



DanceCincinnati Your Cincy Dance Connection

United States Amateur Ballroom Dancer's Association of Cincinnati

Issue 12 September/October 2005

Music Hall Anniversary Ball



October 29

Gert and Kirsti Roslender

Five- times representatives of Estonia
in European- and World Championships.

United States international Standard
Rising Star Champions and
Open Grand Finalists.

An Interview with the Pro's

How long have you been dancing? We have been dancing for 24 years.

Tell us how you met and decided to become partners

We started our dancing at the same dance studio about the same time. Our first try-out was together as a couple but did not work out well - I was too big and she was too little. So we had other partners for a few years. We started to date first and then dance together in high school.

How often do you practice? While competing we used to practice about 5 times a week two-three hours at a time.

How often do you compete? We used to compete 2 to 3 times a month. Now we compete only with students.

Describe a typical day in the life of a professional ballroom dance competitor? I can describe only our typical day which I think is not quite typical for most dancers. Our day starts at 6 in the morning with taking care of our two boys. Then we are going to practice and will start teaching in the afternoon till one of us has to go home and take care of kids. We try not to teach too late, till about 8 or 9 p.m

Who does your choreography? As professionals we put our routines together by ourselves. Sometimes if we see something interesting we will add it, sometimes our coaches suggest something or we just come up with something interesting we feel will be nice to dance.

What other hobbies do you have? With the job we have there is not much time for other things. So most of the spare time goes to being together

with family. We love water and snow skiing. Besides that I'm interested in cars and music, Kirsti in dress designs, reading and gardening.

What are your favorite dances? At different times different dances, but our all time favorite is foxtrot.

What are your fears in competing? The biggest fear in competing is to have a fear at all.

What is the hardest thing in dancing for you to do? There are many hard things in dancing to focus on or do but one of the things we would like to bring out is mental preparation.

What do you love the most about dancing? To be able to do something you love with someone you love.

What is your secret to your success? Most importantly total commitment and practice, practice and one more time to practice.

What advice would you give to social dancers? Enjoy your dancing and have a good time. Better fundamentals will only help you to get more fun out of your dancing.

What advice would you give to those wanting to compete? If you want to do it then do it and enjoy. It is going to be a physical and mental challenge, whether you are in or out of the game.

Anything else you would like to say? We are all excited and looking forward to seeing you soon.

Order form inside...

September 17th Dance

Instructor - Jeff Bill, East Coast Swing

DF: Tony Rimkus Lesson 8-9pm Evendale Recreational Center

Interview with Jeff Bill

Background: I have been teaching 16 years -- all American style smooth and rhythm, nightclub dances and I participate in many local showcases such as Dancefest in November. I have two studio locations: 834 Ohio Pike (been there 14 years) and our new studio at 3390 Hickory Creek Drive in Anderson township off route 32. Mark your calendars for our grand opening Sept 24. There will be dinner, general dancing and a show. Call the studio: 753-5265 for reservations.

How did you get started in ballroom dancing? Dancing for me started 40 years ago - inspired by my parents who were dancers at the time. Basically I, started out with jitterbug, swing, chacha and waltz. In those days my parents took me to dances, mostly to American legions and moose halls - places you could take your kids. I moved to Cincinnati in 1975 and in 1990 started formal training at Fred Astaire later opening a studio in 1991.

What is YOUR favorite dance and why? I love all dances of every style. I can swing in my sleep and it is the one dance I have been doing the longest. But I really love the beauty of the waltz- the smooth styling and technical aspects. There is a lot more to it than people think. Being a slower dance it is easier to see where the mistakes are. Believe it or not I really enjoy a lot of the country waltzes and the pretty lyrics to the songs. One of my favorites being "If I didn't already love you I would fall in love tonight" by Ann Murray.



October 8th Dance

Instructor - Larry May, Lead and Follow

DF: Jack Meinking Lesson 8-9pm Greek Orthodox Church

Member Focus



Mike and Sue Gilkey

By Sue Gilkey

This coming September we will have been ballroom dancing for eleven years. We became interested in the Hustle and Swing dances because I saw a girlfriend at a high school reunion dancing a Hustle, and I told my husband that we were going to learn how to do that. So, that was eleven years ago, and we've added a few more dances to our list since then. We wanted to know how to do fun dances at weddings and reunions. Now we actually get asked to dance at weddings. Mike's second cousin got married in July, and the family asked us to do a Tango. Our favorite dances are Rhythm and Latin. We like Samba and Mambo a lot.

