, 8 to 11 pm at Arbor Hall, with Jack Yaus, D.J.

<u>OFFICERS</u>		
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



It's that time of year again: Time to renew your membership to Swing 'n' Sway dance club. Look for the membership application on Page 3 of this publication. It outlines the rates for renewal.

The renewal of the membership also coincides with the club's annual business meeting. It will be held a "half time" of the May dance, May 26 at the Arbor Dance Hall. With the annual meeting comes the election of officers. Up for nominations this year are secretary and president. Pam Radermacher, secretary, and Rodie Radermacher, president, will be stepping down at the end of their respective terms. The club thanks them for serving.

Trustee Ed Murphy heads up the nominating committee for this year. He is seeking nominees for the aforementioned positions on the club's board. Please consider volunteering for one of these roles.

Swing 'n' Sway is in charge of New Year's Eve this year. The committee has come up with a unique theme, which it feels will create fun and excitement for 2-0-0-7. Keep a sharp eye on "this space." Information about New Year's Eve could prove to be golden.

See you 'round the dance floor.

— Dean Shipley, Reporter

'76 Dance Club



The '76 Club celebrated the ending of another fiscal year with year-end reports and the election of officers to serve for the coming year. Congratulations to returning Vice-President Dave Rose, Entertainment Chair Judy Rose, President Lynn Thompson and to new Trustee, Mike Arquilla. Let's hope the coming year will bring more people to our membership and to our dances - we need you! The ballroom world has experienced a drop in numbers for the past several years which results in falling income while costs continue to rise. The Board appreciates your helpful suggestions and you will see some of them put into place during the coming year.

The evening was filled with Tony Rimkus' beautiful music and we were treated to a 'jazzy' swing routine performed to "All That Jazz" by John Bucholz and his highly accomplished student Victoria Boyer. Thanks to all for a wonderful evening!

Don't forget - May 5th dance features Broadway show tunes - we look forward to seeing you then!

See you at Arbor!

— Lynn Thompson

Dance(tonians)



Dance(tonians)

Dancers thoroughly enjoyed themselves at the Dance(tonians') second Saturday Lesson and Dance on April 14 at Arbor Hall. Ted and Terry Wagner taught a superb American Waltz lesson and left enthusiastic participants wanting more.

Their excellent teaching style along with two additional couples assisting and demonstrating the patterns made for an enjoyable lesson. Spring was in the air and over 130 attendees danced the evening away to the great music of Jack and Bonnie Yaus.

Dance Fair is Saturday, May 12 at Hara Arena's Silver Ballroom so buy your tickets now for this spectacular evening of dancing. The event begins with general dancing at 4 pm, a bountiful dinner at 5pm, fantastic exhibitions begin at 6:30 and the evening concludes about 11pm. Tickets are advance sales only, cost \$50 and can be purchased from any Dance(tonians') board member.

Mark your calendar for Saturday, June 9 at the Dance(tonians') second Saturday lesson and dance when popular instructor Larry May will teach Peabody!

— Marilyn Collmer Franer

Wonderful Waltz Lesson



Pictured above are Ted and Terry Wagner instructing a dance lesson on American Waltz at Dance(tonians') April 14th Dance at Arbor Hall. (Photo by Louise McCoy)

In Memory

It is with great sorrow that we report the passing of Nick Bonekowski on April 27, 2007. He and his wife, Roberta, who passed away a couple of years ago, were avid members of the dance community. Nick last attended a dance at Arbor about 6 weeks ago.

Scheduled Surgery

Chet Rogers is scheduled to undergo open heart surgery on May 4th at Kettering Memorial Hospital. Well wishes can be sent to Chet at 700 Ashton Circle #137, Kettering, Ohio 45429. Please keep Chet in your thoughts and prayers.

Swing 'n' Sway Membership Application

Swing 'n' Sway Dance Club

Membership Application or Renewal

JUNE 1, 2007 through MAY 31, 2008

Regular Memberships : Admission to dance is \$7.00 per person.
\$30.00 for Couple \$15.00 for Single

Pre-paid Membership: Free admission to all 12 monthly dances.
(* Does not include special dances*)
\$150.00 for Couple \$75.00 for Single

Please Print Clearly

Applicant Name _____

Partner Name _____

Address _____

City/State/Zip Code _____

Telephone _____

Newsletter (Circle one) Email (Supply email address below) **OR** Hard Copy (Add \$5/Yr) **OR** None

Email Address _____

Return to: Dennis Dunn, Treasurer 1121 Evergreen Park Ct., Dayton, Ohio 45458-2069

Dance Your Way To Better Health

(This is the conclusion of this article. Part 1 was published in April's newsletter. The article was compiled by Gregory Day and it is re-printed here with his permission.)

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.

Joe Verghese, MD, a principal researcher in this study, says dancing may be a triple benefit for the brain. Not only does the physical aspect of dancing increase blood flow to the brain, but also the social aspect of the activity leads to less stress, depression and loneliness. Further, dancing requires memorizing steps and working with a partner, both of which provide mental challenges that are crucial for brain health. Of 11 physical activities considered, only dancing was tied to a lower dementia risk and most of the dancers did ballroom dancing. "Dance, in many ways, is a complex activity. It's not just purely physical," says Verghese.

In another study, presented at the American Heart Association's Scientific Sessions 2006, people with heart failure who took up waltzing breathed better, exercised longer, and generally felt better.

Dancing boosted heart health just as much as exercise, says researcher Romualdo Belardinelli, MD, a professor of cardiology at Università Politecnica delle Marche School of Medicine and director of cardiac rehabilitation and prevention at Lancisi Heart Institute in Ancona, Italy. Dancing really had the edge in helping people's sense of well-being, he says. "But long-term adherence to exercise programs is not very high, with as many as 70% of patients dropping out over time," he says. "We have to find new ways to reach them." Belardinelli says the researchers chose the waltz because of its universal appeal. But other slow dances should work as well, he says.

