



heinzman school of irish dance

heinzmanschool.com

734.762.0997

November 2006 A Publication of the Heinzman School of Irish Dance Booster Club

World's Fundraiser at the Cabrini Center

Join us at the Cabrini Center in Allen Park (St. Francis Cabrini Church, 9000 Laurence Ave., Allen Park, MI 48101) on Sunday, November 5 beginning at 3pm for the annual World's Fundraiser. Come out and support the dancers in their effort to raise money to travel to the World Championships in Glasgow, Scotland in April 2007.

In addition to great dancing entertainment, sample the plethora of light snacks and refreshments. Take a chance at the tin can raffle. The items are amazing!

Prize donations for the tin can raffle are now being accepted. Please contact

Marie Heinzman, 313-613-1471, with your donations.

Volunteers are needed to help set up tables and chairs, sell/take tickets, serve refreshments and facilitate the tin can raffle. Set-up crew begins at 2 p.m. Clean-up crew begins about 5 p.m. Contact Jerry Bresser, gfbresser@sbcglobal.net, for your volunteer assignment.

Tickets are available through the school office, and dance teachers—just ask!!!!

This fundraiser is required for all Oireachtas-qualified dancers. PC I & II dancers are welcome to join in. Please arrive at the Cabrini Center at 2pm.

What a Fun Time We had at the Hayride!!



Thanks for joining in the annual hayride, potluck and bonfire! The pumpkin carving contest was a blast. We saw pumpkins of all shapes and sizes. (Note a few "pumpkins" pictured!!). And thanks to the Booster Club for making this fall fun possible. It was great!!



Looking Ahead to Upcoming Events

November

5 - **World's Fundraiser**, 3 p.m., Cabrini Center, Allen Park, MI

24-26 - **Oireachtas** - Chicago, IL

December

9 - **Booster Club General Membership Meeting**, 1 p.m., Gaelic League of Detroit. Election of officers will take place.

HSID Christmas party, 3 p.m., Gaelic League of Detroit., 2068 Michigan Ave.

November and December Booster Club Meetings

Mark your calendars for the November and December Booster Club meetings scheduled for **November 19** at 1:30 p.m. at the Taylor studio and **December 9** at 1 p.m. at the Gaelic League prior to the Christmas party. Election of officers will take place at the December meeting. **All are welcome.**

Please consider being an active member of the Booster Club. Your participation allows us to continue providing HSID dancers and families with scholarship monies, social activities, the HSID school feis, funds to refurbish dance studio floors and the promotion of Irish culture.

Annual Christmas Party

The Booster Club invites you to the Christmas party on **Sunday, December 9**, at 3 p.m. at the Gaelic League (2068 Michigan Ave, Detroit, MI about two blocks west of old Tiger Stadium).

Hot Dogs (and all the stuff that goes on 'em) as well as chips and pop will be provided by the Booster Club. Brush up on your Christmas carols and songs for a sing-along with Brian Bonner.

Plan to bring a dish to pass. Last names beginning with the letters A-K, please bring a salad. Last names beginning with M-Z, please bring a dessert. Crafts will be provided for the kids to have fun.

Also, Santa will be present to accept donations of unwrapped toys. Gifts will be delivered to The Goodfellows. Non-perishable foods are being accepted for Fr. Solanus Cappuchin Soup Kitchen of Detroit. Thank you for your generosity.

Repeat Performance of Emma's Camp!

Emma Holtham is returning for a two-day, action-packed, grueling **Oireachtas Mini-Camp! November 3-4**. Oireachtas-qualified dancers are strongly encouraged to participate. Open, prelim and champ non-qualified dancers are invited as well.

Hey Highland...

What's happening in your neck of the woods? Where did dancers feis this year? What's ahead on your calendar of events? Send an email with all the details to jmbarchick@buckeye-express.com, subject: **HSID news**. **Thanks!**

Calling All Social Directors

The Booster Club is looking for chairpersons for the Social Activities Committee. Three (3) chairpersons are needed to oversee the planning of the hayride, Christmas party, and school picnic — one chairperson per event rather than one chairperson for the whole enchilada!

If you're interested to chair one of these events, contact Kevi Chapman, 313-824-2537.

Marketplace

Items will be posted for a 3-month period. If the item has not sold within the 3-month period, please email jmbarchick@buckeye-express.com to continue the listing.