Our Family: We have a daughter who is 30, a son who is 28, a daughter 25, a daughter 21, and a daughter 17. We also have granddaughters who are 3 years old and one who is 22 months. Our grandsons are 6 years and one who just turned one. One daughter is getting married in March, another is going to Italy for school, and the 17 year old will be a senior in high school.

I have always been a stay at home mom, which gives me the title of "Domestic Engineer". Ask me something about teenagers or babies and I can most likely give you an answer or advice. Mike, of course, is no stranger as we see his face advertising Gilkey Window Company - a company he founded all alone.

Mike was President of USABDA for three years and I was the Editor for the newsletter. We both liked working for an organization that was fun. Fun because we were dancing and interviewing people each month and learning about their "other life" - meaning their occupations. Some of these members are doctors, scientists and bio-chemists. Wow! It was an honor for Mike. He never thought he

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Newsletter Editor Position Open

DanceCincinnati 2005 Dance Schedule

Date	Venue	Lesson	Instructor	DJ
Sep 17	ERC	EC Swing	Jeff Bill	Tony Rimkus
Oct 8	GOC	Lead/Follow	Larry May	Jack Meinking
Oct 29	CMH	No Lesson		Jack Meinking
Nov 12	ERC	Foxtrot	Piper Landis	John Bramhall
Dec 10	CMH	No Lesson		Jack Yaus

ERC - Evendale Recreation Center, 10500 Reading Road (just north of Glendale-Milford Road, 513-563-2247 Group Lesson 8-9 PM,
General Dancing 9-11:30 PM (Subject to change) Admission: \$7 for members, \$10 for non-members, \$3 for full-time students and all persons under 21

GOC - Greek Orthodox Church, 7000 Winton Road (between North Bend Rd. and Galbraith Rd.)
513-591-0030 Schedule and admission prices - same as ERC

CMH - Cincinnati Music Hall, 1300 Central Parkway, Downtown Cincinnati Doors open at 7 PM,
General Dancing 8 PM - Midnight Admission:
\$20 for members, \$25 for non-members; \$5 late fee applies to both \$10 for full-time students and all persons under 21 (no late fee)

USA Dance Cincinnati is looking for a new editor for the club newsletter. This Sept/Oct issue will be the last one for the current editor Susan Cappa. Susan wishes to thank her great staff of writers that made her job so easy: Sherry Borchelt, Gary Neiheisel, Vicki Mathews and Joan Daniel. Their outstanding contributions made for entertaining and informative reading for the club members.

Anyone who is interested in the position please contact the president, Pamela Neveu.

**November Dance
moves back to ERC.
The 2006 schedule is
ready and will be posted
on the website soon.**

**You can now order your tickets to the Music Hall
Dances Online..... www.dancecincinnati.org**

USABDA of Cincinnati must change its name.

Earlier this year, a majority of the members of USABDA throughout the county voted to change the name of our organization to USA Dance. Consequently, our local chapter must change its name as well.

To change our name, we must change our bylaws. The bylaws can be changed only by a vote of our membership.

The Board has solicited petitions from the membership regarding the name change. No petitions have been received. The Board recommends changing our name to DanceCincinnati.

Your vote is necessary to officially change our By-Laws and to remain in compliance with the national USA Dance organization. Please return your ballot as soon as possible.

Ballot

Shall Article 1, Section A of the By-Laws of the Cincinnati Chapter of the United States Amateur Ballroom Dancers Association, Inc. be amended to read:

The name of the Cincinnati Chapter of USA Dance shall be "DanceCincinnati," referred to herein as "the Chapter."

Yes No Your membership number (required) _____

Drop your ballot in the ballot box at the September 17th dance.

— OR —

Mail your ballot to USA Dance - Cincinnati, P.O. Box 141345, Cincinnati, OH 45250-1345. Ballots must be postmarked not later than September 20, 2005

2005 DanceCincinnati Board Members

President: Pamela Neveu
Vice President: Pat Hoffman
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Linda McCraig

Want to Communicate to the Board?

All comments and suggestions are welcome by the DanceCincinnati board. You can reach us on www.dancecincinnati.org and then going to the My DanceCincinnati link. All of the board members and their bios are listed along with an email address for your comments. Want to VOLUNTEER - we need your help. Just contact us or talk to us at a dance - help is always needed.

Newsletter Staff

Susan Cappa, Sherry Borchelt, Vicki Kluener-Mathews, Gary Neiheisel, Joan Daniel, Carl Bixel, Kym Preston, Christy Bacon

Check the Website under "Calendar" for the next board meeting.