The researchers showed that both exercise and waltzing boosted heart health and improved breathing. Specifically, an 18% improvement in oxygen use was seen among the dancers and a 16% improvement was seen in the exercise group. These measurements were unchanged in the group that did not exercise. Quality of life, as measured by the survey, improved more among the dancers. "Dancing appears to be an attractive and fun way for heart failure patients to get their exercise," says Antman. "I highly recommend it."

American Heart Association former President Robert O. Bonow, MD, chief of cardiology at Northwestern University Feinberg School of Medicine in Chicago, says part of dancing's benefits may come from the fact that people are interacting socially as opposed to walking on a treadmill by themselves. Ballroom and Latin Dancing:

- Conditions the body
- Helps keep the heart in shape
- Builds and increases endurance and stamina
- Develops the circulatory system
- Strengthens and tones legs and body
- Increases flexibility and balance
- Helps with weight loss
- Relieves stress
- Helps you release toxins via sweating
- May help lower blood pressure and improve cholesterol levels
- Can lead to a reduced heart rate over time

Most people agree that social dancing gives them a more positive outlook on life. Physical benefits aside, dancing also has a way of brightening up a person's day. Here at Chicago Dance we see a big change in people. After a while they walk in with a happy expression, and even if they are having a difficult day, after a few dances their spirit is lifted. *(Continued on Page 4)*

Dance Your Way To Better Health *(Continued from Page 3)*

Get your blood pumping before your lesson: do a light warm up activity to raise your heart rate and help your muscles become more flexible. Take a brisk walk to the dance studio and climb the stairs.

As for most sports, having the appropriate equipment can make a big difference. For dancers, our equipment is our shoes. Sneakers can cause too much friction between the dancer and the floor. Clothing for dance class should be comfortable and allow free movement.

Building strength in the entire lower extremity and core muscles is essential. Practice standing on one foot for one minute at a time to improve balance. Also, rise up onto the balls of your feet 20-30 reps at a time. You can do this while standing in line or watching television.

Practice, Practice, Practice: Sticking with a dance class over time will tone your body, heighten your focus and give you a great sense of satisfaction as you master steps that seemed impossible when you began. And remember to have fun as you achieve your dance and fitness goals.

Drink plenty of water or a sports drink, such as Gatorade, before and after class to prevent dehydration.

Everyone can enjoy the benefits of dancing, whether you're a teen or senior citizen. It's a great way to improve posture, sharpen mental skills and body awareness. In addition to strengthening your legs and core, it's also good for your upper body strength.

Golden City Ballroom

2nd Anniversary Dance

May 6, 2007

Special Show By

Undefeated United States Latin Champions

Eugene Katsevman

&

Maria Manusova

2:00 - Student Showcases AM/AM and PRO/AM

6:30 - Hor d'oeuvres and Entertainment

7:30 - Dance, Cash Bar, Special Show

Tony Rimkus, DJ

2078 E. Dorothy Lane, Kettering, Ohio

Cost: Afternoon Event - \$25, Evening Event - \$45

For Reservations Call 937-643-4050

May 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 - 7:30 pm, Int Smooth - 8:30 pm

Wednesdays: Beg/Int Tango 6:30 pm, Adv Bronze Waltz 7:30 pm, Beg Silver Waltz 8:30 pm

Notes: Next 8-week Basic Ballroom and Int Smooth classes start June 4, 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, lessons taught at Gary Geis School of Dance, 14 E. Main St., Springfield, Ohio, Mondays, beginning May 21, Ballroom Basic Class 8 - 9:15 PM, five week course, \$125 per couple, \$62.50 for single. June 1, 8, 15, & 29, summer four week session, Beginning Hustle and Merengue, \$100 per couple, \$50 for single. Park at no charge at Bushnell garage off Limestone St. - 4th level walkway. 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. 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.

Sun. May 6, 2007, Golden City Ballroom 2nd Anniversary Dance, Info 643-4050, 2078 E. Dorothy lane, Kettering, \$25 afternoon event, \$45 evening event, special performance by United Stated Latin Champions Eugene Latsevman & Maria Manusova, Tony Rimkus, DJ.

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.

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. June 1, 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. June 2, 2007, '76 Dance Club, Info 325-2402, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, Tony Rimkus, DJ.

Sat. June 9, 2007, Dance(tonians) Dance Club, Info 832-1086, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, John Bramhall, DJ.

Fri. June 15, 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. June 16, 2007, USA Dance - Cincinnati, Info 513-737-1120, Greek Orthodox Church, 7000 Winton Rd., Cincinnati, lesson on Salsa by Jason Michaels, 7:30 - 9 pm, dance 9-11:30 pm, \$7 member, \$10 guest, Jack Meinking, DJ.

Sat June 16, 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.

Sat. June 23, 2007, Swing 'n' Sway Dance Club, Info 879-4478, \$7 member, \$10 guest, Arbor Hall, Dayton, 8-11 pm, Tony Rimkus, DJ.

Fri. June 29, 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. June 30, 2007, USA Dance - Cincinnati, Info 513-737-1120, Greek Orthodox Church, 7000 Winton Rd., Cincinnati, lesson on Bolero by Karen Turner 7:30 - 9 pm, dance 9-11:30 pm, \$7 member, \$10 guest, John Bramhall, 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).

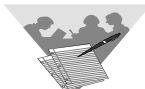
From the Editor

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

Mail to: Dayton Area Ballroom Dance News
John Bramhall, Editor
1540 Stockton Ave
Dayton, OH 45409

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Dayton, OH 45409



Dance(tonians)



Swing 'n' Sway

76
Dance Club