New listings

Green dress w/shawl, brooch and one pair of adult green spankies. (New last year). Size 14. \$230 for everything. Contact Betsy Peddemors at 810.245.2763 or email betsywp@gmail.com

Adult Size 5 Super Flexi Pacelli hard shoe. Championship heel & tip/Liberty Tips & Concorde Heels (extra \$60). Only worn 6 times. Asking \$125. (Original purchase price \$178.) Contact Robin 734.266.1891 or email rmkbs@twmi.rr.com

Green dress w/shawl. Size 8/10. \$100 for everything. Contact Carolyn Dembowski via email polishparents@hotmail.com or 313.562.1162.

Repeat listings

Green dress w/shawl and brooches. Size 9/10. \$175. Contact Debbie Mockeridge at 810-714-4268 or email dmockeridge@comcast.net.

Green dresses. Size 10/12 and size 12/14. \$200 ea. Contact Sandy Rooney 586.784.8549.

Green dress w/shawl, brooch and headband. Size 6x/7. \$150. Contact Erin Hanley at 313-574-3571 or 810-603-0392.

Green dress w/shawl, missing 1 brooch. Size 6x/7. \$200.

Green dress w/shawl, headband, missing brooches. Size 10/12. \$175.

Red dress w/tiara. Size 12. \$150.

Red dress w/tiara. Size 8. \$200. Contact Kathy Chernowsky 810.636.3311 or email mchern@centurytel.net

Jumper w/blouse. Size 6x. \$25.

Green dress. Size 10/12. \$175.

Red dress w/tiara. Size 10. \$125.

Contact Pat Gatto 586.247.9228.

Green dress w/shawl, brooch and headband. Size 14/16. \$175. Contact Becky Hill at 517.852.0895 or email beckyhill_5@hotmail.com.

2006-07 HSID Officers

Kevi Chapman, *President*
313-824-2537

Bill Cahalan, *Vice President, Membership*
248-541-3259

Beth Clarkson, *Financial Secretary*
248-652-4069

2006-07 HSID Board Members

Cathy Huber, 419-472-4881

Kitty Heinzman, 734-762-0997

Maureen Nygard, 419-872-8627

Sue Nissen, 419-578-2741

Jerry Bresser, 313-882-6187

Jacqueline Barchick (*interim*), 419-382-5865

It's Not Just Calories That Count

By Nancy Alfaro
Dance Magazine, August 2006

Dancers tend to eat with an eye on calories. Yet a healthy diet includes the vitamins essential to bone strength, your immune system, and your overall vitality. Calcium, for instance, enables your muscles to contract efficiently, and iron combats fatigue. Eating enough of these key nutrients helps you stay energized and avoid injury.

Boning Up

A broken bone can jeopardize a dancer's career. Calcium plays a key role in bone density, but it doesn't work alone – it "partners" with vitamin D, which helps your body absorb and deposit it, strengthening your bones. Dancers should aim for four servings of calcium per day.

Good Food Choices – Cheese, Tofu, Almonds, Dark Leafy Vegetables, Fish Oil, Egg Yolks

Next issue: Read more about good food choices to help keep you energized and injury-free.

Booster Club: 102

The objectives include:

- to promote the common welfare of the dancers enrolled in the Heinzman School of Irish Dance.
- to establish a fund for use by said dancers for costumes, travel expenses, scholarships and other uses deemed appropriate by the Club.
- to keep informed of rules and

Can We Count on Your Membership?

A great club made of great parents that you know! Join the Booster Club today. It's only \$10 for the whole family for the whole year. A membership gives you a voice in Booster Club decisions! Fill out

New Member Renewal

Name

Address

City

State

Zip

Telephone

Email

Name(s) of dancer(s)

The Heinzman School of Irish Dance newsletter is published monthly. **Deadline for submissions is the 20th of each month prior to publication.** Submissions can be emailed to jmbarchick@buckeye-express.com or faxed to 419.382.5865.

Good Luck Rince Cailin



Good luck to Rince Cailin ceili team at Oireachtas 2006. The team includes Jessie Worley, Kelsey Osburn, Paige Trojanowski, Devyn Weasel, Jenna Clarkson, Anna Nissen, Rebecca Gerken and Gabby Trojanowski. Teachers Ann Huber and Eileen Trout have been tirelessly cracking the whip for many moons. Almost done, girls. Hang in there!

Hey Lake Orion...

Whaasssupp? Where did dancers feis this season? What's on your calendar? Send an email with all the details to jmbarchick@buckeye-express.com, subject: **HSID news. Thanks!**

requirements and participate in the Detroit International Feis, the Great Lakes Feis and the North American Feis Commission.

- to disseminate among the Club's friends and associates a more intimate knowledge of the history of Irish dance in both Ireland and America.
- to help expose the general public to the experience of Irish Dance.