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Information and items of interest are welcome. In order to be considered for inclusion in the newsletters send requests by email to:
newslettereditor@dancecincinnati.org.



DanceCincinnati

P.O. Box 141345
Cincinnati, OH 45250-1345
Information Line: 513-769-3088

www.dancecincinnati.org

Change Service Requested

Check out www.dancecincinnati.org

Competition on a Budget *By Sherry Borchelt*

A dance colleague recently expressed frustration about a number of issues involving competing. Since most likely these are concerns shared among other folks, I decided to focus this month's column on that topic.

First, she expressed frustration about not having the funds to compete and wanted to know what practical solutions/options were available. Here are a few:

- Funding competitions can be a major challenge for the average person. The first step is to determine your budget availability for discretionary spending and stick with it!
- Recruit an amateur partner, agree on mutual goals, and compete in the USA Dancesport circuit and/or NDCA competitions which provide a good amateur program of events. This approach is considerably less expensive than competing Pro/Am.
- Save money on travel, lodging, meals, etc. by identifying competitions that are within driving distance. Select ala carte pricing options versus package prices which result in saving significant dollars.
- Focus on one style of dance (i.e. Smooth, Rhythm) and compete in this category versus trying to dance across all styles.
- When dancing Pro/Am dance one level vs. two or three in the same categories.
- Understand and negotiate upfront with your dance instructor what the cost to compete will be for any given event.
- Identify and compete at local or regional one day showcase events sponsored by studios in your area.
- Learn your routine and practice on your own. It will reduce the number of lessons required with your instructor.
- Jill Bradford is one of the top Standard dancers in the U.S. Several times a week she is in the studio practicing over and over by herself and/or with her Amateur partner. That type of discipline puts her at the top of her game and helps manage the budget for dancing more cost effectively.

How and why should you compete when there are only one or two people in the heat? What's the point, winning doesn't mean anything and how can you trust what the standings say?

- I know it seems contradictory to the word competition, however it's my point of view

that dance competitions are **about competing with yourself more than about competing against others.**

- Is winning really that important? There have been times when I won a heat and did not feel good about the way I danced. There have been other times when I felt great about my dancing and did not win the heat. The key is dancing the best of your ability each time you are on the floor.
- Judges and their opinions vary greatly. What one prefers, the other may not. There is an aspect of being judged which is totally subjective. You cannot control subjectivity. I find letting go is the best prescription for success.
- Each time you are on the competition floor it's an opportunity to perform no matter how many competitors are in the heat. I've witnessed judges giving second and third placements to an uncontested competitor because musicality was off.
- Bottom line, there are times when the competition or heat is small. What a great opportunity to "perform" for the judges and the audience. You'll feel invigorated about dancing to the best of your ability!

There are people who have won many competitions dancing at the same level you are at and/or competing in many heats doing the exact routine over and over again. What kind of chance do you have?

- Again, if you give it your best performance your ability to place well is increased.
- You cannot control the choices other dancers make so remember to focus on the things you can control and execute those with precision.


Competition does require time and money investment. I have met a few competitors with a significant amount of discretionary income where money is no problem for them. There are even more individuals who have to carefully plan, prioritize and budget to participate in competitions. Those of us who fall into the latter category make choices that support our desire to dance and keep our budgets intact.

would be President of Cincinnati Chapter of USABDA.

Something members may not know about us is that Mike thought our first introductory class of ballroom was going to be students wearing tights and tutu's. No, honey, that's ballet! He did not want to go. But, that was then, and now you see how the competitive personality comes out when you go to a competition. He wants to win, and wants to be challenged. Something about me: I was in a Baton Twirling Team in high school and we marched in parades in Ky. and Ohio. I could never learn to roller skate or ice skate. I could not keep my balance.

Our most recent competition was in Tampa, Florida on June 25th. This was my best yet. I danced both Latin and Standard with Vitaliy Kozhev. Mike danced Standard only with Irina. I made all first and second places. We were happy. This was an International competition. Some ladies were from Canada, Florida, Hong-Kong and Italy. In the Scholarship for Open Senior Standard all 5 dances, I placed 5th. The lady from Hong-Kong won. I was honored to be in the top 6 of these ladies with Vitaliy. In the International Latin Closed Scholarship 5 Dance I placed 2nd. Mike danced Intermediate Silver & Gold Open International Standard, and placed 4th in the Pro/Am International 5-Dance Standard Championship.

Mike and I are both amazed at how ballroom dancing introduced us to so many new friends we have made. Mike says his ballroom friends, are his best friends. This is so true. I know I have a couple of friends, who there isn't anything we wouldn't do to help each other. Ballroom dancing is a rewarding lifetime investment.



