



heinzman
school of irish dance

heinzmanschool.com

734.762.0997

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

From the Booster Club President's Desk

Dear Members and Friends,

My second term as president of the Booster Club is coming to a close and I must make way for a new president as stated in our by-laws. I take this opportunity to thank the many people who have helped me during these last 2 years—too many to list here individually—they are parents, dancers and teachers who serve on the Board and Committees (some for many years). They have supported all of us and their special dancer(s) in countless ways. Though the past year has had some ups and downs, particularly with some of our more experienced members moving on to new pursuits, we are filling in the gaps and working hard to help our newer members take things forward from here.

The Booster Club membership has helped many dancers and their families over the years with school costume expenses, upgrades to studio flooring, financial help to World and All-Ireland competitions, social events, dance and new family workshops, an annual school feis and support to families who have found themselves in need with dance expenses and difficult emotional times. I have never seen a closer knit group in times of need. I'm confident the support will continue. The work of the Club along with the School and parents also gives our dancers the opportunity to practice their craft at shows in many venues that would otherwise not be offered to the public.

Our role in preserving the history of our culture and the art form of Irish dance may sometimes seem unimportant in these trying times. But the joy we see in the faces of our children when they accomplish a difficult task or the pride of a grandparent who shares the experience only emphasizes the importance of the many life lessons they (and we) learn from this pursuit.

I encourage those of you who are thinking of becoming more involved to jump in. We need some vacancies filled and there are many Booster Club members ready to help you learn the ropes. Newer committee and board members are doing a wonderful job and I look forward to remaining closely involved with this fine organization and group of people.

An Election meeting will take place just before our Annual Christmas Party at the Gaelic League on Saturday, December 9 at 1pm. I hope to see many of you there. board members, please bring all paperwork and Booster Club property to the Election meeting along with a year-end report to help our new president and any new board members with a smooth transition.

Again, thanks, I have enjoyed all of you. Merry Christmas to you all.

Kevi Chapman

Annual Christmas Party

The Booster Club invites you to the Christmas party on **Saturday, 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.

Performance Class Try-Outs

Performance Class I – Dec. 11, 2006

Performance Class II – Dec. 14, 2006

Highland Performance – Dec. 14, 2006

Grand Rapids Performance – Dec 12, 2006

Before try-outs

If you are interested in trying out for the Performance Class I, II, Grand Rapids, or Highland you must **submit your name, address, and phone number on a sheet of paper to your teacher no later than December 11, 2006.**

During try-outs

You must be ready to dance any three steps of each of the following dances; reel, jig, slip jig, hornpipe, and treble jig. They don't have to be from the same group. As part of the requirements, you will also learn a new step during the try-outs to demonstrate.

Required performances

There will be a required performance on St. Patrick's Day, Saturday, March 17, 2007, and on the weekend before and after. There are also other mandatory performances that come up throughout the year.

Required practice

Practice is a mandatory part of Performance Class. You will be expected to keep a weekly log of your practice that both you and your parent must sign each week. **Minimum acceptable practice** is one hour a day, five days a week. Performance class is a commitment to make Irish dancing your first priority after academic schoolwork. Sports, cheerleading, band, etc. must come after Irish dancing.



2007 Fundraiser

Ticket Sales

Tickets are now available for the 2007 Fundraiser/Recital at the **Stranahan Theatre in Toledo, OH on June 16, 2007.** Cost per ticket is \$10 until February 28, 2007. Beginning March 1, ticket prices will increase to \$15 each. Teachers have tickets to sell.

Each dancer is required to purchase two (2) tickets for a maximum mandatory amount for four (4) tickets per family. Purchasing more than four (4) tickets per family is quite acceptable!

Every person using a seat regardless of age is required to have a ticket.



Looking Ahead

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.

14 - Brigids Cross Concert at St. Clement's Hall (Toledo), 7 p.m.



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

Plaid jumper w/blouse. Size 12 tall. \$20. Contact Cathy Huber at 419.266.0226.

Green dress w/shawl, brooch, headband, and green spankies. Size 12/14. \$200. Contact Becky Weasel at 419.722.9566 or iamweasel@aol.com

Red ceili dress w/spankies. Size 8. \$90.
Red ceili dress w/spankies and tiara. Size 10/12. \$110. Contact Chris Kummer at 419.000.0000 or email.....

Repeat listings

Adult black dress w/shawl & 2 brooches Sz. 12. \$200. **Only worn once!**
Contact Mary Martin at 419.878.3153 or mmartinmsn@buckeye-express.com.

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.

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

Newsletter News

What's on the calendar of events at your studio? Any tips or advice to share? We would love to hear from you — class reps, parents, or dance teachers. Please email (jmbarchick@buckeye-express.com) or fax (419.382.5865) with your items. Deadline for submissions is the 20th of each month.

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 *(continued)*

By Nancy Alfaro,
Dance Magazine, August 2006

In November's issue, we learned that 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.

Iron and Omega-3 oils are key elements when it comes to maintaining a healthy body.

Iron Works

Iron delivers oxygen to every working cell in the body, enabling the muscles to perform. Dancers need iron for brainpower, too. If you are tired, you can't train as hard or perform as well. To increase your iron absorption, up your intake of vitamin C-rich foods. For example, if you have a salad with tomato and a turkey burger, the tomato in the salad helps you absorb the burger's iron content. You can also increase absorption by eating oranges.

Good Food Choices – Red Meats, Chicken, Turkey, Eggs, Beans, Nuts, Seeds, Spinach, Raisins, Iron-Fortified Cereals

Good Things in "3s"

Omega-3 oils, which are anti-inflammatory, and can help prevent muscle soreness.

Good Food Choices – Salmon, Herring, Sardines, Omega-3 Fortified Eggs, Wheat Germ, Flax Seeds, Walnuts, Canola and Fish Oils

Next issue: Read the last of a series of suggestions about good food choices to help keep you energized and injury-free.

Oireachtas 2006 has Come and Gone

For some, there was excitement, for others, less so. But for all, there was a weekend of accomplishment that goes beyond the trophies and medals awarded.

Each dancer approached the regional championship with one goal in mind; go out and do your personal best. Without exception, this goal was met and exceeded by the dancers representing themselves, their families and our school.

We are proud to announce that the Heinzman dancers far surpassed the task asked of them. The grace, dignity, and good sportsmanship displayed by our dancers was inspiring. No less inspiring was the total support, commitment, and dedication by their parents and families.

May we all thank God for the talent, ability, discipline and support that allowed these dancers to participate in such a tremendous event. The untold sacrifices made by both the dancers and their families, along with the support given by the remainder of the school, is a testament to the wonderful people Irish dance has afforded us to be fortunate enough to work with. Thanks to all of the folks that make this an honor for us at the Heinzman School of Irish Dance.

A special congratulations to *Brian McParland* who qualified to go to the Oireachtas Rince na Cruinne 2007 in Glasgow, Scotland.

heinzmanschool.com

Check out the school website for all the most up-to-date information about Heinzman School of Irish Dance!

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.