**Don't forget
there are 2 dances in
the month of October!**

Local Studios

A-Mrika

Sharonville - Mary Ramirez-Cook 769-0409

Always Ballroom

Elizabeth Apesos - 937-256-2626
alwaysballroom@aol.com
www.alwaysballroom.com

Arthur Murray

Florence, Ky
Karen Turner - 859-371-1151
amdstudio@aol.com
www.florencearthurmurray.com

Bernice DuBro Dance

East Dayton
Bernice DuBro
(937) 435-9099 or 254-6442
artmay@aol.com calsn.net/bdance

Brockert Dance Studio

Bonita Brockert
(513) 851-8101 geneb@one.net

Copacabanna

Fairfield, Cinti Mills
www.Copacabanna.com 513-719-7200

Danse Royale Ballroom

West Chester
Veronica Rocco (Homme) (513) 779-0500
DanseRoyaleBallroom@fuse.net
www.danseroyaleballroom.com

Dance Club

Withamsville - Jeff Bill 753-5265

Elegance In Dance

Miamisburg
Terry & Angie Cavanaugh (93) 885-0108
acavanaugh@earthlink.net

Golden City Ballroom

Kettering Town Center
Vitaliy & Irina Kozheva - 937-643-4050
goldencityballroom@sbcglobal.net

Larry May Dance Studio

Dayton/Cincinnati Larry May 937-219-4612

Mahogany Hall

Evendale
Nancy Farrell (513) 769-3262
nancysbk@fuse.net

Rhythm in Motion

Tracy Kellum (513) 688-1662

Dancin' Round Town

by the Discerning Dancer - Gary Neiheisel

As everyone knows, a trio refers to a group of three things. Trio in Kenwood can be similarly identified as a three function establishment. It has an upscale restaurant, a bar for the smokers and drinkers, and a dance club area that is known as Club Trio. The restaurant, Trio, has been in the Kenwood area for 16 years and is located at 7565 Kenwood Road (513-984-1905) across from the Kenwood Towne Center. There is ample parking in front of Trio's and across the street.

The dance club part occupies a separate room and has only been in operation since May of 2005. A veranda effect is created as the windows along one side of the room are completely folded back to provide an open-air communion with the outside. It provides a relaxed and romantic atmosphere on a starry summer night. The dance club has a small dance floor of about 320 square feet. Most of the time this is not a problem because the size of the room tends to limit the crowd size. There are about 10 tables in Club Trio which allows for the seating of about 50 people. I have never been there when I could not dance because it was too crowded. The music is provided from 9PM until 1AM on Friday and Saturday nights by an in-house band called "Groove Line" that plays dance music from the 70's, 80's, and 90's. The majority of the music has a disco flavor so hustle is the predominant dance. One of my few complaints would be that there is too much disco music played. However, there are also musical selections that are appropriate for cha cha, east

coast swing, and west coast swing. One very significant feature is that smoking is not allowed in the Club Trio room. Although the bar area (which does allow smoking) is adjacent to the dance club, there are overhead fans in the dance room that dissipate any smoke that may drift over from the bar. After an evening of dancing, you can be confident that when you leave, your clothes will not smell of smoke. Another feature of Club Trio is two big-screen TVs mounted at either end of the room above dual fireplaces. There is usually some sporting event being televised for the entertainment of those bored with dancing. There is no cover charge to enter Club Trio.

CLUB Trio

Trio's restaurant can be classified as providing an eclectic American cuisine. The chef is very creative and dynamic in providing new dishes. The menu is extensive and available up until 11 PM on the weekends. Food is available in Club Trio as well as in the main restaurant area. After 11PM a large selection of gourmet California pizzas are available until 1AM. I have tried a number of the pizzas and they are excellent. There is also a large bar that provides a full compliment of mixed drinks, beer, and wine. The wine list is extensive.

One final note: the service is outstanding. Whenever we have visited, my girl friend and I have been personally escorted from the door to a table in the dance area. The waiters and waitresses are also especially courteous and attentive. Club Trio is an all around enjoyable experience.

Overall Rating (scale 1-5):



Step-N-Out

Covington-
Doreen Beatrice
stepnoutstudio.com

The Best of Ballroom

Blue Ash
Piper Landis (513) 984-6222
thebestofballroom@yahoo.com

Top Hat Dance Studio

Hamilton and Fairfield -
Peggy James (513) 896-4287 ecurbsemaj@juno.com

Wissel Dance Studio

Lebanon - Dave Wissel (513) 932-3349